

INTRODUCTION

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.

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 1998, a total of 3,599 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 Bureau 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:

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Pennsylvania Department of Health
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Harrisburg, PA 17101-1900
Telephone: 717-783-2548
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This report and many other health statistics are on the Health Statistics page of the Department's web site at [<www.health.state.pa.us/stats/>](http://www.health.state.pa.us/stats/).

HEALTH STATUS

How would you say your general health is?

“Fair” or “poor” responded 15 percent of Pennsylvania adults in 1998; “good” said 28 percent; and, “excellent” or “very good” responded 57 percent.

Percentages of “fair” or “poor” health were significantly higher for older adults than for younger adults (32 percent for those aged 65+ and 17 percent for adults aged 45-64 compared to only 5 percent for 18-29 year-olds and 9 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 \$25,000 reported significantly higher percentages of “fair” or “poor” health.

The percentage of adults in “poor” or “fair” health remained at 13 to 15 percent between 1993 and 1998.

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

32 percent of Pennsylvania adults in 1998 indicated that their physical health was not good at least one day in the previous month.

A significantly higher percentage (36) of female adults than males (29 percent) said that their physical health was not good at least one day in the past month.

Those adults with incomes below \$15,000 had a significantly higher percentage than adults earning \$15,000 or more.

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

In the 1998 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.

25 percent of all adults reported that they had experienced two or more days of poor mental health in the past month.

The percentage of those experiencing at least one day of poor mental health (in the previous month) was significantly higher for females (31 percent vs. 24 percent for males).

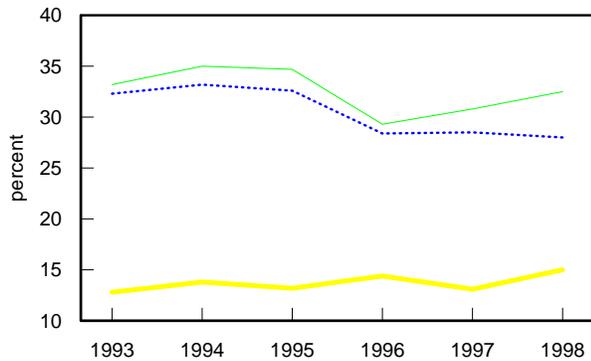
39 percent of the youngest adults (aged 18-29) experienced at least one day of poor mental health as did 34 percent of those aged 30-44 – significantly higher than the percentages for the other two older age groups. The 25 percent for adults aged 45-64 was also significantly higher than the 13 percent for the oldest age group (65+).

A significantly higher percentage (40) was also observed for adults in the lowest income bracket (under \$15,000) compared to adults in most of the other higher income levels.

HEALTH STATUS

FIGURE 1A

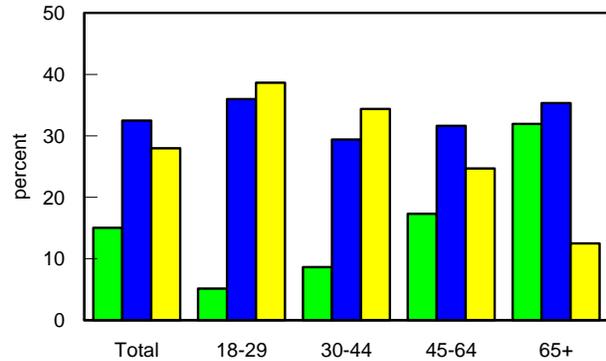
Health Status, Percent by Type
Pennsylvania Adults, 1993-98



— 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, 1998



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

TABLE 1
Health Status
Pennsylvania Adults, 1998 (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	3599	546	15	14-16	1183	32	30-34	1050	28	26-30
Male	1427	195	14	12-16	411	29	26-32	356	24	21-27
Female	2172	351	16	14-18	772	36	34-38	694	31	29-33
Age:										
18-29	658	33	5	3-7	237	36	31-41	270	39	35-43
30-44	1128	102	9	7-11	344	29	26-32	402	34	31-37
45-64	1056	182	17	14-20	343	32	29-35	280	25	22-28
65+	727	224	32	28-36	252	35	31-39	95	13	10-16
Education:										
<High School	429	150	33	28-38	167	38	33-43	118	28	23-33
High School	1500	254	17	15-19	467	31	28-34	405	26	24-28
Some College	803	89	11	8-14	277	34	30-38	267	31	27-35
College Degree	853	50	6	4-8	269	31	27-35	257	28	25-31
Income:										
<\$15,000	380	133	37	31-43	174	46	40-52	151	40	34-46
\$15,000 to \$24,999	603	128	22	18-26	191	32	28-36	173	27	23-31
\$25,000 to \$49,999	1067	115	11	9-13	346	32	29-35	349	31	28-34
\$50,000 to \$74,999	405	22	6	3-9	125	33	28-38	108	26	21-31
\$75,000+	329	10	4	1-7	90	25	20-30	85	25	20-30
Race:										
White, non-Hispanic	3168	465	15	14-16	1029	33	31-35	903	27	25-29
Black, non-Hispanic	271	58	22	16-28	103	35	28-42	100	34	27-41
Hispanic	96	15	12	6-18	34	26	17-35	28	24	15-33

HEALTH CARE ACCESS

Age 18-64 and have any kind of health care coverage?

“No” responded 13 percent of Pennsylvania adults aged 18-64 in 1998.

Significantly more young adults (19 percent of those aged 18-29) reported having no health insurance compared to older adults (12 percent for ages 30-44 and 9 percent for ages 45-64).

Adults with less than a high school education recorded a significantly higher percentage with no health care coverage (23 percent) compared to adults with some college (11 percent) or a college degree (6 percent). The 16 percent of high school graduates without health insurance was also significantly higher than the 6 percent recorded among college graduates.

33 percent of adults with incomes under \$15,000 and 24 percent of those with incomes of \$15,000-\$24,999 had no health care coverage – significantly higher than all the other income brackets of \$25,000 or more. In addition, the 9 percent for those earning \$25,000-\$49,999 was significantly higher than the 4 percent for those earning \$75,000+.

Both blacks (with 21 percent) and Hispanics (with 26 percent) had significantly higher percentages of adults aged 18-64 without health care coverage compared to whites (with 12 percent).

The percentage of Pennsylvania adults aged 18-64 without health care coverage has not changed much between 1991 and 1998, remaining between 10 and 13 percent throughout the period.

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

In the 1998 survey, 75 percent of Pennsylvania adults responded that they had had a routine checkup in the past 12 months; 11 percent, in the past 1-2 years; 6 percent, in the past 2-5 years; 6 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 and race for those having a checkup in the past year. Percentages were higher among females; among adults aged 65 and older (compared to all other age groups); and, among blacks (compared to whites).

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

“Yes” responded 7 percent of Pennsylvania adults in 1998.

Adults under age 65 had significantly higher percentages who could not afford to see a doctor compared to those aged 65+.

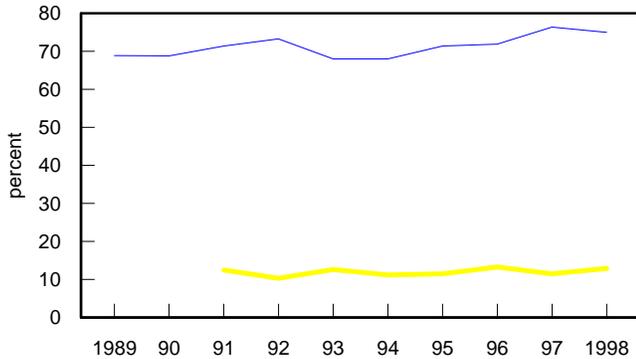
11 percent of adults with less than a high school education could not afford to see a doctor – significantly higher than the 4 percent of college graduates.

Several significant differences were associated with income. Twenty-one percent of adults earning less than \$15,000 could not afford to see a doctor – significantly higher than for all the other income levels. Percentages were significantly higher for those adults earning \$15,000-\$24,999 compared to adults earning \$50,000 or more; and, were also significantly higher for those in the \$25,000-\$49,999 income bracket compared to adults in the highest income bracket (\$75,000+).

HEALTH CARE ACCESS

FIGURE 2A

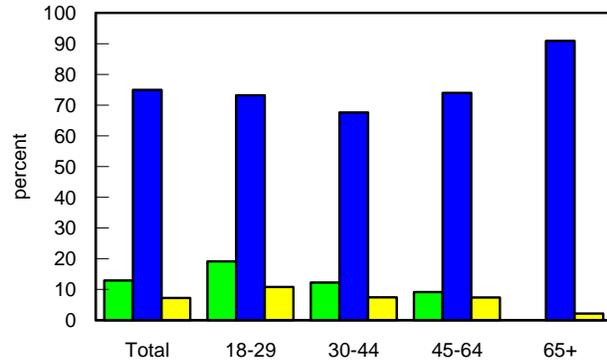
Health Care Access, Percent by Type
Pennsylvania Adults, 1989-98



— No health insurance, ages 18-64
— Had checkup in past year

FIGURE 2B

Health Care Access, Percent by Type and Age
Pennsylvania Adults, 1998



■ No health insurance, ages 18-64
■ Had checkup in past year
■ Couldn't afford doctor in past year

TABLE 2
Health Care Access
Pennsylvania Adults, 1998 (with 95% confidence intervals)

	Total No.	No health insurance, ages 18-64			Had routine checkup in past year			Couldn't afford doctor in past year		
		No.	%	CI	No.	%	CI	No.	%	CI
All Adults	3599	350	13	11-15	2720	75	73-77	275	7	6-8
Male	1427	157	14	12-16	968	69	66-72	94	7	5-9
Female	2172	193	12	10-14	1752	81	79-83	181	8	7-9
Age:										
18-29	658	115	19	15-23	480	73	69-77	73	11	8-14
30-44	1128	132	12	10-14	770	68	65-71	91	7	5-9
45-64	1056	98	9	7-11	791	74	71-77	89	7	5-9
65+	727	N/A	N/A	N/A	661	91	89-93	16	2	1-3
Education:										
<High School	429	57	23	17-29	348	78	73-83	44	11	7-15
High School	1500	174	16	13-19	1148	76	74-78	122	7	6-8
Some College	803	77	11	8-14	598	74	70-78	66	8	6-10
College Degree	853	41	6	4-8	614	73	70-76	42	4	2-6
Income:										
<\$15,000	380	78	33	26-40	308	80	75-85	70	21	16-26
\$15,000 to \$24,999	603	92	24	19-29	468	76	72-80	67	11	8-14
\$25,000 to \$49,999	1067	84	9	7-11	770	72	69-75	78	6	4-8
\$50,000 to \$74,999	405	18	5	2-8	298	73	68-78	14	3	1-5
\$75,000+	329	12	4	2-6	238	73	68-78	3	1	0-2
Race:										
White, non-Hispanic	3168	271	12	10-14	2372	74	72-76	219	7	6-8
Black, non-Hispanic	271	46	21	15-27	235	86	81-91	32	12	8-16
Hispanic	96	24	26	15-37	67	71	60-82	18	16	8-24

DIABETES

Were you ever told you have diabetes?

6 percent (or 56 per 1,000) of Pennsylvania adults responded “yes” in the 1998 survey.

NOTE: The national year 2000 objective is for a prevalence of 25 per 1,000 population.

6 percent (or 63 per 1,000) of Pennsylvania non-Hispanic black adults also responded “yes.”

NOTE: The national year 2000 objective for diabetes prevalence among blacks is 32 per 1,000.

The 13 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. Significant differences also occurred among the other age groups, with higher figures for those aged 45-64 compared to younger age groups.

11 percent of adults with less than a high school education reported having ever been told that they had diabetes – significantly higher than any of the other, higher educational levels. A significantly higher percentage also occurred for high school graduates compared to those with a college degree.

Significantly higher percentages of diabetes prevalence were also reported among adults with incomes below \$15,000.

Between 1989 and 1998, the diabetes prevalence rate generally declined. The highest rate occurred in 1991 (65 per 1,000) while the lowest (51) occurred in 1997.

The diabetes prevalence rates by race since 1992 have been generally on the decline among blacks but no trend seems evident among whites.

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

Of those ever told that they have diabetes, 8 percent were told when they were under age 18; 8 percent were between the ages of 18 and 29; 20 percent, between the ages 30 and 44; 45 percent, between the ages 45 and 64; and, 15 percent were age 65 or older.

Females had higher percentages of a diabetes diagnosis for the age groups 18-29, 30-44, and 45-64 while males had higher percentages for the youngest and oldest age groups (<18 and 65+).

Are you currently taking insulin?

Among Pennsylvania adults who have diabetes, 39 percent were taking insulin in 1998.

35 percent of female adults were taking insulin in 1998 compared to 43 percent of male adults.

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 3A

**Diabetes Prevalence Per 1,000
Pennsylvania Adults by Race, 1989-98**

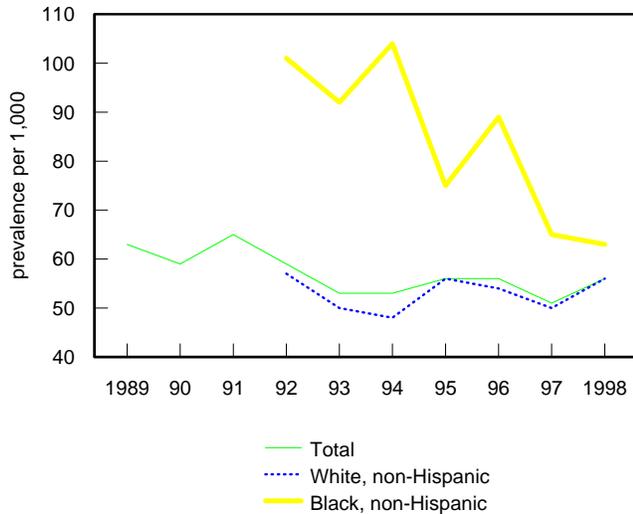
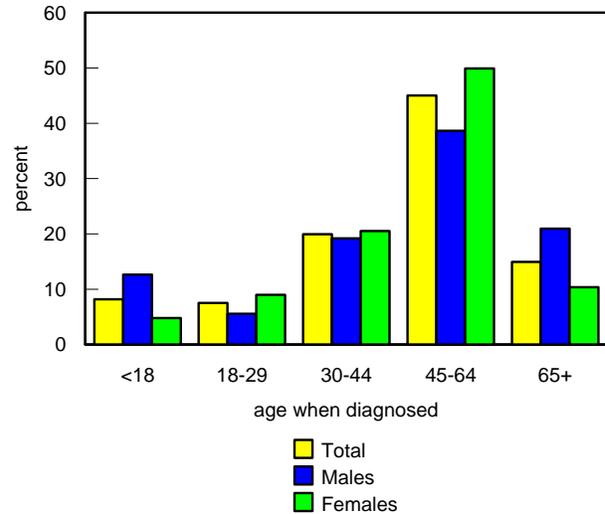


FIGURE 3B

**Percent by Age When Diabetes Diagnosed
Pennsylvania Adults by Sex, 1998**



**TABLE 3
Diabetes
Pennsylvania Adults, 1998 (with 95% confidence intervals)**

	Total No.	Ever told had diabetes			Currently taking insulin*		
		No.	%	CI	No.	%	CI
All Adults	3599	202	6	5-7	75	39	31-47
Male	1427	73	5	4-6	30	43	30-56
Female	2172	129	6	5-7	45	35	26-44
Age:							
18-29	658	10	1	0-2	#		
30-44	1128	29	3	2-4	#		
45-64	1056	72	7	5-9	27	39	26-52
65+	727	88	13	10-16	29	33	22-44
Education:							
<High School	429	52	11	8-14	20	37	22-52
High School	1500	89	6	5-7	28	34	23-45
Some College	803	36	5	3-7	#		
College Degree	853	23	3	2-4	#		
Income:							
<\$15,000	380	43	11	8-14	#		
\$15,000 to \$24,999	603	54	9	6-12	20	37	22-52
\$25,000 to \$49,999	1067	46	5	3-7	#		
\$50,000 to \$74,999	405	13	3	1-5	#		
\$75,000+	329	4	1	0-2	#		
Race:							
White, non-Hispanic	3168	172	6	5-7	61	38	30-46
Black, non-Hispanic	271	20	6	3-9	#		
Hispanic	96	6	4	1-7	#		

*Denominator is persons who have diabetes

#Data not reported due to N<50

INJURY CONTROL

How often do you use a safety belt?

- ❑ 65 percent of Pennsylvania adults “always” used seat belts in 1998; 12 percent, “nearly always”; 10 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 for those adults who “always” used seat belts, there were significant differences associated with sex (higher among females), age (lower among those aged 18-29 and 30-44 compared to the age group 65+), education (higher among those with college degrees compared to all others, and higher for those with some college compared to those with a high school education or less), and income (higher among those earning \$75,000 compared to adults with incomes of less than \$50,000), and race (higher among whites than for blacks).
- ❑ The percentage of Pennsylvania adults who “always” used seat belts generally increased between 1989 and 1998. In 1989, 48 percent “always” used seat belts. By 1992, it was 55 percent; by 1998, it stood at 65 percent.

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

- ❑ 95 percent of Pennsylvania adults with a child under age 5 in the household responded in 1998 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 or education.

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

- ❑ “Always” responded 46 percent of Pennsylvania adults in 1998 with a child ages 5-15 in the household.
- ❑ There were no significant differences by age, sex, education, income or race for those who responded “always.”

When was last time you tested your home smoke alarms?

- ❑ 70 percent of Pennsylvania adults reported in 1998 that they had tested their home smoke alarms in the past six months.
- ❑ 4 percent had not tested their home smoke alarms in one or more years.
- ❑ 6 percent of Pennsylvania adults admitted in 1998 that they had never tested their home smoke alarms.

Does your home have smoke detectors on all floors? (including basement but excluding attic)

- ❑ 73 percent of Pennsylvania adults reported in 1998 that they had smoke detectors on all floors of their home.

YEAR 2000 NATIONAL HEALTH OBJECTIVE:

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

INJURY CONTROL

FIGURE 4A

**Injury Control, Percent by Type
Pennsylvania Adults, 1989-93 and 1995-98**

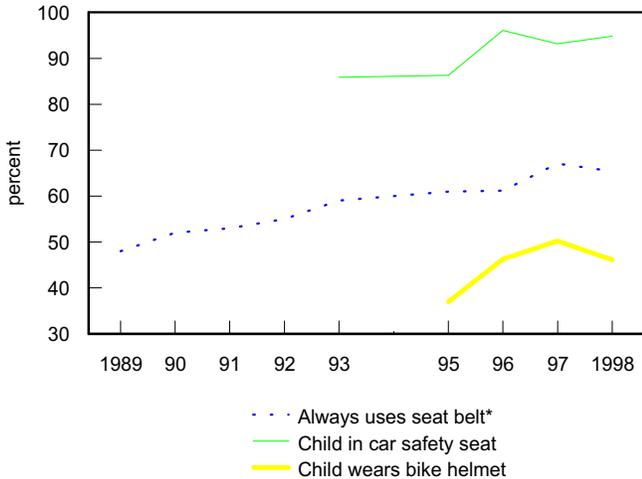
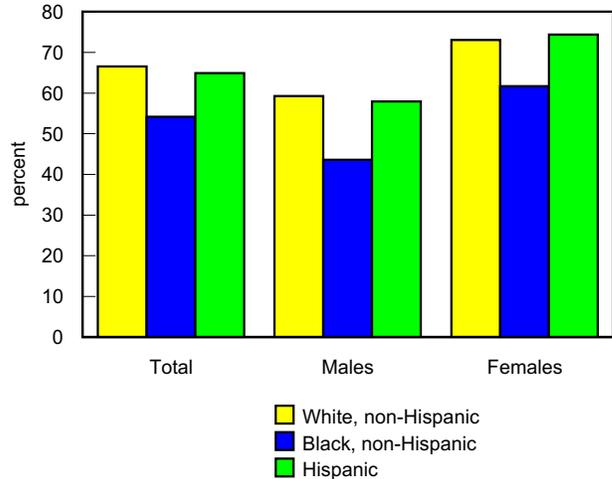


FIGURE 4B

**Percent Always Use Seat Belt*
Pennsylvania Adults by Sex and Race, 1998**



**TABLE 4
Injury Control
Pennsylvania Adults, 1998 (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	3599	2389	65	63-67	240	95	92-98	412	46	42-50
Male	1427	832	58	55-61	85	92	86-98	165	48	42-54
Female	2172	1557	72	70-74	155	96	93-99	247	44	39-49
Age:										
18-29	658	404	60	55-65	121	94	90-98	69	42	33-51
30-44	1128	728	65	62-68	105	95	90-100	271	49	44-54
45-64	1056	713	66	63-69	#			68	40	31-49
65+	727	527	73	69-77	#			#		
Education:										
<High School	429	255	59	54-64	#			32	42	29-55
High School	1500	920	60	57-63	104	95	91-99	160	42	36-48
Some College	803	554	69	65-73	58	94	88-100	103	47	39-55
College Degree	853	655	77	74-80	58	96	91-101	117	54	47-61
Income:										
<\$15,000	380	238	63	57-69	#			22	40	24-56
\$15,000 to \$24,999	603	376	62	57-67	#			47	41	31-51
\$25,000 to \$49,999	1067	685	62	59-65	104	96	92-100	130	45	39-51
\$50,000 to \$74,999	405	290	71	66-76	#			70	48	39-57
\$75,000+	329	261	77	72-82	#			68	58	48-68
Race:										
White, non-Hispanic	3168	2132	67	65-69	202	97	95-99	364	47	43-51
Black, non-Hispanic	271	152	54	47-61	#			25	37	24-50
Hispanic	96	64	65	52-78	#			#		

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

Data not reported due to N<50

*Denominator excludes persons who never ride in a car

TOBACCO USE

Current cigarette smokers:

24 percent of Pennsylvania adults indicated that they were regularly smoking cigarettes in 1998.

NOTE: The national year 2000 objective for all adults is 15 percent.

34 percent of black adults regularly smoked cigarettes in 1998 – significantly higher than the 23 percent of white adults and the 16 percent of Hispanic adults.

NOTE: The national year 2000 objective for black adults is 18 percent.

Only 8 percent of the oldest adults (aged 65+) said that they were smokers – significantly lower than for any other younger age group.

Only 14 percent of college graduates were smokers. This was significantly lower than for any other educational level. Conversely, the 38 percent of smokers for those adults with less than a high school education was significantly higher than for all the other advanced educational levels.

Adults in the higher income brackets (\$50,000+) were significantly less likely to be cigarette smokers than any of the adults in the lower income groups.

Since 1989, the percentage of all adult smokers has declined somewhat, from 27 to 24 percent in 1998, but the percentage for blacks has not changed much – from 35 percent in 1989 to 34 percent in 1998.

Former cigarette smokers:

In the 1998 survey, 23 percent of Pennsylvania adults responded that they were former cigarette smokers.

A significantly higher percentage of males (26) were former smokers than females (20 percent) in 1998.

19 percent of adults aged 30-44 were former smokers – significantly higher than the 10 percent for those aged 18-29.

The 29 and 34 percent for adults aged 45-64 and 65+, respectively, were also significantly higher than the figures for the younger age groups of 18-29 and 30-44.

There were significant differences associated with race and ethnicity in the percentages of former smokers. In the 1998 survey, white adults had 24 percent identified as former smokers – significantly higher than for either blacks (16 percent) or Hispanic adults (12 percent).

Quit smoking for at least one day in past year:

Among those who were smoking in 1998, 44 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.

There were no significant differences associated with sex, age, education, income or race.

In 1991, 51 percent of adults had quit smoking at least once in the previous year. By 1995, the percentage had declined to 42 but has remained between 44 and 46 percent since then.

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 5A

**Tobacco Use, Percent by Type
Pennsylvania Adults, 1989-98**

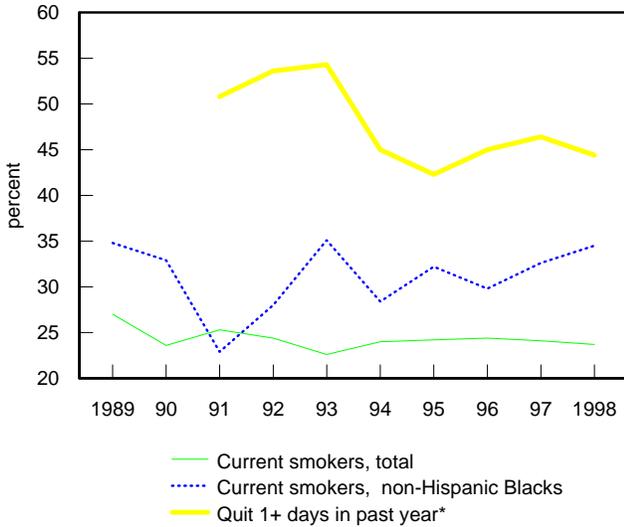
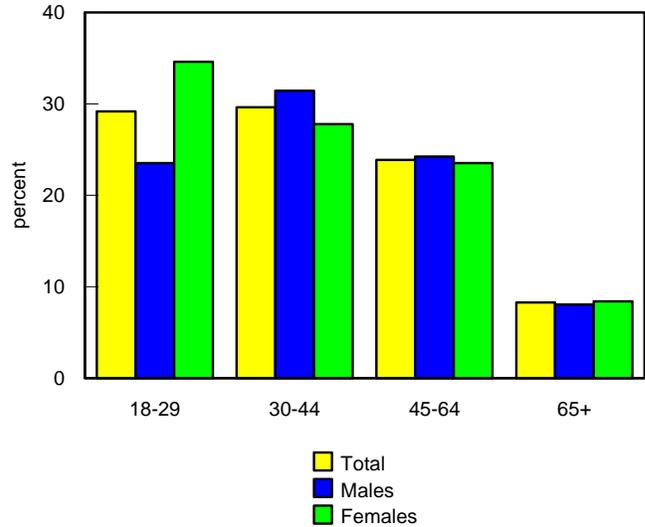


FIGURE 5B

**Current Smokers, Percent by Age and Sex
Pennsylvania Adults, 1998**



**TABLE 5
Tobacco Use
Pennsylvania Adults, 1998 (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	3599	859	24	22-26	810	23	21-25	311	44	40-48
Male	1427	346	24	21-27	382	26	23-29	120	43	37-49
Female	2172	513	23	21-25	428	20	18-22	191	46	40-52
Age:										
18-29	658	208	29	25-33	64	10	7-13	86	51	42-60
30-44	1128	331	30	27-33	218	19	17-21	117	43	37-49
45-64	1056	256	24	21-27	291	29	26-32	85	43	35-51
65+	727	58	8	6-10	231	34	30-38	22	38	24-52
Education:										
<High School	429	152	38	33-43	89	20	16-24	60	45	35-55
High School	1500	386	26	24-28	336	24	22-26	136	44	38-50
Some College	803	198	23	20-26	181	23	20-26	73	47	38-56
College Degree	853	122	14	11-17	200	23	20-26	42	42	31-53
Income:										
<\$15,000	380	103	28	23-33	89	22	17-27	34	44	31-57
\$15,000 to \$24,999	603	185	31	27-35	114	19	15-23	73	50	41-59
\$25,000 to \$49,999	1067	275	26	23-29	257	26	23-29	97	41	34-48
\$50,000 to \$74,999	405	78	18	14-22	84	22	18-26	32	48	35-61
\$75,000+	329	47	15	11-19	97	29	24-34	#		
Race:										
White, non-Hispanic	3168	735	23	21-25	747	24	22-26	265	42	38-46
Black, non-Hispanic	271	87	34	27-41	40	16	11-21	32	58	44-72
Hispanic	96	19	16	8-24	11	12	3-21	#		

#Data not reported due to N<50

*Denominator is current smokers who smoke everyday

CIGAR SMOKING

Have you ever smoked a cigar?

36 percent of Pennsylvania adults reported in 1998 that they had ever smoked a cigar.

60 percent of adult males had ever smoked a cigar – significantly higher than the 14 percent for females.

A significantly lower percentage (25) of adults aged 65+ had ever smoked a cigar compared to all the younger age groups (40 percent for those aged 18-29, 39 percent for those aged 30-44, and 37 percent for those aged 45-64)

College graduates were significantly more likely to have ever smoked a cigar than adults with a high school education (43 vs. 32 percent).

Adults in higher income levels (earning \$25,000+) had significantly higher percentages who had ever smoked a cigar compared to those earning less than \$25,000.

Only 23 percent of Hispanics responded in 1998 that they had ever smoked a cigar which was significantly lower than the 36 percent recorded for whites.

While the percentage of men who had ever smoked a cigar remained about the same by age group, the percentages were much higher among younger women compared to older women.

Have you smoked a cigar in the past month?

Of those adults who had ever smoked a cigar, 18 percent had smoked a cigar in the previous month.

Significantly higher percentages of younger adults (25 percent for those aged 18-29 and 21 percent among those aged 30-44) had smoked a cigar in the past month compared to the oldest adults (8 percent for those aged 65+).

There were no significant differences by education, income or race for those adults who had smoked a cigar in the past month.

Of those adults who had smoked a cigar in the past month, 67 percent smoked a cigar less than once a week; 15 percent smoked a cigar once a week; and, 17 percent smoked daily or several times a week.

CIGAR SMOKING

FIGURE 6A

**Ever Smoked a Cigar, Percent by Age and Sex
Pennsylvania Adults, 1998**

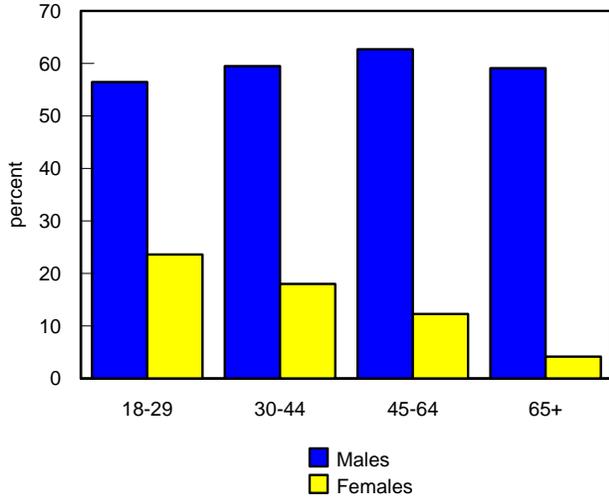
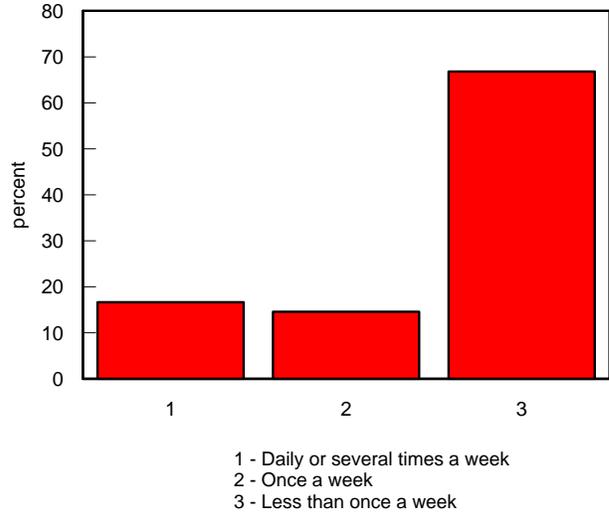


FIGURE 6B

**Cigar Smoking, Percent by Frequency
Pennsylvania Adults*, 1998**



*Denominator is persons who smoked a cigar in the past month

**TABLE 6
Cigar Smoking
Pennsylvania Adults, 1998 (with 95% confidence intervals)**

	Total No.	Ever smoked a cigar			Smoked a cigar in past month**		
		No.	%	CI	No.	%	CI
All Adults	3599	1175	36	34-38	206	18	15-21
Male	1427	853	60	57-63	171	20	17-23
Female	2172	322	14	12-16	35	13	8-18
Age:							
18-29	658	244	40	35-45	50	25	18-32
30-44	1128	425	39	36-42	89	21	17-25
45-64	1056	353	37	34-40	55	15	11-19
65+	727	150	25	21-29	11	8	3-13
Education:							
<High School	429	123	34	29-39	24	20	12-28
High School	1500	431	32	29-35	60	15	11-19
Some College	803	273	36	32-40	57	21	16-26
College Degree	853	346	43	39-47	65	21	15-27
Income:							
<\$15,000	380	89	28	22-34	15	20	10-30
\$15,000 to \$24,999	603	187	32	28-36	24	14	8-20
\$25,000 to \$49,999	1067	413	42	39-45	72	17	13-21
\$50,000 to \$74,999	405	155	41	36-46	31	20	13-27
\$75,000+	329	141	43	37-49	28	21	13-29
Race:							
White, non-Hispanic	3168	1061	36	34-38	179	18	15-21
Black, non-Hispanic	271	67	29	22-36	14	20	10-30
Hispanic	96	22	23	13-33	#		

**Denominator is persons who have ever smoked a cigar
#Data not reported due to N<50

EXERCISE

No leisure-time physical activity:

33 percent of Pennsylvania adults responded in 1998 that they were physically inactive.

NOTE: The national year 2000 objective is 15 percent.

There were significant differences for all of the percentages of no leisure-time physical activity by sex (29 percent of males vs. 36 percent of females), by age (higher percentages with each increase in age), and by education (lower percentages with each increase in educational level).

Adults with lower incomes (under \$25,000) also had significantly higher percentages of no leisure-time activity compared to those with incomes of \$25,000+.

Between 1989 and 1996, there was a slight decline in the percentage of physically inactive adults, from 28 to 26; however, the percentage rose dramatically to 33 percent in 1998.

Regular light to moderate physical activity:

19 percent of Pennsylvania adults reported engaging regularly in light to moderate physical activity during 1998.

NOTE: The national year 2000 objective is 30 percent.

Significant differences were associated with age, education, and income – age group 18-29 higher than all other older age groups, college graduates higher than those with a high school education or less, and those earning \$75,000+ higher than adults with incomes below \$25,000.

Vigorous physical activity:

13 percent of Pennsylvania adults in 1998 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. College graduates and those adults with some college had higher percentages than those adults with a high school education or less.

There were no significant differences for those engaging in vigorous physical activity by sex, age, income, race or Hispanic origin.

Most frequent type of physical activity:

The most frequent type of physical activity, by far, was walking (48 percent of all adults).

Other major types of exercise included running and gardening (both 6 percent), aerobics and weightlifting (both 5 percent), and bicycling and golf (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, 1989-98**

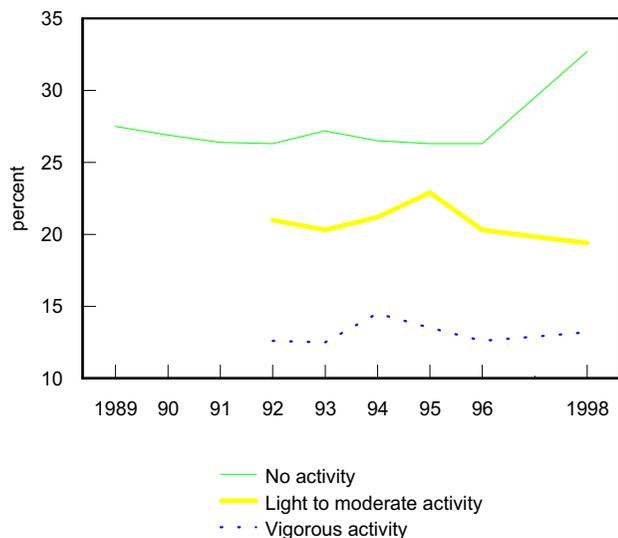
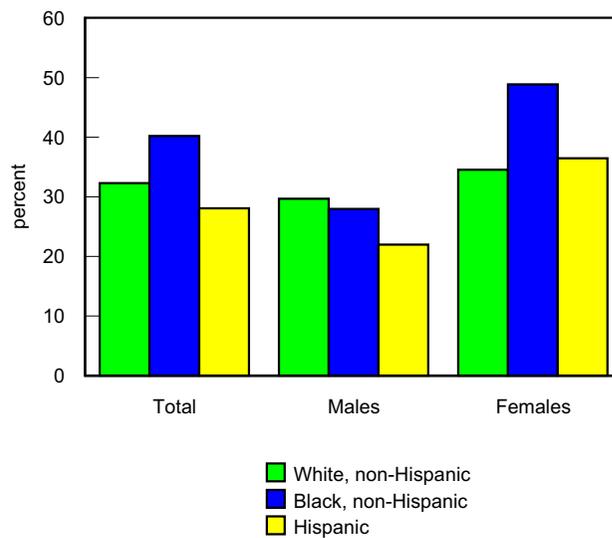


FIGURE 7B

**Percent No Physical Activity
Pennsylvania Adults by Sex and Race, 1998**



**TABLE 7
Exercise
Pennsylvania Adults, 1998 (with 95% confidence intervals)**

	Total No.	No activity			Light to moderate activity			Vigorous activity		
		No.	%	CI	No.	%	CI	No.	%	CI
All Adults	3599	1178	33	31-35	676	19	17-21	483	13	12-14
Male	1427	414	29	26-32	288	21	18-24	187	13	11-15
Female	2172	764	36	34-38	388	18	16-20	296	13	11-15
Age:										
18-29	658	128	19	15-23	158	27	22-32	98	16	12-20
30-44	1128	290	27	24-30	228	19	17-21	155	13	11-15
45-64	1056	387	37	34-40	181	17	14-20	144	13	11-15
65+	727	364	50	46-54	106	15	12-18	81	10	8-12
Education:										
<High School	429	247	57	52-62	51	13	9-17	30	7	5-9
High School	1500	573	38	35-41	248	17	15-19	155	10	8-12
Some College	803	212	27	23-31	173	22	19-25	127	16	13-19
College Degree	853	138	16	13-19	203	25	21-29	171	20	17-23
Income:										
<\$15,000	380	174	49	43-55	58	15	10-20	34	9	5-13
\$15,000 to \$24,999	603	239	39	34-44	85	14	11-17	65	11	8-14
\$25,000 to \$49,999	1067	307	29	26-32	228	21	18-24	153	14	12-16
\$50,000 to \$74,999	405	94	24	19-29	90	21	17-25	65	14	10-18
\$75,000+	329	55	17	13-21	84	27	21-33	61	18	13-23
Race:										
White, non-Hispanic	3168	1014	32	30-34	602	19	17-21	432	13	12-14
Black, non-Hispanic	271	114	40	33-47	41	18	12-24	27	11	6-16
Hispanic	96	32	28	18-38	16	24	11-37	16	23	11-35

OVERWEIGHT

NOTE: In the past, the Centers for Disease Control and Prevention (CDC) used a BMI (Body Mass Index) equal to 27.8 for men and 27.3 for women to identify “overweight” persons. These values corresponded to the sex-specific 85th percentile of BMIs for U.S. adults 20-29 years of age who participated in the National Health and Nutrition Examination Survey. This designation for “overweight” has been used by the Behavioral Risk Factor Surveillance System (BRFSS) since its first survey in Pennsylvania in 1989. However the National Heart, Lung and Blood Institute (NHLBI) of the National Institutes of Health (NIH) recently established clinical guidelines for the identification, evaluation and treatment of overweight and obesity in adults. BMI values of 25 or more are now designated as “overweight.” The results of applying these “new” NHLBI standards for defining “overweight” are shown in Table 8 and Figure 8B on the opposite page. However, in order to maintain comparable figures for historical data, figures using the “old” CDC standard for determining “overweight” are also included in the table and figures on the opposite page. Also, please note that the national year 2000 objective (shown below) for overweight adults was adopted using the “old” standard definition.

Overweight adults (old standard):

33 percent of Pennsylvania adults were overweight according to the 1998 survey results.

NOTE: The national year 2000 objective is for no more than 20 percent.

The percentage of overweight adults has consistently increased since 1990 when the figure stood at 25 percent.

Only 22 percent of adults aged 18-29 were considered to be overweight, significantly lower than the figures for all the other, older age groups. The highest percentage of overweight adults (43) occurred among those aged 45-64 and was considered significantly higher compared to all the other age groups.

There were also some significant differences associated with education and income – 38 percent of adults with less than a high school education and 39 percent of those with a high school diploma were considered overweight compared to 28 percent of those with some college and 24 percent of college graduate, and those earning \$15,000-\$24,999 had a much higher percentage of overweight compared to adults earning \$50,000+.

52 percent of blacks were overweight in the 1998 survey – significantly higher than the 32 percent among whites.

Overweight adults (new standard):

56 percent of Pennsylvania adults were overweight according to the 1998 survey results.

A significantly higher percentage of males (65) were overweight compared to females (47 percent) in 1998.

Significant differences also occurred by age, education, and race. Higher percentages were recorded for older adults, those with a high school education, and among blacks (compared to whites).

Overweight adults (old vs. new standard):

With the new standard, the percent of overweight adults in 1998 rose dramatically, from 33 to 56 percent. This type of increase was evident for all the demographic features shown in Table 9.

Figure 8B illustrates the differences by sex and age using both standards. The percentages for males of all age groups nearly doubled using the new standard. The percentages also increased for females of all age groups but not as much as they did for males.

YEAR 2000 NATIONAL HEALTH OBJECTIVE:

1.2 Reduce overweight (old standard) to a prevalence of no more than 20 percent among people aged 20 and older...

OVERWEIGHT

FIGURE 8A

Percent Overweight, Old Standard
Pennsylvania Adults, 1989-98

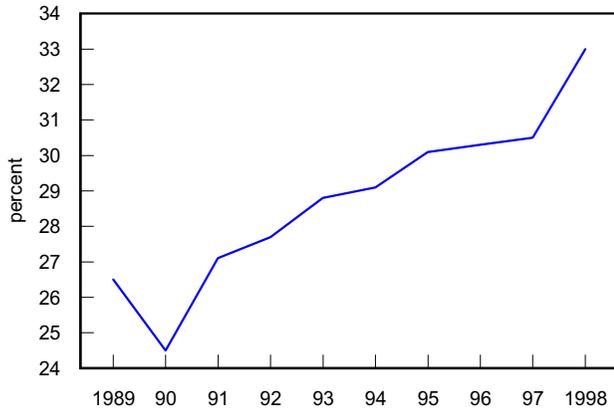


FIGURE 8B

Percent Overweight, Old and New Standards
Pennsylvania Adults by Age and Sex, 1998

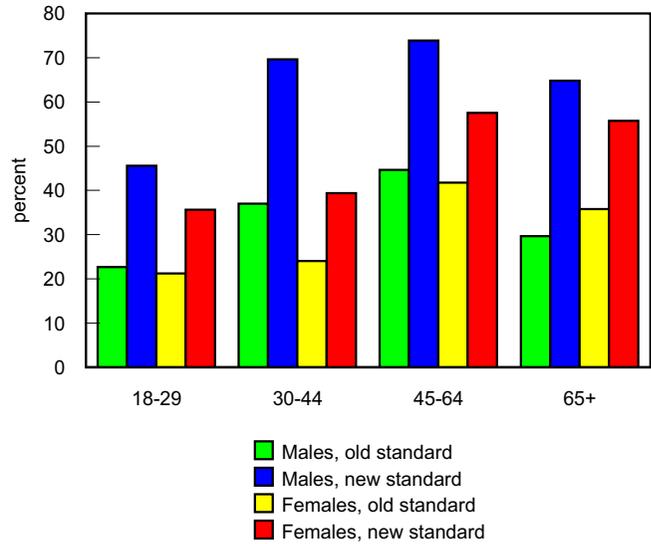


TABLE 8
Overweight
Pennsylvania Adults, 1998 (with 95% confidence intervals)

	Total No.	Overweight, old standard			Overweight, new standard		
		No.	%	CI	No.	%	CI
All Adults	3599	1140	33	31-35	1917	56	54-58
Male	1427	481	35	32-38	912	65	62-68
Female	2172	659	31	29-33	1005	47	45-49
Age:							
18-29	658	139	22	18-26	254	41	36-46
30-44	1128	327	31	28-34	591	55	52-58
45-64	1056	432	43	40-46	658	66	63-69
65+	727	240	34	30-38	411	59	55-63
Education:							
<High School	429	158	38	33-43	236	57	52-62
High School	1500	560	39	36-42	862	60	57-63
Some College	803	231	28	24-32	416	53	49-57
College Degree	853	188	24	21-27	400	50	46-54
Income:							
<\$15,000	380	143	39	33-45	217	58	52-64
\$15,000 to \$24,999	603	225	41	36-46	342	61	57-65
\$25,000 to \$49,999	1067	340	33	30-36	570	56	53-59
\$50,000 to \$74,999	405	108	30	25-35	219	58	53-63
\$75,000+	329	79	27	21-33	165	53	47-59
Race:							
White, non-Hispanic	3168	968	32	30-34	1665	55	53-57
Black, non-Hispanic	271	128	52	45-59	177	69	63-75
Hispanic	96	32	34	22-46	55	59	47-71

WEIGHT CONTROL and NUTRITION

Are you trying to lose weight?

In the 1998 survey, 37 percent of Pennsylvania adults responded that they were trying to lose weight. A significantly higher percentage of females (44 percent) than males (29 percent) were trying to lose weight in 1998. 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 the oldest adults (aged 65+).

Eating fruits and vegetables 5 or more times each day?

25 percent of Pennsylvania adults said that they were eating fruits and vegetables 5 or more times a day. Significantly more adults aged 65+ said that they were eating fruits and vegetables 5 or more times a day compared to those aged 30-44. 31 percent of college graduates were eating fruits and vegetables 5 or more times a day – significantly higher than for those with a high school education or less. A significantly higher percentage was also recorded for adults with some college education compared to those with a high school diploma. There were no significant differences in the percentages of adults eating more fruits and vegetables by income level, race or Hispanic origin. In the 1991 survey, 21 percent of adults said that they were eating 5 or more fruits and vegetables per day. By 1996, the percentage had risen to 25. NOTE: The national year 2000 objective is to increase the percentage.

Have you taken any weight loss pills prescribed by a doctor in past two years?

In the 1998 survey, only 2 percent of Pennsylvania adults said that they had taken weight loss pills prescribed by a doctor in the past two years (excluding water pills or thyroid medication). 3 percent of females responded that they had taken weight loss pills in the past two years compared to only 1 percent of males. This percentage difference by gender was rather consistent throughout all age groups, with the widest gap occurring for the youngest age group of 18-29 (0.2 percent for males vs. 5 percent for females).

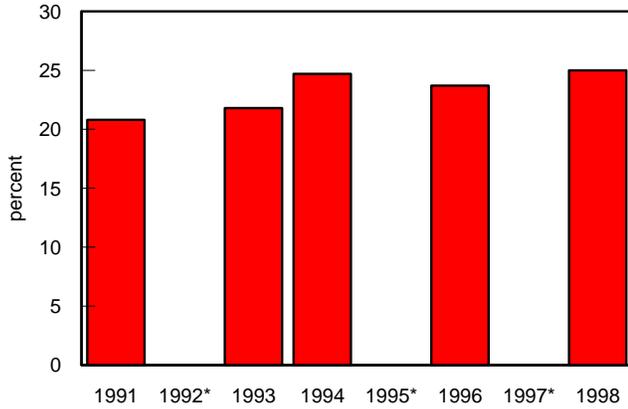
YEAR 2000 NATIONAL HEALTH OBJECTIVE:

2.6 Increase...foods...in diet...to an average of five or more daily servings for vegetables and fruits...

WEIGHT CONTROL and NUTRITION

FIGURE 9A

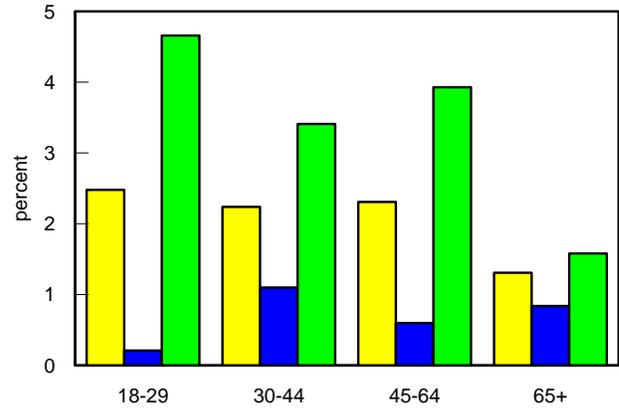
Percent Eating 5+ Fruits/Vegetables Per Day
Pennsylvania Adults, 1991-98



*not asked in this year's survey

FIGURE 9B

Percent Taken Weight Loss Pills** in Past 2 Years
Pennsylvania Adults by Age and Sex, 1998



■ Total
■ Males
■ Females

**weight loss pills prescribed by a physician

TABLE 9
Weight Control and Nutrition
Pennsylvania Adults, 1998 (with 95% confidence intervals)

	Total No.	Trying to lose weight			Eat fruits and vegetables 5+ times/day		
		No.	%	CI	No.	%	CI
All Adults	3599	1372	37	35-39	893	25	23-27
Male	1427	424	29	26-32	305	22	19-25
Female	2172	948	44	42-46	588	27	25-29
Age:							
18-29	658	231	33	29-37	146	24	20-28
30-44	1128	449	39	36-42	241	21	18-24
45-64	1056	477	43	40-46	282	26	23-29
65+	727	208	29	25-33	215	29	25-33
Education:							
<High School	429	147	37	32-42	89	20	16-24
High School	1500	568	36	33-39	317	21	19-23
Some College	803	333	40	36-44	224	28	24-32
College Degree	853	318	36	32-40	259	31	27-35
Income:							
<\$15,000	380	149	36	31-41	98	26	21-31
\$15,000 to \$24,999	603	223	36	32-40	128	21	17-25
\$25,000 to \$49,999	1067	424	39	36-42	243	22	19-25
\$50,000 to \$74,999	405	154	37	32-42	118	29	24-34
\$75,000+	329	135	40	34-46	102	30	25-35
Race:							
White, non-Hispanic	3168	1195	37	35-39	795	25	23-27
Black, non-Hispanic	271	118	40	33-47	51	18	13-23
Hispanic	96	37	33	22-44	23	28	16-40

WOMEN'S HEALTH - BREAST CANCER SCREENING

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

83 percent of Pennsylvania women aged 40+ said in 1998 that they had ever had a clinical breast examination. Only 73 percent of women aged 75+ had ever had a clinical breast exam – a significantly lower percentage than for the age groups between 40 and 64. In addition, the 77 percent for women aged 65-74 was significantly lower than the percentages for those women aged 40-64.

There were also some significant disparities in the percentages by education and income. Women aged 40+ with a high school education or less had significantly lower percentages than women with more education. Also, the percentages were significantly higher among women with incomes of \$75,000+ compared to women earning less than \$50,000.

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

“Yes” responded 62 percent of women aged 40+ in 1998.

A significantly lower percentage or 51 percent of women aged 75+ reported having had a clinical breast exam during the preceding year compared to the percentages of 66 and 64 for two younger age groups (40-49 and 50-64).

Some significant differences also occurred by education and income. A much lower percentage was recorded for women aged 40+ with a high school education or less (compared to those with a college degree) and for those women aged 40+ with incomes under \$15,000 (compared to those with incomes of \$50,000+).

There was also a significant difference associated with race – blacks had a higher percentage (75) compared to whites (61 percent).

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

59 percent of women aged 40+ reported in 1998 that they had had a mammogram in the past year.

Only 52 percent of women aged 75+ and 50 percent of women aged 40-49 had had a mammogram in the past year.

This was significantly lower than the 65 percent for women aged 50-64 and 66 percent for ages 65-74.

There were no significant differences by education, income or race.

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

“Yes” said 65 percent of Pennsylvania women aged 50+ and 73 percent of black women aged 50+ in 1998.

NOTE: The national year 2000 objective is 60 percent for all women aged 50+ and for black women aged 50+.

Only 52 percent of women aged 75+ had had both exams in the past 2 years – significantly lower than the 71 percent for younger women aged 50-64.

Some significant differences also occurred by education and income with higher percentages for those having a better education and being at higher income levels.

The percentages for all women and black women aged 50+ who have had both exams in the past two years have been higher in recent years.

YEAR 2000 NATIONAL HEALTH OBJECTIVES:

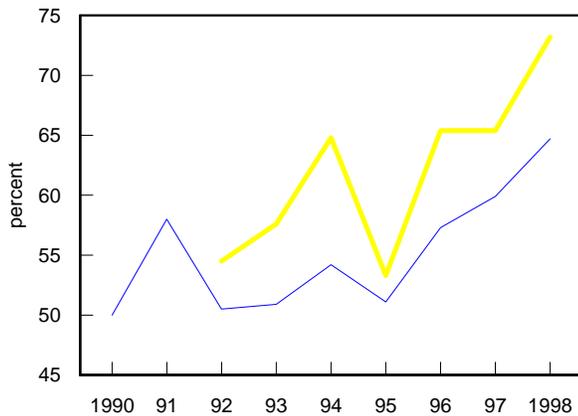
16.11 Increase to at least 60 percent those women aged 50 and older who have received a clinical breast exam and a mammogram in the past two years.

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

WOMEN'S HEALTH - BREAST CANCER SCREENING

FIGURE 10A

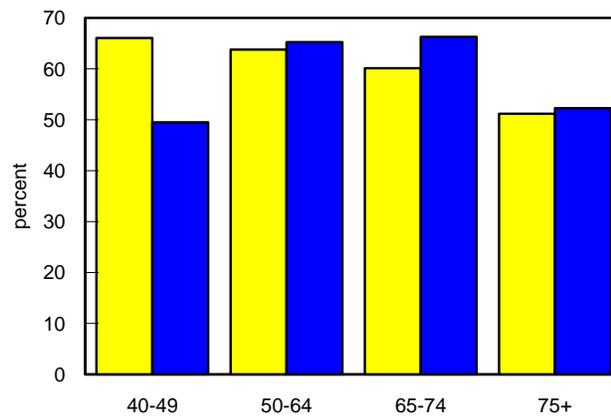
**Percent Had Clinical Breast Exam and Mammogram in Past 2 Years
Pennsylvania Women by Age, 1990-98**



— Women age 50+
— Black women age 50+

FIGURE 10B

**Percent Had Clinical Breast Exam or Mammogram in Past Year
Pennsylvania Women by Age, 1998**



■ Breast exam
■ Mammogram

TABLE 10

**Women's Health - Breast Cancer Screening
Pennsylvania Women 40 and Older, 1998 (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
Females 40+	1354	1121	83	81-85	831	62	59-65	795	59	56-62	599	65	62-68
Age:													
40-49	403	360	88	84-92	273	66	61-71	208	50	44-56	N/A	N/A	N/A
50-64	442	383	87	84-90	285	64	59-69	287	65	60-70	314	71	66-76
65-74	284	219	77	72-82	164	60	54-66	187	66	60-72	175	63	57-69
75+	225	159	73	67-79	109	51	44-58	113	52	45-59	110	52	45-59
Education:													
<High School	216	150	73	67-79	106	55	47-63	116	56	48-64	92	52	44-60
High School	636	516	82	79-85	384	60	56-64	375	59	55-63	291	64	59-69
Some College	268	240	90	86-94	169	63	57-69	157	58	51-65	118	71	63-79
College Degree	227	213	93	89-97	170	74	67-81	144	65	58-72	97	79	71-87
Income:													
<\$15,000	195	144	74	67-81	97	51	43-59	97	52	44-60	86	54	46-62
\$15,000 to \$24,999	252	198	79	74-84	140	59	52-66	138	55	48-62	110	58	50-66
\$25,000 to \$49,999	297	263	88	84-92	196	65	59-71	179	58	52-64	132	72	65-79
\$50,000 to \$74,999	120	109	90	84-96	90	74	65-83	80	67	58-76	46	80	69-91
\$75,000+	107	104	97	94-100	83	71	61-81	76	68	58-78	(N<50)		
Race:													
White, non-Hispanic	1217	1005	83	81-85	743	61	58-64	707	58	55-61	541	64	61-67
Black, non-Hispanic	97	82	87	80-94	67	75	65-85	67	70	58-82	45	73	60-86
Hispanic	26	(Data not reported due to N<50)											

WOMEN'S HEALTH - PAP TESTS

Have you ever had a Pap test?

92 percent of Pennsylvania adult women responded in 1998 that they had ever had a Pap test.

NOTE: The national year 2000 objective is 95 percent.

Women aged 65+ had a significantly lower percentage (84) of those who had ever had a Pap test compared to the younger age groups of 45-64 (95 percent) and 30-44 (97 percent). Also, young adult women aged 18-29 had a significantly lower percentage (89) than women aged 30-44 (97 percent).

Significantly fewer women with a high school education or less had ever had a Pap test compared to those women with a college degree.

Only 84 percent of low income women (earning less than \$15,000) had ever had a Pap test – significantly lower than the 94 and 97 percent recorded for women earning \$25,000 or more.

Since 1990, the percentage of adult women who have ever had a Pap test has remained between 89 and 94 percent.

How long has it been since your last Pap test?

79 percent of adult women said that they had had a Pap test within the last 3 years according to the 1998 survey.

NOTE: The national year 2000 objective is 85 percent.

Only 59 percent of women aged 65+ had had a Pap test in the preceding 3 years – significantly lower than the figures for any of the other, younger age groups. Also, the 82 percent for women aged 45-64 was significantly lower than the 89 percent recorded for those aged 30-44.

Some significant differences could also be noted by education and income. Women without a high school diploma as well as those who were high school graduates had much lower percentages than those with more education. Women with low incomes (<\$25,000) also had much lower percentages than women earning \$25,000 or more.

Since 1992, the percentage of women who have had a Pap test in the previous 3 years has not changed by much but recent figures have been on the increase with the 1998 figure of 79 percent being the highest ever recorded.

Reason you had a Pap test?

“Routine test” said 94 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.

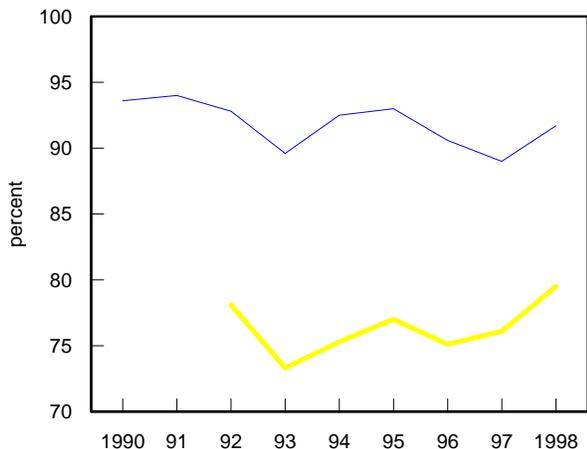
YEAR 2000 NATIONAL HEALTH OBJECTIVE:

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 11A

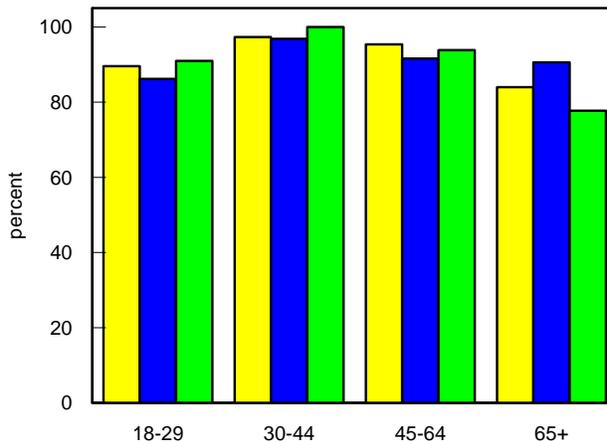
**Percent Having Pap Tests
Pennsylvania Women, 1990-98**



— Ever had a Pap test, all women
— Had a Pap test in past 3 years, all women

FIGURE 11B

**Percent Ever Had a Pap Test
Pennsylvania Women by Age and Race*, 1998**



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

**TABLE 11
Women's Health - Pap Tests
Pennsylvania Adult Women, 1998 (with 95% confidence intervals)**

	Total No.	Ever had a Pap test			Had Pap test in past 3 years		
		No.	%	CI	No.	%	CI
Adult Females	2172	1992	92	91-93	1731	79	77-81
Age:							
18-29	396	361	89	85-93	354	87	83-91
30-44	616	596	97	96-98	552	89	86-92
45-64	629	599	95	93-97	513	82	79-85
65+	509	421	84	81-87	299	59	54-64
Education:							
<High School	284	244	87	83-91	183	66	60-72
High School	950	862	91	89-93	727	76	73-79
Some College	491	462	94	91-97	424	86	83-89
College Degree	439	420	96	94-98	395	90	87-93
Income:							
<\$15,000	274	234	84	79-89	182	64	58-70
\$15,000 to \$24,999	401	366	91	88-94	304	76	71-81
\$25,000 to \$49,999	568	535	94	92-96	486	85	82-88
\$50,000 to \$74,999	207	201	97	94-100	191	92	88-96
\$75,000+	165	161	97	94-100	152	90	84-96
Race:							
White, non-Hispanic	1895	1740	92	91-93	1499	79	77-81
Black, non-Hispanic	193	178	91	86-96	163	85	79-91
Hispanic	50	46	93	86-100	44	86	74-98

MEN'S HEALTH - PROSTATE CANCER SCREENING

Age 50 and older and ever had a Prostate Specific Antigen (PSA) blood test?

In the 1998 survey, 52 percent of men aged 50+ responded that they are ever had a Prostate Specific Antigen (PSA) blood test.

A significantly higher percentage of men aged 65-74 (67 percent) reported having ever had a PSA blood test compared to men aged 50-64 (44 percent).

There was a significant difference associated with income - only 18 percent of men aged 50+ with incomes below \$15,000 had ever had a PSA blood test compared to the much higher percentages for men aged 50+ in all the other higher income brackets.

Age 50 and older and ever had a digital rectal examination?

“Yes” responded 70 percent of Pennsylvania men aged 50+ in the 1998 survey.

91 percent of males aged 50+ and earning \$75,000 reported that they had ever had a digital rectal examination – significantly higher than for any of the other lower income groups.

There were no significant differences by age or education in the percentages of men aged 50+ who had ever had a digital rectal examination.

Age 50 and older and had a digital rectal examination in the past year?

47 percent of Pennsylvania men aged 50+ responded in the 1998 survey that they had had a digital rectal examination in the past year.

NOTE: The national year 2000 objective is 40 percent

There were no significant differences associated with age, education or income in the percentages of men aged 50+ who had had a digital rectal examination in the past year..

Percentages (of men aged 50+ who had a digital rectal exam in the past year) for the years 1993, 1995, 1996 and 1998 show a consistent downward trend.

YEAR 2000 NATIONAL HEALTH OBJECTIVE:

16.14 Increase to at least 40 percent the proportion of people aged 50 and older visiting a primary care provider in the preceding year who have received...a digital rectal examination during one such visit.

MEN'S HEALTH - PROSTATE CANCER SCREENING

FIGURE 12A

**Percent Ever Had a PSA Blood Test
Pennsylvania Men 50 and Older, 1995 and 1998**

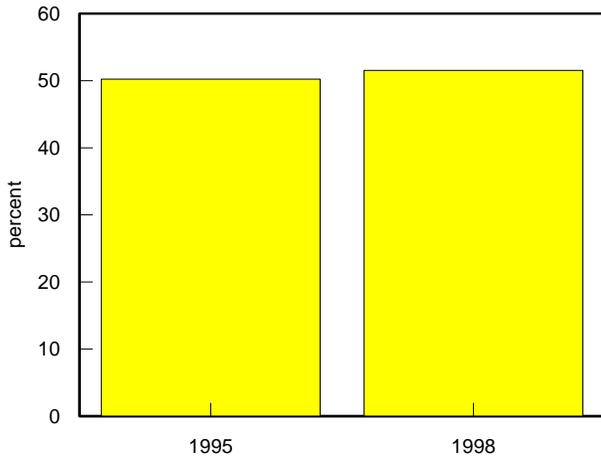
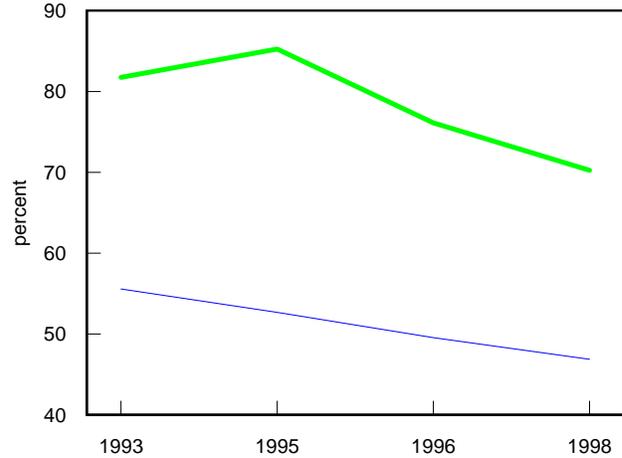


FIGURE 12B

**Percent Ever Had a Digital Rectal Exam and
Had a Digital Rectal Exam in Past Year
Pennsylvania Men 50 and Older, 1993, 95, 96 and 98**



— Ever had a digital rectal exam
— Had digital rectal exam in past year

**TABLE 12
Men's Health - Prostate Cancer Screening
Pennsylvania Men 50 and Older, 1998 (with 95% confidence intervals)**

	Total No.	Ever had a PSA blood test			Ever had a digital rectal exam			Had a digital rectal exam in past year		
		No.	%	CI	No.	%	CI	No.	%	CI
Males 50+	529	285	52	47-57	375	70	66-74	249	47	42-52
Age:										
50-64	311	145	44	38-50	217	68	62-74	135	43	37-49
65-74	130	89	67	58-76	97	75	67-83	76	59	50-68
75+	88	51	58	47-69	61	71	61-81	38	45	34-56
Education:										
<High School	78	33	42	30-54	50	68	57-79	27	37	25-49
High School	219	106	45	38-52	145	66	59-73	101	45	38-52
Some College	99	63	64	53-75	73	73	63-83	48	50	39-61
College Degree	131	82	60	50-70	107	79	71-87	73	54	44-64
Income:										
<\$15,000	51	11	18	7-29	28	57	42-72	20	42	26-58
\$15,000 to \$24,999	87	42	45	34-56	60	73	63-83	37	46	34-58
\$25,000 to \$49,999	169	95	55	47-63	129	73	66-80	87	51	43-59
\$50,000 to \$74,999	53	35	63	48-78	37	67	53-81	26	44	30-58
\$75,000+	60	37	62	49-75	55	91	84-98	36	60	47-73
Race:										
White, non-Hispanic	491	273	54	49-59	352	71	67-75	235	48	43-53
Black, non-Hispanic	24	(Data not reported due to N<50)								
Hispanic	10	(Data not reported due to N<50)								

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

35 percent of Pennsylvania adults aged 18-64 have ever had an HIV blood test, according to the 1998 survey. Significant differences were evident by age, with 44 percent of young adults aged 18-29 and 40 percent of adults aged 30-44 indicating that they had ever had their blood tested for HIV infection compared to only 25 percent of older adults aged 45-64.

Percentages by race/ethnicity also showed a significant difference – 51 percent of black adults under age 65 had ever been tested while only 33 percent of whites (aged 18-64) had ever been tested.

There was also a significant difference associated with income. The 42 percent who had been tested among adults earning \$15,000-\$24,999 was significantly higher than the 31 percent for those earning \$50,000-\$74,999.

Between 1993 and 1997, the percentage of adults aged 18-64 who had ever had an HIV blood test had increased dramatically, from 23 to 40 percent, but in 1998 it declined for the first time to 35 percent.

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

“Yes” responded 87 percent of Pennsylvanians aged 18-64 in 1998.

A significantly higher percentage or 91 percent of young adults (aged 18-29) said they would encourage condom use to their sexually active teen compared to 83 percent of those aged 45-64.

Between 1993 and 1998, fewer adults aged 18-64 said that they would encourage condom use to their sexually active teen. The percentage declined from 92 to 87 percent by 1998.

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

6 percent of Pennsylvanians aged 18-64 considered themselves at high or medium risk for HIV infection in 1998. There were no significant differences by sex, age, education, income, race or Hispanic origin for those who considered themselves at high or medium risk for HIV infection.

In 1993, 10 percent of adults aged 18-64 considered themselves at high or medium risk. By 1998, the figure had declined to 6 percent.

HIV/AIDS

FIGURE 13A

HIV/AIDS
Percent Tested, At Risk, and Condom Use
Pennsylvania Adults 18 to 64, 1993-98

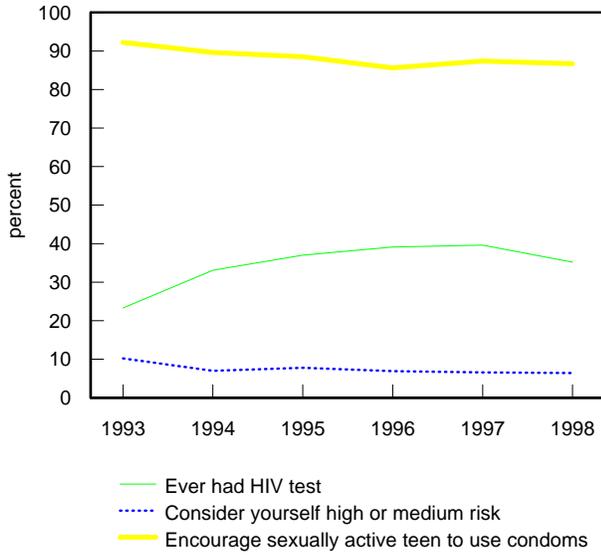


FIGURE 13B

Percent Ever Tested for HIV
Pennsylvania Adults 18 to 64
By Age and Race, 1998

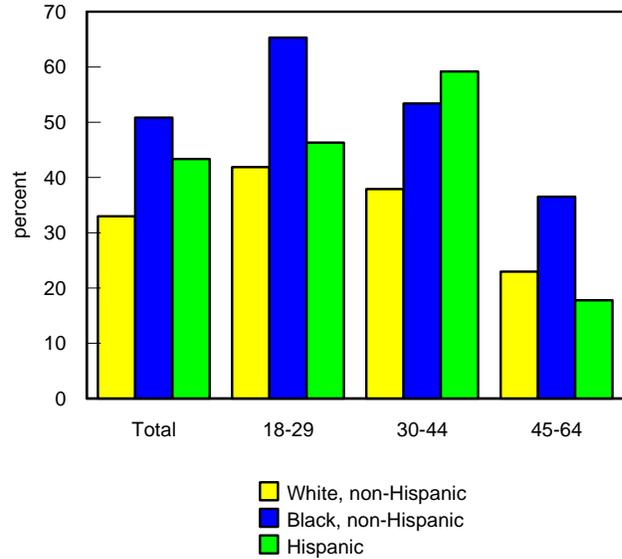


TABLE 13
HIV/AIDS
Pennsylvania Adults 18 to 64, 1998 (with 95% confidence intervals)

	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	2842	1052	35	33-37	2482	87	85-89	179	6	5-7
Male 18-64	1201	451	37	34-40	1031	86	84-88	84	7	5-9
Female 18-64	1641	601	34	31-37	1451	87	85-89	95	6	5-7
Age:										
18-29	658	320	44	39-49	608	91	88-94	59	10	7-13
30-44	1128	467	40	37-43	991	87	85-89	67	6	5-7
45-64	1056	265	25	22-28	883	83	80-86	53	5	3-7
Education:										
<High School	243	93	39	32-46	213	90	86-94	18	8	4-12
High School	1153	393	32	29-35	990	86	84-88	72	7	5-9
Some College	675	271	36	32-40	607	88	85-91	46	6	4-8
College Degree	767	295	39	35-43	670	86	83-89	43	6	4-8
Income:										
<\$15,000	235	93	40	33-47	207	88	83-93	18	9	3-15
\$15,000 to \$24,999	426	189	42	37-47	378	89	85-93	38	8	5-11
\$25,000 to \$49,999	936	370	38	35-41	836	89	87-91	57	5	3-7
\$50,000 to \$74,999	380	123	31	26-36	331	87	83-91	20	6	3-9
\$75,000+	317	112	35	29-41	281	88	84-92	14	6	3-9
Race:										
White, non-Hispanic	2466	856	33	31-35	2150	87	85-89	151	6	5-7
Black, non-Hispanic	238	125	51	43-59	213	90	86-94	19	7	3-11
Hispanic	86	43	43	30-56	79	89	80-98	7	9	2-16

VITAMIN and FOLIC ACID USE

Do you take any vitamin pills or supplements?

“Yes” responded 55 percent of Pennsylvania adults in the 1998 survey. Significantly more females than males said that they take vitamins or supplements (61 vs. 49 percent). Significantly higher percentages of vitamin use were recorded for adults aged 65+ (compared to those aged 18-29 and 30-44) and for adults aged 45-64 compared to those aged 30-44. There were also significant differences associated with education and income. Adults with some college or a college degree had higher percentages of vitamin use than those with a high school education or less. Those adults earning \$75,000+ also had a much higher percentage of vitamin use compared to adults earning \$25,000-\$49,999. Of those adults who take vitamin pills or supplements, 81 percent said that they take multivitamins.

Do you take vitamin pills or supplements daily?

86 percent of the Pennsylvania adults who use vitamins take them on a daily basis. Females reported daily vitamin use at a significantly higher percentage than males (88 vs. 82 percent). There were significantly higher percentages of daily vitamin use by adults aged 65+ (compared to those in the age groups 18-29 and 30-44) and by those aged 45-64 (compared to adults aged 30-44).

Do any of the vitamin pills or supplements you take contain folic acid?

In the 1998 survey, 24 percent of Pennsylvania adults who take vitamins (excluding those who take multivitamins) reported that their vitamin intake included folic acid. There were no significant differences by sex, age, education or income in the percentages of those adults who reported taking folic acid.

For which reason do you think women should take folic acid?

28 percent of Pennsylvania adults aged 18-44 believed that taking folic acid would help pregnant women to prevent birth defects. Other major reasons identified by adults aged 18-44 for women to take folic acid included making strong bones (16 percent) and preventing high blood pressure (7 percent).

VITAMIN and FOLIC ACID USE

FIGURE 14A

**Percent Taking Multivitamins*
Pennsylvania Adults by Age and Sex, 1998**

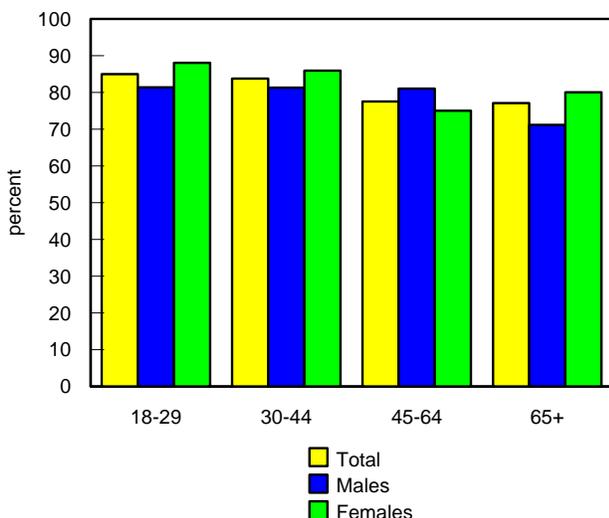
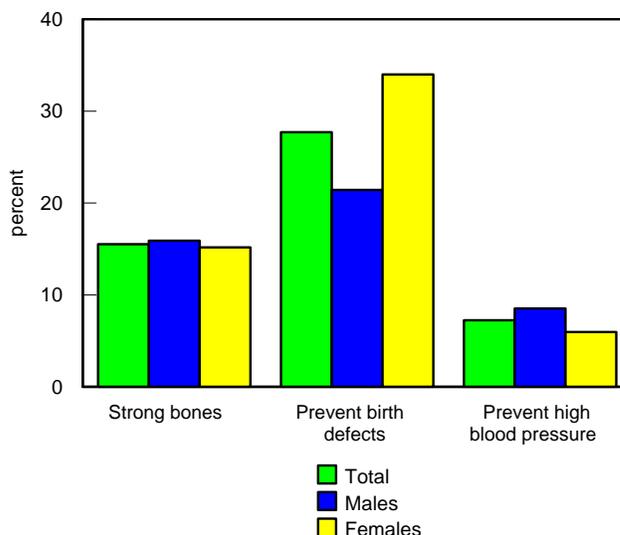


FIGURE 14B

**Reasons to Take Folic Acid, Percent by Type
Pennsylvania Adults Age 18-45, 1998**



*Denominator is persons who take vitamins or supplements

**TABLE 14
Vitamin and Folic Acid Use
Pennsylvania Adults, 1998 (with 95% confidence intervals)**

	Total No.	Take vitamins or supplements			Take vitamins or supplements daily**			Take Folic Acid***		
		No.	%	CI	No.	%	CI	No.	%	CI
All Adults	3599	2009	55	53-57	1468	86	84-88	88	24	19-29
Male	1427	704	49	46-52	485	82	79-85	30	23	15-31
Female	2172	1305	61	59-63	983	88	86-90	58	24	18-30
Age:										
18-29	658	330	52	47-57	237	83	78-88	#		
30-44	1128	564	49	46-52	385	77	73-81	24	21	13-29
45-64	1056	646	60	57-63	491	90	87-93	36	29	20-38
65+	727	453	62	58-66	344	92	89-95	21	24	14-34
Education:										
<High School	429	205	47	42-52	147	88	82-94	#		
High School	1500	778	51	48-54	560	86	83-89	40	25	18-32
Some College	803	487	60	56-64	368	87	83-91	16	16	7-25
College Degree	853	534	63	59-67	390	84	80-88	25	31	19-43
Income:										
<\$15,000	380	206	53	47-59	152	85	78-92	#		
\$15,000 to \$24,999	603	337	54	49-59	256	89	85-93	13	25	12-38
\$25,000 to \$49,999	1067	576	54	51-57	419	85	82-88	30	26	17-35
\$50,000 to \$74,999	405	234	59	54-64	165	81	74-88	#		
\$75,000+	329	217	64	58-70	150	81	75-87	#		
Race:										
White, non-Hispanic	3168	1794	56	54-58	1321	86	84-88	80	24	19-29
Black, non-Hispanic	271	130	49	42-56	91	86	79-93	#		
Hispanic	96	48	48	36-60	#			#		

**Denominator is persons who take multivitamins or vitamins or supplements containing folic acid

***Denominator is persons who take vitamins but not multivitamins

#Data not reported due to N<50

CARDIOVASCULAR DISEASE

Do you take aspirin daily or every other day?

“Yes” responded 24 percent of Pennsylvania adults aged 35+ in 1998.

28 percent of male adults aged 35+ said that they take aspirin daily or every other day – significantly higher than the 20 percent recorded for female adults aged 35+.

Significant differences were also associated with age. As would be expected, older adults (ages 55-64 and 65+) were taking aspirin at much higher percentages than younger adults (ages 35-44 and 45-54).

Adults aged 35+ with less than a high school education took aspirin daily or every other day at a significantly higher percentage than for adults 35+ at any other higher educational level.

Of those adults aged 35+ who take aspirin daily or every other day, 70 percent take aspirin to reduce the chances of a heart attack, 58 percent take aspirin to reduce the chances of a stroke, and 29 percent take aspirin to relieve pain.

Has your doctor discussed the benefits and risks of estrogen with you?

35 percent of Pennsylvania women aged 35+ said that their doctor had discussed estrogen use with them in 1998.

In the 1998 survey, 64 percent of women aged 55-64 indicated that their doctor had discussed estrogen use – significantly higher than the 7 percent for women aged 35-44, the 35 percent for women aged 65+, and the 44 percent for those aged 45-54.

Are you currently taking estrogen pills?

14 percent of Pennsylvania women aged 35+ reported that they were taking estrogen pills in 1998.

Women in the age groups 45-54 and 55-64 were taking estrogen pills at significantly higher percentages (19 and 30 percent, respectively) than women aged 65+ (10 percent).

16 percent of women aged 35+ with a high school diploma said that they were currently taking estrogen pills – significantly higher than the 8 percent for women aged 35+ with some college education

Has a doctor ever told you that you had a heart attack, heart disease or a stroke?

According to the 1998 survey, 5 percent of Pennsylvania adults aged 35+ had ever been told by a doctor that they had a heart attack .

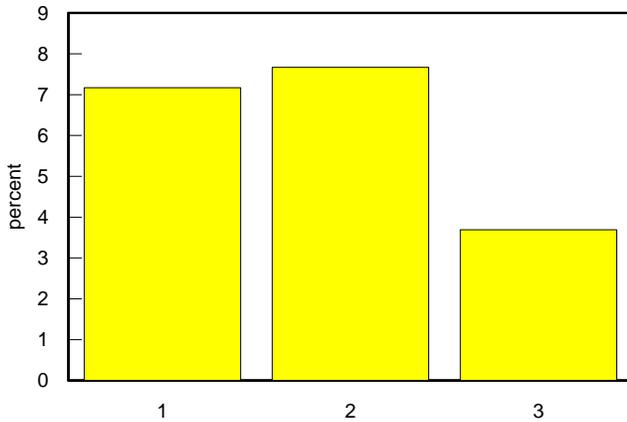
Another 6 percent had ever been told that they had angina or heart disease.

3 percent of adults aged 35+ reported that they had ever been told by a doctor that they had a stroke.

CARDIOVASCULAR DISEASE

FIGURE 15A

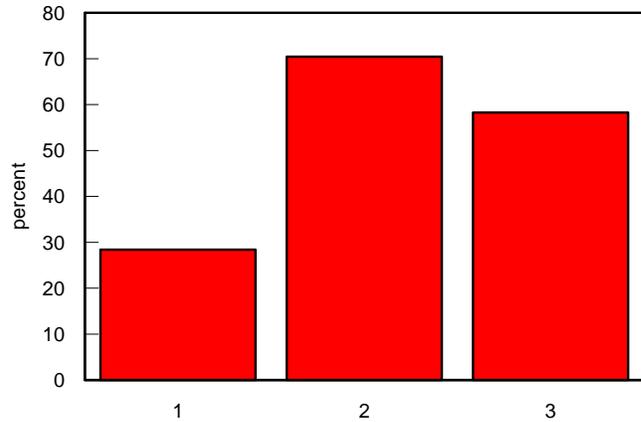
**Cardiovascular Disease, Percent by Type
Pennsylvania Adults Age 35+, 1998**



1 - Had heart attack
2 - Have angina/heart disease
3 - Had stroke

FIGURE 15B

**Reasons for Aspirin Use, Percent by Type
Pennsylvania Adults Age 35+*, 1998**



1 - Relieve pain
2 - Reduce chance of heart attack
3 - Reduce chance of stroke

*Denominator is persons age 35+ who take aspirin daily or every other day

**TABLE 15
Cardiovascular Disease
Pennsylvania Adults Age 35+, 1998 (with 95% confidence intervals)**

	Total No.	Take aspirin daily or every other day			Doctor discussed estrogen use**			Currently take estrogen pills**		
		No.	%	CI	No.	%	CI	No.	%	CI
All Adults	2566	582	24	22-26	542	35	32-38	221	14	12-16
Male	993	270	28	25-31	N/A	N/A	N/A	N/A	N/A	N/A
Female	1573	312	20	18-22	542	35	32-38	221	14	12-16
Age:										
35-44	783	79	10	8-12	32	7	5-9	12	3	1-5
45-54	584	118	21	17-25	161	44	38-50	76	19	15-23
55-64	472	130	29	24-34	174	64	58-70	82	30	24-36
65+	727	255	37	33-41	175	35	30-40	51	10	7-13
Education:										
<High School	340	106	35	29-41	65	28	21-35	33	14	9-19
High School	1112	257	24	21-27	263	37	33-41	112	16	13-19
Some College	538	105	21	17-25	108	31	26-36	33	8	5-11
College Degree	567	114	22	18-26	104	40	34-46	42	15	10-20
Income:										
<\$15,000	285	77	28	22-34	72	34	27-41	30	15	9-21
\$15,000 to \$24,999	420	116	29	24-34	95	31	25-37	32	10	6-14
\$25,000 to \$49,999	712	146	23	20-26	129	35	30-40	56	15	11-19
\$50,000 to \$74,999	291	51	21	16-26	57	41	32-50	23	18	11-25
\$75,000+	263	51	19	14-24	52	42	33-51	25	18	11-25
Race:										
White, non-Hispanic	2311	541	25	23-27	496	36	33-39	200	14	12-16
Black, non-Hispanic	165	26	19	11-27	30	26	17-35	15	12	5-19
Hispanic	53	11	17	7-27	(Data not reported due to N<50)					

**Denominator is females age 35+

Are any firearms kept in or around your home?

In the 1998 survey, approximately one-third (34 percent) of Pennsylvania adults said that firearms were kept in or around their home.

41 percent of male adults reported that they had firearms at home. This percentage was significantly higher than the 27 percent recorded for females.

Significant differences were associated with age and income. The oldest adults (age 65+) were less likely to have firearms around the house than any other adult age group. Firearms were also more likely to be found in the homes of those adults with incomes of \$25,000 or more compared to those earning less than \$25,000.

Firearms were kept in the homes of 37 percent of white adults – significantly higher than the 11 percent for blacks and the 21 percent for Hispanic adults.

Among Pennsylvania adults, 16 percent reported that a rifle or shotgun was kept in or around the house in 1998 while 19 percent kept a handgun.

Any firearm at home that is both loaded and unlocked?

“Yes” responded 8 percent of Pennsylvania adults who had firearms in or around the house in 1998.

A significantly higher percentage (11) of male adults than females (5 percent) has a loaded and unlocked firearm in the house.

There were no significant differences by age, education or income in the percentages of adults with a loaded and unlocked firearm at home.

In the past month, have you carried a loaded firearm for protection?

6 percent of Pennsylvania adults with firearms at home said in 1998 that they had carried a loaded firearm outside the home for protection against people in the past month.

9 percent of Pennsylvania adult males with firearms at home reported that they had carried a gun outside the home for protection – significantly higher than the 2 percent of women who had firearms at home.

Significantly higher percentages of younger adults (9 percent for those aged 18-29 and 7 percent for those aged 30-44) indicated that they had carried a loaded gun for protection compared to the oldest adults (only 1 percent for those aged 65+).

There were no significant differences associated with education or income for the percentages of adults who had carried a loaded firearm for protection in the previous month.

FIREARMS

FIGURE 16A

**Firearms In or Around Home, Percent by Type
Pennsylvania Adults, 1998**

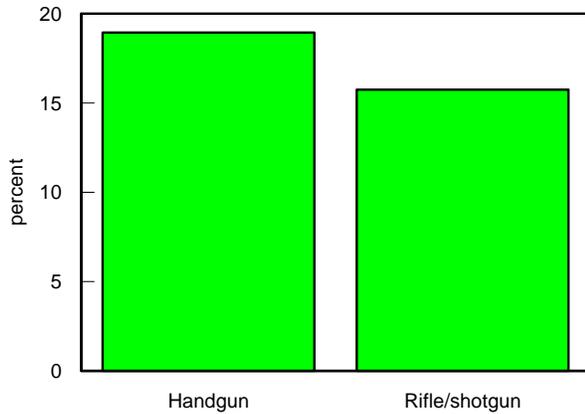
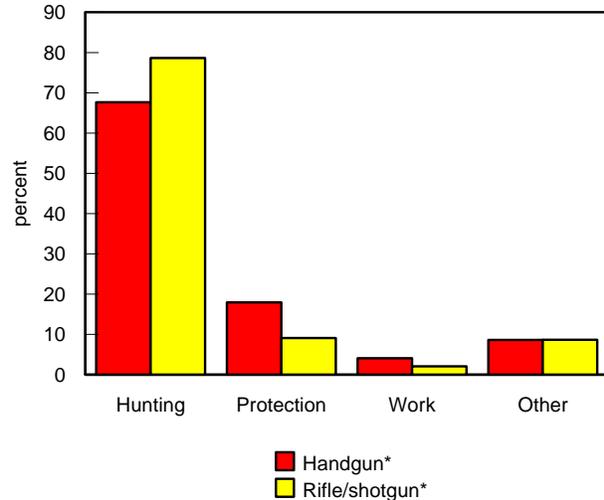


FIGURE 16B

**Firearm Use*, Percent by Type
Pennsylvania Adults, 1998**



**TABLE 16
Firearms
Pennsylvania Adults, 1998 (with 95% confidence intervals)**

	Total No.	Have firearms in or around home			Firearms at home loaded & unlocked*			Carried loaded firearm for protection**		
		No.	%	CI	No.	%	CI	No.	%	CI
All Adults	3599	1106	34	32-36	106	8	6-10	70	6	5-7
Male	1427	575	41	38-44	79	11	8-14	61	9	7-11
Female	2172	531	27	25-29	27	5	3-7	9	2	1-3
Age:										
18-29	658	201	35	30-40	19	7	4-10	21	9	5-13
30-44	1128	388	36	33-39	34	8	5-11	27	7	4-10
45-64	1056	367	37	34-40	43	10	7-13	20	5	3-7
65+	727	148	24	21-27	9	7	2-12	1	1	0-3
Education:										
<High School	429	111	30	25-35	11	8	3-13	4	4	0-8
High School	1500	511	37	34-40	46	8	6-10	35	6	4-8
Some College	803	251	33	29-37	27	9	5-13	14	5	2-8
College Degree	853	233	31	27-35	22	10	6-14	17	7	4-10
Income:										
<\$15,000	380	68	22	17-27	5	5	1-9	3	6	0-14
\$15,000 to \$24,999	603	158	29	25-33	24	12	7-17	10	6	2-10
\$25,000 to \$49,999	1067	410	41	38-44	37	9	6-12	29	7	5-9
\$50,000 to \$74,999	405	156	41	36-46	13	7	3-11	11	6	2-10
\$75,000+	329	115	35	29-41	13	12	5-19	10	8	3-13
Race:										
White, non-Hispanic	3168	1049	37	35-39	98	8	6-10	63	5	4-6
Black, non-Hispanic	271	28	11	7-15	(Data not reported due to N<50)					
Hispanic	96	20	21	11-31	(Data not reported due to N<50)					

*Denominator is persons who have firearms in or around home

**In past month; denominator is persons who have firearms in or around home

TECHNICAL NOTES

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 1998 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 1997 BRFSS survey. All items new to the 1998 survey were field tested.

Questions of interest to Pennsylvania were added as the state supplement to the core questionnaire. State-added modules and questions concerned diabetes, cardiovascular disease, prostate cancer screening, injury control, vitamin and folic acid use, and firearms. The 1998 questionnaire appears on pages 40-47.

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 3,599 completed interviews. The CASRO response rate for 1998 was 56.4 percent.

Disposition of All Telephone Numbers 1998 Pennsylvania Behavioral Risk Factor Survey Sample		
	<u>Number</u>	<u>Percent</u>
Completed Interview	3,599	19.1
Refused Interview	2,052	10.9
Non-Working Telephone Number	7,928	42.2
No Answer (Multiple Times)	2,023	10.8
Not a Private Residence	3,017	16.1
No Eligible Respondent	8	0.0
Selected Respondent Not Available		
During Interview Period	33	0.2
Language Barrier	68	0.4
Terminated During Interview	10	0.1
Line Busy (Multiple Times)	0	-
Respondent Had Physical or Mental Impairment	59	0.3
TOTAL	18,797	100.0

Sample Characteristics

The following table compares the final interview sample for the 1998 BRFSS to the 1998 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 and 45-64 years of age were under-represented in the sample.

Distribution of 1998 Pennsylvania BRFSS Survey Sample and 1998 Estimated Pennsylvania Adult Population For Selected Characteristics				
	<u>1998 BRFSS Survey Sample</u>		<u>1998 Population Estimates</u>	
	Number	Percent	Number	Percent
All Adults	3,599	100.0	9,190,435	100.0
Sex				
Males	1,427	39.6	4,324,039	47.0
Females	2,172	60.4	4,866,396	53.0
Race				
White	3,224	89.6	8,158,534	88.8
Black	276	7.7	724,255	7.9
Other	77	2.1	242,999	2.6
Unknown/Refused	22	0.6	64,647	0.7
Hispanic				
Yes	96	2.7	246,840	2.7
No	3,489	96.9	8,904,426	96.9
Unknown/Refused	14	0.4	39,168	0.4
Age				
18-29	658	18.3	1,911,946	20.8
30-44	1,128	31.3	2,647,346	28.8
45-64	1,056	29.3	2,850,670	31.0
65+	727	20.2	1,711,577	18.6
Unknown/Refused	30	0.8	68,896	0.7

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).

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 1998. 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 3,599 records included in the data analysis, 30 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.

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 1998, 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 1998 Adams County population estimate of 14,629 for ages 18-29 by the smoking prevalence of 29% (.29) for that age group at the state level. The 1998 synthetic estimate for smokers ages 18-29 in Adams County is 4,242.

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	1998 Adams County Population Estimate		Smoking Prevalence from 1998 Pa. BRFSS		Estimate of Adams Co. Adult Smokers, 1998
18-29	14,629	x	29% or .29	=	4,242
30-44	19,312	x	30% or .30	=	5,794
45-64	19,295	x	24% or .24	=	4,631
65+	12,215	x	8% or .08	=	977
					<hr/>
				Total	15,644

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.

1998 Behavioral Health Risk Questionnaire

Health Status:

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

Health Care Access:

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. Medicare is a coverage plan for people 65 or over and for certain disabled people. 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
 - d. Medicare
 - e. Medicaid or Medical Assistance [or substitute state program name]
 - f. The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
 - g. The Indian Health Service [or the Alaska Native 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 [or substitute state program name]
 - f. The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
 - g. The Indian Health Service [or the Alaska Native Health Service]
 - h. Some other source
 - i. None
 - j. Don't know/Not sure
 - k. Refused
8. During the past 12 months, was there any time that you did not have any health insurance or coverage?
 - a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
 9. About how long has it been since you had health care coverage?
 - a. Within the past 6 months (1 to 6 months ago)
 - b. Within the past year (6 to 12 months ago)
 - c. Within the past 2 years (1 to 2 years ago)
 - d. Within the past 5 years (2 to 5 years ago)
 - e. 5 or more years ago
 - f. Don't know/Not sure
 - g. Never
 - h. Refused
 10. 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
 11. About how long has it been since you last visited a doctor for a routine checkup?
 - a. Within the past year (1 to 12 months ago)
 - b. Within the past 2 years (1 to 2 years ago)
 - c. Within the past 5 years (2 to 5 years ago)
 - d. 5 or more years ago
 - e. Don't know/Not sure
 - f. Never
 - g. Refused
- ## Diabetes:
12. Have you ever been told by a doctor that you have diabetes?
 - a. Yes
 - b. Yes, but female told only during pregnancy
 - c. No
 - d. Don't know/Not sure
 - e. Refused
 13. How old were you when you were told you have diabetes?
 - a. Age in years
 - b. Don't know/Not sure
 - c. Refused

14. Are you now taking insulin?
- Yes
 - No
 - Refused
15. Currently, about how often do you use insulin?
- Times per day
 - Times per week
 - Use insulin pump
 - Don't know/Not sure
 - Refused
16. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.
- Times per day
 - Times per week
 - Times per month
 - Times per year
 - Never
 - Don't know/Not sure
 - Refused
17. Have you ever heard of glycosylated hemoglobin [gli-KOS-ilated HE-mo-glo-bin] or hemoglobin "A one C"?
- Yes
 - No
 - Don't know/Not sure
 - Refused
18. About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes?
- Number of times
 - None
 - Don't know/Not sure
 - Refused
19. 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"?
- Number of times
 - None
 - Don't know/Not sure
 - Refused
20. About how many times in the last year has a health professional checked your feet for any sores or irritations?
- Number of times
 - None
 - Don't know/Not sure
 - Refused
21. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.
- Within the past month (0 to 1 month ago)
 - Within the past year (1 to 12 months ago)
 - Within the past 2 years (1 to 2 years ago)
 - 2 or more years ago
 - Never
 - Don't know/Not sure
 - Refused
22. How much of the time does your vision limit you in recognizing people or objects across the street? Would you say:
- All of the time
 - Most of the time
 - Some of the time
 - A little bit of the time
 - None of the time
 - Don't know/Not sure
 - Refused
23. How much of the time does your vision limit you in reading print in a newspaper, magazine, recipe, menu, or numbers on the telephone? Would you say:
- All of the time
 - Most of the time
 - Some of the time
 - A little bit of the time
 - None of the time
 - Don't know/Not sure
 - Refused
24. How much of the time does your vision limit you in watching television? Would you say:
- All of the time
 - Most of the time
 - Some of the time
 - A little bit of the time
 - None of the time
 - Don't know/Not sure
 - Refused
- Exercise:**
25. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
- Yes
 - No
 - Don't know/Not sure
 - Refused
26. What type of physical activity or exercise did you spend the most time doing during the past month?
Activity (specify): _____
27. How far did you usually walk/run/jog/swim?
- Miles and tenths __ __. __
 - Don't know/Not sure
 - Refused
28. How many times per week or per month did you take part in this activity during the past month?
- Times per week
 - Times per month
 - Don't know/Not sure
 - Refused
29. 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
30. Was there another physical activity or exercise that you participated in during the last month?
- Yes
 - No
 - Don't know/Not sure
 - Refused
31. What other type of physical activity gave you the next most exercise during the past month?
- Activity (specify): _____
 - Refused

32. How far did you usually walk/run/jog/swim?
- Miles and tenths ___ __.
 - Don't know/Not sure
 - Refused
33. 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
34. 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

Tobacco Use:

35. Have you smoked at least 100 cigarettes in your entire life?
- Yes
 - No
 - Don't know/Not sure
 - Refused
36. Do you now smoke cigarettes everyday, some days, or not at all?
- Everyday
 - Some days
 - Not at all
 - Refused
37. On the average, about how many cigarettes a day do you now smoke?
- Number of cigarettes
 - Don't know/Not sure
 - Refused
- 37a. 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
38. During the past 12 months, have you quit smoking for 1 day or longer?
- Yes
 - No
 - Don't know/Not sure
 - Refused
39. About how long has it been since you last smoked cigarettes regularly, that is, daily?
- Within the past month (0 to 1 month ago)
 - Within the past 3 months (1 to 3 months ago)
 - Within the past 6 months (3 to 6 months ago)
 - Within the past year (6 to 12 months ago)
 - Within the past 5 years (1 to 5 years ago)
 - Within the past 15 years (5 to 15 years ago)
 - 15 or more years ago
 - Don't know/Not sure
 - Never smoked regularly
 - Refused
40. Have you ever smoked a cigar, even just a few puffs?
- Yes
 - No
 - Don't know/Not sure
 - Refused

41. When was the last time you smoked a cigar?
- Within the past month (0 to 1 month ago)
 - Within the past 3 months (1 to 3 months ago)
 - Within the past 6 months (3 to 6 months ago)
 - Within the past year (6 to 12 months ago)
 - Within the past 5 years (1-5 years ago)
 - Within the past 15 years (5-15 years ago)
 - 15 or more years ago
 - Don't know/not sure
 - Refused
42. In the past month, did you smoke cigars:
- Everyday
 - Several times per week
 - Once per week
 - Less than once per week
 - Don't know/Not sure
 - Refused

Fruits and Vegetables:

43. 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
44. Not counting juice, how often do you eat fruit?
- Per day
 - Per week
 - Per month
 - Per year
 - Never
 - Don't know/Not sure
 - Refused
45. How often do you eat green salad?
- Per day
 - Per week
 - Per month
 - Per year
 - Never
 - Don't know/Not sure
 - Refused
46. 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
47. How often do you eat carrots?
- Per day
 - Per week
 - Per month
 - Per year
 - Never
 - Don't know/Not sure
 - Refused

48. 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

Weight Control:

49. Are you now trying to lose weight?
- Yes
 - No
 - Don't know/Not sure
 - Refused
50. Are you now trying to maintain your current weight, that is to keep from gaining weight?
- Yes
 - No
 - Don't know/Not sure
 - Refused
51. Are you eating either fewer calories or less fat to...lose weight? keep from gaining weight?
- Yes, fewer calories
 - Yes, less fat
 - Yes, fewer calories and less fat
 - No
 - Don't know/Not sure
 - Refused
52. Are you using physical activity or exercise to... lose weight? keep from gaining weight?
- Yes
 - No
 - Don't know/Not sure
 - Refused
53. In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?
- Yes, lose weight
 - Yes, gain weight
 - Yes, maintain current weight
 - No
 - Don't know/Not sure
 - Refused
54. In the past two years, have you taken any weight loss pills prescribed by a doctor? Do not include water pills or thyroid medications.
- Yes, I am currently taking them
 - Yes, I have taken them but I am not currently taking them
 - No, I have not taken them
 - Don't know/Not sure
 - Refused
55. How much did you weigh just before you started taking prescription weight loss pills for the first time?
- Weight in pounds
 - Don't know/Not sure
 - Refused

Demographics:

56. What is your age?
- Age in years

- Don't know/Not sure
- Refused

57. What is your race? Would you say:
- White
 - Black
 - Asian, Pacific Islander
 - American Indian, Alaska Native
 - Other: (specify)
 - Don't know/Not sure
 - Refused

58. Are you of Spanish or Hispanic origin?
- Yes
 - No
 - Don't know/Not sure
 - Refused

59. Are you:
- Married
 - Divorced
 - Widowed
 - Separated
 - Never been married
 - A member of an unmarried couple
 - Refused

60. How many children live in your household who are...
- less than 5 years old?
 - 5 through 12 years old?
 - 13 through 17 years old?

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

62. Are you currently:
- Employed for wages
 - Self-employed
 - Out of work for more than 1 year
 - Out of work for less than 1 year
 - Homemaker
 - Student
 - Retired
 - Unable to work
 - Refused

63. Is your annual household income from all sources:
- Less than \$25,000
 - Less than \$20,000
 - Less than \$15,000
 - Less than \$10,000
 - Less than \$35,000
 - Less than \$50,000
 - Less than \$75,000
 - \$75,000 or more
 - Don't know/Not sure
 - Refused

64. About how much do you weigh without shoes?
- Weight in pounds
 - Don't know/Not sure
 - Refused

65. How much would you like to weigh?
- Weight in pounds
 - Don't know/Not sure
 - Refused
66. About how tall are you without shoes?
- Height in ft/inches
 - Don't know/Not sure
 - Refused
67. What county do you live in?
- County name
 - Don't know/not sure
 - Refused
68. Do you have more than one telephone number in your household?
- Yes
 - No
 - Refused
69. How many residential telephone numbers do you have?
- Total telephone numbers
 - Refused
70. Indicate sex of respondent.
- Male
 - Female

Women's Health:

71. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- Yes
 - No
 - Don't know/Not sure
 - Refused
72. How long has it been since you had your last mammogram?
- Within the past year (1 to 12 months ago)
 - Within the past 2 years (1 to 2 years ago)
 - Within the past 3 years (2 to 3 years ago)
 - Within the past 5 years (3 to 5 years ago)
 - 5 or more years ago
 - Don't know/Not sure
 - Refused
73. 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?
- Routine checkup
 - Breast problem other than cancer
 - Had breast cancer
 - Don't know/Not sure
 - Refused
74. 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?
- Yes
 - No
 - Don't know/Not sure
 - Refused
75. How long has it been since your last breast exam?
- Within the past year (1 to 12 months ago)
 - Within the past 2 years (1 to 2 years ago)
 - Within the past 3 years (2 to 3 years ago)
 - Within the past 5 years (3 to 5 years ago)
 - 5 or more years ago

- Don't know/Not sure
- Refused

76. 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?
- Routine Checkup
 - Breast problem other than cancer
 - Had breast cancer
 - Don't know/Not sure
 - Refused

77. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
- Yes
 - No
 - Don't know/Not sure
 - Refused

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

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

80. Have you had a hysterectomy?
- Yes
 - No
 - Refused

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

HIV/AIDS:

82. 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?
- Grade 1 through 12
 - Kindergarten
 - Never
 - Don't know/Not sure
 - Refused
83. If you had a teenager who was sexually active, would you encourage him or her to use a condom?
- Yes
 - No
 - Would give other advice
 - Don't know/Not sure
 - Refused
84. What are your chances of getting infected with HIV, the virus that causes AIDS? Would you say:
- High

- b. Medium
 - c. Low
 - d. None
 - e. Not applicable
 - f. Don't know/Not sure
 - g. Refused
85. Have you donated blood since March 1985?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
86. Have you donated blood in the past 12 months?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
87. Except for tests you may have had as part of blood donations, have you ever been tested for HIV?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
- 87a. Have you ever been tested for HIV?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
88. Not including your blood donations, have you been tested for HIV in the past 12 months
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
- 88a. Have you been tested for HIV in the past 12 months?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
89. What was the main reason you had your last test for HIV?
- a. For hospitalization or surgical procedure
 - b. To apply for health insurance
 - c. To apply for life insurance
 - d. Foremployment
 - 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
90. Where did you have your last 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, obstetrician's office
 - h. Tuberculosis clinic
 - i. STD clinic
 - j. Community health clinic
 - k. Clinic run by employer
 - l. Insurance company clinic
 - m. Other public clinic
 - n. Drug treatment facility
 - o. Military induction or military service site
 - p. Immigration site
 - q. At home, home visit by nurse or health worker
 - r. At home using self-sampling kit
 - s. In jail or prison
 - t. Other
 - u. Don't know/Not sure
 - v. Refused
91. Did you receive the results of your last test?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused G
92. 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
- Prostate Cancer:**
93. In terms of your own risk, what would you say your chances are of getting prostate cancer? High, Medium, Low or None?
- a. High
 - b. Medium
 - c. Low
 - d. None
 - e. Don't know/Not sure
 - f. Refused
94. Have you ever had a PSA blood test?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused
95. How long has it been since your last PSA blood test?
- a. Within the past year (0-12 months ago)
 - b. Within the past 2 years (13-24 months ago)
 - c. Within the past 5 years (25-60 months ago)
 - d. More than 5 years ago (61+ months ago)
 - e. Don't know/Not sure
 - f. Refused
96. Was your last PSA blood test done as part of a routine checkup, because of prostate problem other than cancer, or because you've already had prostate cancer?
- a. Routine checkup
 - b. Prostate problem other than cancer
 - c. Had prostate cancer
 - d. Don't know/Not sure
 - e. Refused

97. Have you ever had a digital rectal exam to check for prostate cancer?
- 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 (0-12 months ago)
 - b. Within the past 2 years (13-24 months ago)
 - c. Within the past 5 years (25-60 months ago)
 - d. More than 5 years ago (61+ months ago)
 - e. Don't know/Not sure
 - f. Refused

Injury Control:

99. How often do you use seatbelts when you drive or ride in a car? Would you say:
- 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

100. 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

101. How often does the ___-year-old child in your household use a... car safety seat [for child under 5]...seatbelt [for child 5 or older] ...when they ride in a car? Would you say:
- 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

102. During the past year, how often has the ___-year-old child worn a bicycle helmet when riding a bicycle? Would you say:
- a. Always
 - b. Nearly Always
 - c. Sometimes
 - d. Seldom
 - e. Never
 - f. Don't know/Not sure
 - g. Never rides a bicycle
 - h. Refused

103. When was the last time you or someone else deliberately tested all of the smoke detectors in your home?
- a. Within the past month (0 to 1 month ago)
 - b. Within the past 6 months (1 to 6 months ago)
 - c. Within the past year (6 to 12 months ago)
 - d. One or more years ago
 - e. Never
 - f. No smoke detectors in home
 - g. Don't know/Not sure
 - h. Refused

Smoke Detectors:

104. Does your home have a working smoke detector on all floors, including the basement but excluding the attic?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused

Cardiovascular Disease:

105. To lower your risk of developing heart disease or stroke, has a doctor advised you to...
- a. Eat fewer high fat or high cholesterol foods
 - b. Exercise more

106. To lower your risk of developing heart disease or stroke, are you?
- a. Eating fewer high fat or high cholesterol foods?
 - b. Exercising more?

107. Has a doctor ever told you that you had any of the following?
- a. Heart attack or myocardial infarction
 - b. Angina or coronary heart disease
 - c. Stroke

108. Do you take aspirin daily or every other day?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused

109. Do you have a health problem or condition that makes taking aspirin unsafe for you?
- a. Yes, not stomach related
 - b. Yes, stomach problems
 - c. No
 - d. Don't know/Not sure
 - e. Refused

110. Why do you take aspirin?
- a. To relieve pain
 - b. To reduce the chance of a heart attack
 - c. To reduce the chance of a stroke

111. Have you gone through or are you now going through menopause?
- a. Yes, have gone through menopause
 - b. Yes, now going through menopause
 - c. No
 - d. Don't know/Not sure
 - e. Refused

112. Estrogens such as Premarin and progestins such as Provera are female hormones that may be prescribed around the time of menopause, after menopause, or after a hysterectomy. Has your doctor discussed the benefits and risks of estrogen with you?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused

113. Other than birth control pills, has your doctor ever prescribed estrogen pills for you?
- a. Yes
 - b. No
 - c. Don't know/Not sure
 - d. Refused

114. Are you currently taking estrogen pills?
- Yes
 - No
 - Don't know/not sure
 - Refused
115. Why...are you taking...did you take...estrogen pills?
- To prevent a heart attack
 - To treat or prevent bone thinning, bone loss, or osteoporosis
 - To treat symptoms of menopause such as hot flashes

Folic Acid:

116. Do you currently take any vitamin pills or supplements?
- Yes
 - No
 - Don't know/Not sure
 - Refused
117. Are any of these a multivitamin?
- Yes
 - No
 - Don't know/Not sure
 - Refused
118. Do any of the vitamin pills or supplements you take contain folic acid?
- Yes
 - No
 - Don't know/Not sure
 - Refused
119. How often do you take this vitamin pill or supplement?
- Times per day
 - Times per week
 - Times per month
 - Don't know/Not sure
 - Refused
120. Some health experts recommend that women take 400 micrograms of the B vitamin folic acid, for which one of the following reasons...
- To make strong bones
 - To prevent birth defects
 - To prevent high blood pressure
 - Some other reason
 - Don't know/Not sure
 - Refused

Firearms:

121. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.
- Yes
 - No
 - Don't know/Not sure
 - Refused G
122. Are any of the firearms handguns, such as pistols or revolvers?
- Yes
 - No
 - Don't know/Not sure
 - Refused
123. Are any of the firearms long guns, such as rifles or shotguns?
- Yes
 - No

- Don't know/Not sure
- Refused

124. What is the main reason that there are firearms in or around your home? Would you say for...
- Hunting or sport
 - Protection
 - Work
 - Some other reason
 - Don't know/Not sure
 - Refused

125. Is there a firearm in or around your home that is now both loaded and unlocked?
- Yes
 - No
 - Don't know/Not sure
 - Refused

126. During the last 30 days, have you carried a loaded firearm on your person, outside of the home for protection against people?
- Yes
 - No
 - Don't know/Not sure
 - Refused

127. During the last 30 days, have you driven or been a passenger in a motor vehicle in which you knew there was a loaded firearm?
- Yes
 - No
 - Don't know/Not sure
 - Refused

128. During the last 12 months, have you confronted another person with a firearm, even if you did not fire it, to protect yourself, your property, or someone else?
- Yes
 - No
 - Don't know/Not sure
 - Refused

129. In the past three years, have you attended a firearm safety workshop, class, or clinic?
- Yes
 - No
 - Don't know/Not sure
 - Refused

130. Do any of the firearms kept in or around your home belong to you, personally?
- Yes
 - No
 - Don't know/Not sure
 - Refused

Closing Statement:

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.