

# 2000 Behavioral Health Risks



# Of Pennsylvania Adults

**WE'RE THERE.** DEPARTMENT OF **HEALTH**  
**For Your Health. For Your Community.**

*Mark Schweiker, Governor • Bob Zimmerman, Secretary of Health*

**2000**  
**BEHAVIORAL HEALTH RISKS**  
**of PENNSYLVANIA ADULTS**

**A Report of Data Collected During 2000 for the  
Behavioral Risk Factor Surveillance System**

September 2001

Bureau of Health Statistics  
Pennsylvania Department of Health  
555 Walnut Street, 6<sup>th</sup> Floor  
Harrisburg, PA 17101-1900

# INTRODUCTION

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

In an effort to measure and address these health issues, the Centers for Disease Control and Prevention (CDC) implemented the Behavioral Risk Factor Surveillance System (BRFSS) in the mid-1980s with fifteen states. The BRFSS survey consists of telephone interviews using randomly generated telephone numbers to determine the households contacted. The survey contains a core set of questions provided by CDC to gather comprehensive, standard information nationwide. The questions asked concern health status, access to health care, health awareness, use of preventive services, and knowledge and attitude assessment.

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 2000, a total of 3,537 Pennsylvania adults completed interviews for the BRFSS survey. Clearwater Research, Inc. 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. Please note that numbers shown in the tables consist of the actual numbers of respondents excluding those who had missing, don't know, and refused answers. This is a change from prior reports and percentages shown may vary slightly from previously published data. 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:

**Bureau of Health Statistics  
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This report and many other health statistics are on the Health Statistics section of the Department's web site at  
[www.health.state.pa.us/stats/](http://www.health.state.pa.us/stats/)

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# HEALTH STATUS

## How would you say your general health is?

- ◆ “Fair” or “poor” responded 14 percent of Pennsylvania adults in 2000; “good” said 30 percent; and, “excellent” or “very good” responded 56 percent.
- ◆ Percentages of “fair” or “poor” health were significantly higher for older adults than for younger adults (29 percent for those aged 65+ and 16 percent for adults aged 45-64 compared to only 7 percent for 18-29 year-olds and 8 percent for those aged 30-44).
- ◆ Adults with only some college education or less had significantly higher percentages of “poor” or “fair” health compared to adults with college degrees. Also, adults with less than a high school education had a significantly higher percentage (35) compared to adults with a high school education or greater.
- ◆ 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 compared to adults earning \$25,000+. Additionally, adults earning \$25,000-\$49,999 had a significantly higher percentage (10) compared to adults earning \$50,000+.
- ◆ The percentage of adults in “poor” or “fair” health remained at 13 to 15 percent between 1995 and 2000.

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

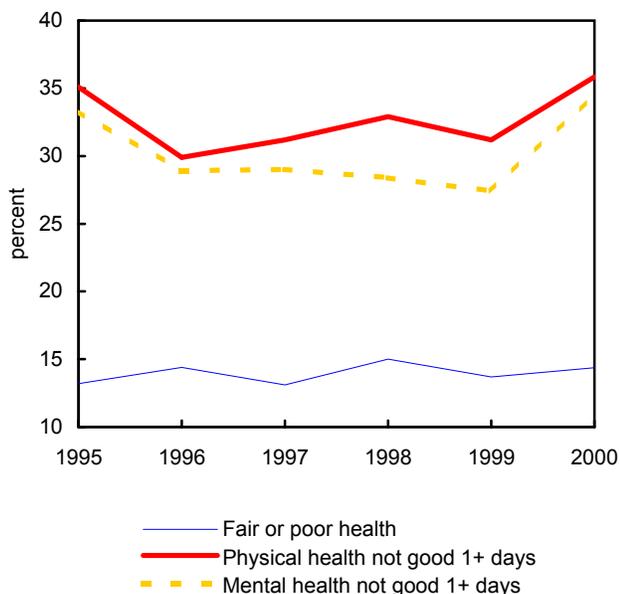
- ◆ 36 percent of Pennsylvania adults in 2000 indicated that their physical health was not good at least one day in the previous month.
- ◆ A significantly higher percentage (40) of female adults than males (31 percent) said that their physical health was not good at least one day in the past month.
- ◆ The poorest adults (income below \$15,000) had a significantly higher percentage (47) than adults earning \$25,000-\$49,999, \$50,000-\$74,999 or \$75,000+.
- ◆ There were no significant differences within the categories of age, education and race.

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

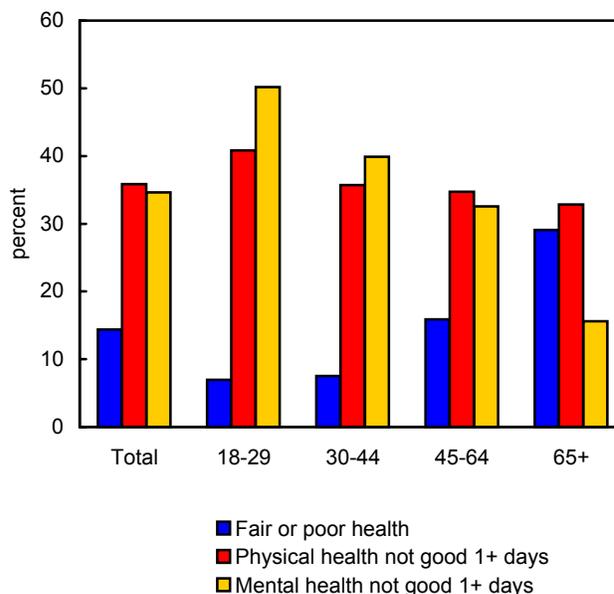
- ◆ In the 2000 survey, 35 percent of Pennsylvania adults reported that there was at least one day in the past month when their mental health was not good.
- ◆ 30 percent of all adults reported that they had experienced two or more days of poor mental health in the past month.
- ◆ The percentage of those experiencing at least one day of poor mental health (in the previous month) was significantly higher for females (40 percent vs. 29 percent for males).
- ◆ 50 percent of the youngest adults (aged 18-29) experienced at least one day of poor mental health – significantly higher than the percentages for all three older age groups (30-44, 45-64 and 65+). The 40 percent for adults aged 30-44 was significantly higher than the 33 percent for adults aged 45-64 and both were significantly higher than the 16 percent for the oldest age group (aged 65+).
- ◆ There were no significant differences within the categories of education, income and race.

# HEALTH STATUS

**FIGURE 1A**  
**Health Status, Percent by Type**  
**Pennsylvania Adults, 1995-2000**



**FIGURE 1B**  
**Health Status, Percent by Type and Age**  
**Pennsylvania Adults, 2000**



**TABLE 1**  
**Health Status**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Fair or poor health*				Physical health not good 1+ days in past month*				Mental health not good 1+ days in past month*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3532	504	14	13-16	3495	1248	36	34-38	3497	1256	35	33-36
Male	1422	174	13	11-15	1408	429	31	28-34	1415	403	29	26-31
Female	2110	330	16	14-18	2087	819	40	38-43	2082	853	40	38-42
Age:												
18-29	521	28	7	4-10	516	197	41	36-46	519	270	50	45-55
30-44	1122	89	8	6-9	1115	408	36	33-39	1112	460	40	37-43
45-64	1193	189	16	14-18	1186	415	35	32-38	1179	415	33	30-36
65+	672	197	29	25-33	654	220	33	29-37	663	105	16	13-19
Education:												
<High School	347	124	35	29-41	339	135	38	32-44	341	111	31	25-36
High School	1359	209	15	13-18	1340	480	35	32-38	1345	488	34	32-37
Some College	737	95	12	9-15	731	279	39	35-43	731	288	40	35-44
College Degree	1083	75	7	5-8	1079	351	34	31-37	1075	369	33	30-36
Income:												
<\$15,000	351	131	37	31-43	340	166	47	41-53	347	153	40	34-46
\$15,000 to \$24,999	590	149	27	23-32	586	237	41	36-46	582	203	34	29-39
\$25,000 to \$49,999	1090	104	10	8-12	1082	356	34	30-37	1084	389	34	31-38
\$50,000 to \$74,999	549	26	5	3-7	549	185	35	30-39	546	213	38	33-42
\$75,000+	545	17	3	2-5	545	166	32	27-36	542	188	34	30-39
Race:												
White, non-Hispanic	3072	421	14	12-15	3040	1090	36	34-38	3044	1082	34	32-36
Black, non-Hispanic	266	66	24	18-30	263	95	39	32-46	265	103	37	31-44
Hispanic	98	7	7	1-13	97	33	34	23-45	95	38	36	25-47

\*Excludes missing, don't know, and refused.

# HEALTH CARE ACCESS

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

- ◆ “No” responded 11 percent of Pennsylvania adults aged 18-64 in 2000.
- ◆ Significantly more young adults (19 percent of those aged 18-29) reported having no health insurance compared to older adults (9 percent for ages 30-44 and 8 percent for ages 45-64).
- ◆ Adults with less than a high school education recorded a significantly higher percentage with no health care coverage (31 percent) compared to adults with a high school or better education. The 14 percent of high school graduates without health insurance was also significantly higher than the 4 percent recorded among college graduates.
- ◆ 25 percent of adults with incomes under \$15,000 and 30 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 11 percent for those earning \$25,000-\$49,999 was significantly higher than those earning \$50,000+.
- ◆ The percentage of Pennsylvania adults aged 18-64 without health care coverage has not changed much between 1995 and 2000, remaining between 11 and 14 percent throughout the period.

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

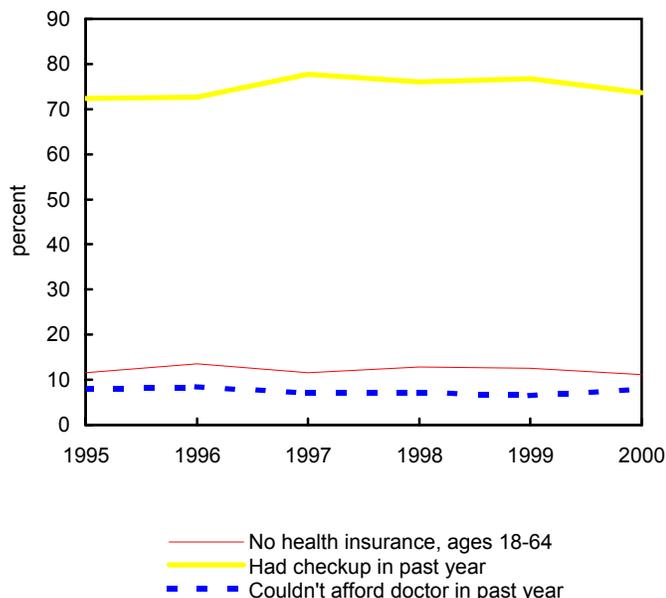
- ◆ In the 2000 survey, 74 percent of Pennsylvania adults responded that they had had a routine checkup in the past 12 months; 12 percent, in the past 1-2 years; 7 percent, in the past 2-5 years; 6 percent, 5 or more years ago; and, 1 percent had never had a routine physical checkup.
- ◆ There were significant differences associated with the percentages by sex and age for those having a checkup in the past year. The percentage was significantly higher among females (81 percent) compared to males (66 percent). Also, there were significantly higher percentages among adults aged 45-64 (compared to the two younger age groups); and among those aged 65 and older (compared to all other age groups).

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

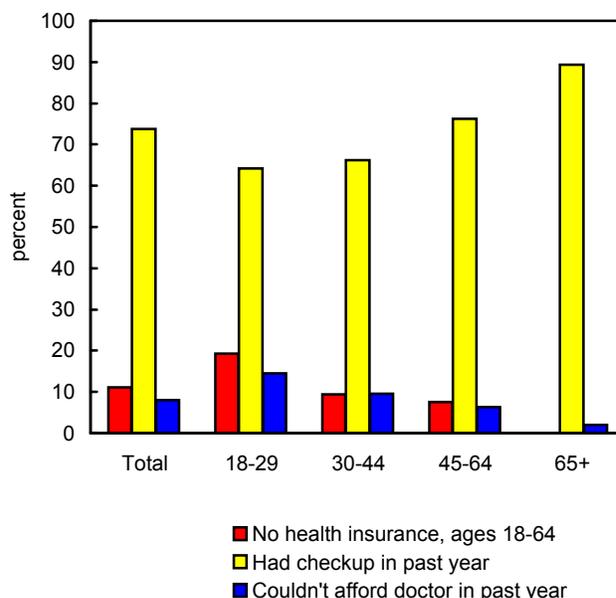
- ◆ “Yes” responded 8 percent of Pennsylvania adults in 2000.
- ◆ There were significant differences associated with income. Fourteen percent of adults earning less than \$15,000 and 17 percent of those adults with an income of \$15,000-\$24,999 could not afford to see a doctor - significantly higher than the two highest income levels.
- ◆ A significantly higher percentage (14) of black adults said that they could not afford to see a doctor in the past year compared to white adults (7 percent).

# HEALTH CARE ACCESS

**FIGURE 2A**  
**Health Care Access, Percent by Type**  
**Pennsylvania Adults, 1995-2000**



**FIGURE 2B**  
**Health Care Access, Percent by Type and Age**  
**Pennsylvania Adults, 2000**



**TABLE 2**  
**Health Care Access**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	No health insurance, ages 18-64*				Had routine checkup in past year*				Couldn't afford doctor in past year*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	2831	280	11	10-12	3512	2608	74	72-76	3533	276	8	7-9
Male	1165	136	13	11-15	1412	932	66	63-69	1422	94	7	5-9
Female	1666	144	10	8-12	2100	1676	81	79-83	2111	182	9	8-10
Age:												
18-29	517	95	19	15-23	516	326	64	59-69	522	77	14	10-18
30-44	1120	99	9	7-11	1112	753	66	63-69	1121	107	10	8-12
45-64	1194	86	8	6-10	1191	910	76	73-79	1194	75	6	4-8
65+	671	N/A	N/A	N/A	669	602	89	86-92	672	14	2	1-3
Education:												
<High School	193	49	31	23-39	346	275	78	73-83	350	33	9	6-12
High School	1062	134	14	11-17	1348	1041	77	74-80	1358	120	9	7-11
Some College	628	64	9	7-11	732	529	72	68-76	737	68	9	7-11
College Degree	945	33	4	2-6	1080	757	69	66-72	1082	55	5	3-7
Income:												
<\$15,000	215	50	25	18-32	351	275	79	74-84	351	60	14	10-18
\$15,000 to \$24,999	398	100	30	24-36	591	445	76	72-80	592	87	17	13-21
\$25,000 to \$49,999	925	83	11	9-13	1087	776	72	69-75	1089	80	8	6-10
\$50,000 to \$74,999	516	12	2	0-4	544	384	69	65-73	550	13	3	2-4
\$75,000+	521	10	2	0-4	542	403	72	68-76	545	14	3	1-5
Race:												
White, non-Hispanic	2431	216	9	8-10	3056	2250	73	71-75	3074	214	7	6-8
Black, non-Hispanic	223	35	20	13-27	264	214	79	73-85	266	36	14	9-19
Hispanic	93	20	28	16-40	96	73	75	65-85	98	17	16	8-24

\*Excludes missing, don't know, and refused.

# ASTHMA

## **Were you ever told you have asthma?**

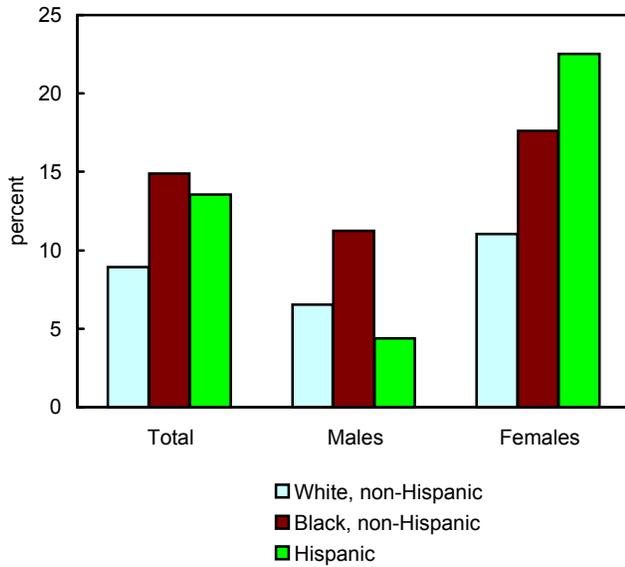
- ◆ 9 percent of Pennsylvania adults responded in the 2000 survey that a doctor had ever told them that they have asthma.
- ◆ Significantly more young adults (15 percent of those aged 18-29) reported that they had been diagnosed with asthma than those aged 30-44, 45-64 and 65+ (8 percent each).
- ◆ There were no significant differences within the categories of education, income, and race.

## **Do you still have asthma?**

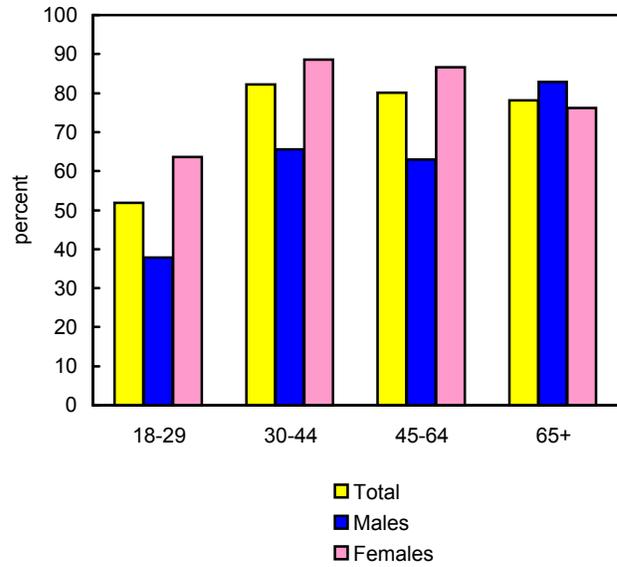
- ◆ Of those ever told that they have asthma, 71 percent indicated in the 2000 survey that they still suffered from the disease.
- ◆ A significantly higher percentage of females (79) still had asthma compared to males (56 percent).
- ◆ Those adults aged 30+ had a significantly higher percentage than their younger counterparts.
- ◆ There were no significant differences associated within any of the demographic features of education, income, and race.

# ASTHMA

**FIGURE 3A**  
**Percent Ever Told They Have Asthma**  
**Pennsylvania Adults by Sex and Race, 2000**



**FIGURE 3B**  
**Percent Still Have Asthma\***  
**Pennsylvania Adults by Age and Sex, 2000**



**TABLE 3**  
**Asthma**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Ever told had asthma*				Still have asthma* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3534	340	9	8-10	335	256	71	65-77
Male	1421	97	7	6-8	97	61	56	44-68
Female	2113	243	12	10-14	238	195	79	73-85
Age:								
18-29	522	83	15	12-18	82	48	52	40-64
30-44	1123	101	8	6-10	99	81	82	73-91
45-64	1193	106	8	6-10	104	87	80	71-89
65+	672	49	8	6-10	49	#		
Education:								
<High School	350	37	11	7-15	37	#		
High School	1358	127	9	7-11	124	98	75	66-84
Some College	738	78	10	8-12	78	59	71	58-84
College Degree	1083	98	9	7-11	96	70	68	57-79
Income:								
<\$15,000	349	45	12	8-16	44	#		
\$15,000 to \$24,999	593	63	10	7-13	63	49	74	61-87
\$25,000 to \$49,999	1090	100	8	6-10	99	72	71	61-81
\$50,000 to \$74,999	550	45	8	6-10	43	#		
\$75,000+	545	47	10	7-13	46	#		
Race:								
White, non-Hispanic	3074	281	9	8-10	277	211	71	64-78
Black, non-Hispanic	266	40	15	10-20	39	#		
Hispanic	98	16	14	7-21	16	#		

#Data not reported due to N<50.

\*Excludes missing, don't know, and refused.

\*\*Denominator is persons who have been told they have asthma.

# DIABETES

## Were you ever told you have diabetes?

- ◆ 7 percent (or 71 per 1,000) of Pennsylvania adults responded “yes” in the 2000 survey.  
NOTE: The national year 2000 objective is for a prevalence of 25 per 1,000 population.
- ◆ 12 percent (or 121 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 17 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. A significant difference also occurred among the age group 45-64 (9 percent) compared to the younger age groups.
- ◆ 13 percent of adults with less than a high school education reported having ever been told that they had diabetes –significantly higher than those with some college education or a college degree.
- ◆ A significantly higher percentage (12) of diabetes prevalence was also reported among adults with incomes below \$15,000 compared to those adults earning \$25,000-\$49,999 (6 percent) and \$75,000+ (4 percent) in 2000. Also, Pennsylvania adults earning \$15,000-\$24,999 have a significantly higher percentage (10) compared to Pennsylvania adults earning \$75,000+.
- ◆ Between 1995 and 2000, the diabetes prevalence rate has shown a steady increase since 1997. The highest rate occurred most recently (71 per 1,000) while the lowest (51) occurred in 1997.

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

- ◆ Of those ever told that they have diabetes, 5 percent were told when they were under age 18; 8 percent were between the ages of 18 and 29; 19 percent, between the ages 30 and 44; 44 percent, between the ages 45 and 64; and, 25 percent were age 65 or older.
- ◆ There were no significant differences between males and females within the above specific age groups.

## Are you currently taking insulin?

- ◆ Among Pennsylvania adults who have diabetes, 26 percent were taking insulin in 2000.
- ◆ There were no significant differences associated with sex and age for the percentages of those adults taking insulin in 2000. However, there were a slightly higher percentage of female adults (29 percent) compared to male adults (23 percent).
- ◆ Pennsylvania adults with a college degree had a significantly higher percentage (38) compared to Pennsylvania adults with a high school education (15 percent).

## Are you now taking diabetes pills?

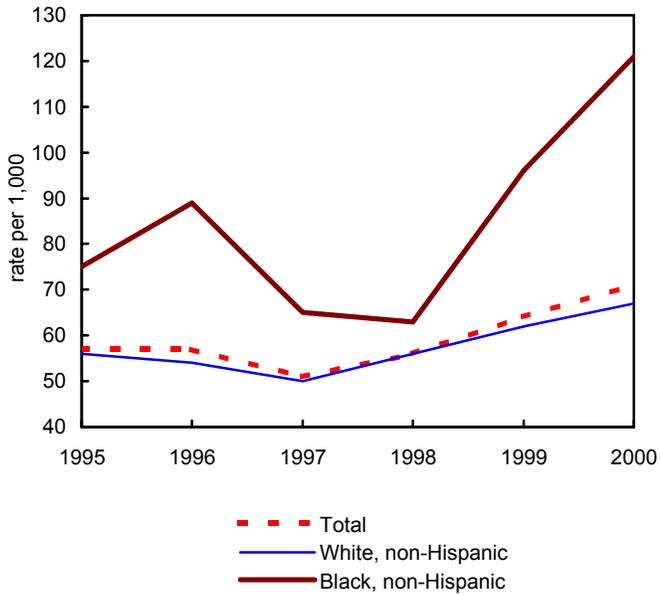
- ◆ Of Pennsylvania adults who have been told they have diabetes by a doctor, 70 percent responded that they were taking diabetes pills.
- ◆ There were no significant differences in percentage were observed for sex, age, education, income, or race.

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

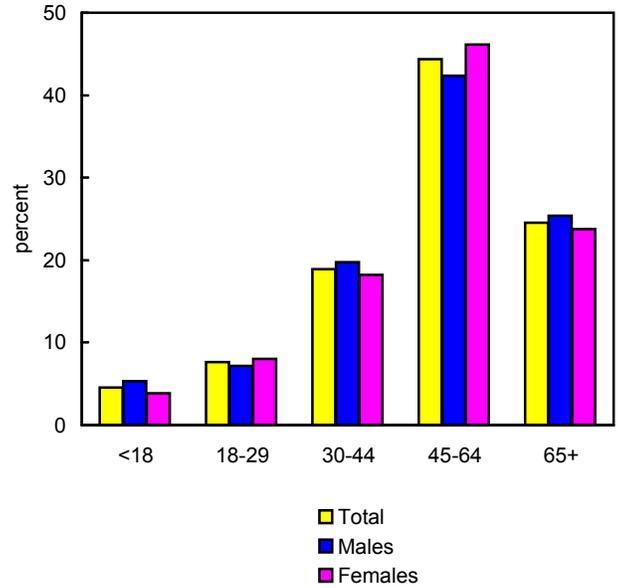
- 17.11** Reduce diabetes to...a prevalence of no more than 25 per 1,000 people.
- 17.11e** Reduce diabetes among blacks to a prevalence of no more than 32 per 1,000.

# DIABETES

**FIGURE 4A**  
**Diabetes Prevalence Per 1,000**  
**Pennsylvania Adults by Race, 1995-2000**



**FIGURE 4B**  
**Percent by Age When Diabetes Diagnosed**  
**Pennsylvania Adults by Sex, 2000**



**TABLE 4**  
**Diabetes**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Ever told had diabetes*				Currently taking insulin* **				Taking Diabetes Pills* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3531	229	7	6-8	229	61	26	20-33	229	159	70	63-76
Male	1421	96	7	5-8	96	25	23	14-33	96	67	72	62-82
Female	2110	133	7	6-9	133	36	29	20-38	133	92	68	58-77
Age:												
18-29	522	5	1	0-2	5	#			5	#		
30-44	1121	26	3	1-4	26	#			26	#		
45-64	1193	90	9	7-11	90	24	25	15-35	90	66	69	58-80
65+	671	107	17	14-20	107	25	24	15-34	107	78	75	66-85
Education:												
<High School	349	47	13	9-17	47	#			47	#		
High School	1357	94	8	6-10	94	17	15	7-22	94	70	77	68-86
Some College	736	36	5	3-7	36	#			36	#		
College Degree	1083	52	5	4-7	52	19	38	23-53	52	34	62	47-77
Income:												
<\$15,000	351	41	12	8-16	41	#			41	#		
\$15,000 to \$24,999	591	53	10	7-13	53	13	24	11-37	53	40	79	67-91
\$25,000 to \$49,999	1089	56	6	4-7	56	13	20	9-31	56	39	67	54-81
\$50,000 to \$74,999	550	31	6	4-9	31	#			31	#		
\$75,000+	544	19	4	2-6	19	#			19	#		
Race:												
White, non-Hispanic	3072	186	7	6-8	186	46	23	16-30	186	132	72	65-79
Black, non-Hispanic	265	32	12	8-17	32	#			32	#		
Hispanic	98	6	8	1-14	6	#			6	#		

#Data not reported due to N<50.

\* Excludes missing, don't know, and refused. \*\*Denominator is persons who have diabetes.

## CARE GIVING

### **Did you provide regular care or assistance to an elderly family member or friend?**

- ◆ 16 percent of Pennsylvania adults responded “yes” in the 2000 survey.
- ◆ Females show a significantly higher percentage (20) when compared to males (13 percent).
- ◆ Adults aged 45-64 have a significantly higher percentage (21) than those adults aged 18-29 (13 percent).
- ◆ No significant differences were found in the categories of education, income, or race.

### **Who would you call to arrange care in the home for an elderly family member or friend?**

- ◆ 27 percent of adults responded that they did not know who they would call to arrange care. This response had a significantly higher percentage than 9 of the 10 remaining categories. Only those who indicate they would call relatives or friend have a similar percentage (24 percent).
- ◆ Males have a significantly higher percentage (30) for not knowing whom to call than females (25 percent).
- ◆ Those aged 65+ are significantly higher in percentage not knowing (35) than the two preceding younger age groups.
- ◆ There are a significantly higher percentage of respondents with less than a high school education (34 percent) than those with a college degree (24 percent) who did not know who to call.
- ◆ There were no significant differences associated with income level and race

# CARE GIVING

FIGURE 5  
**Percent by Type of Who Would be Called to  
 Arrange Care for an Elderly Relative or Friend,  
 Pennsylvania Adults, 2000**

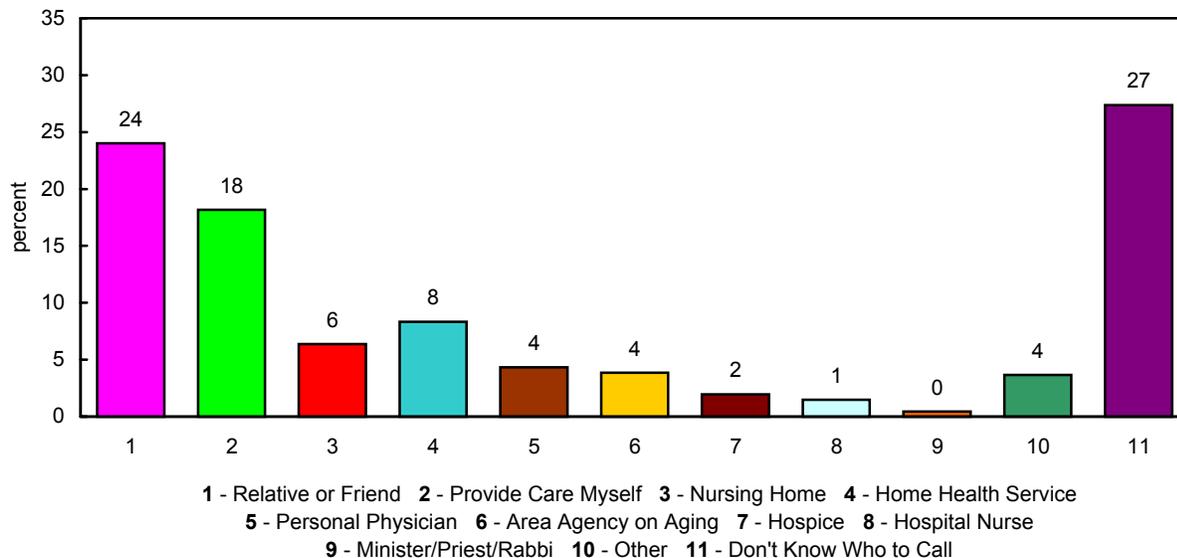


TABLE 5  
**Care Giving  
 Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Did provide care in the past month*				Don't know who to call to arrange care*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3534	590	16	15-18	3508	966	27	26-29
Male	1420	183	13	11-15	1412	445	30	28-33
Female	2114	407	20	18-22	2096	521	25	23-27
Age:								
18-29	522	68	13	10-16	521	143	27	22-31
30-44	1123	176	15	13-18	1118	286	24	21-27
45-64	1195	249	21	18-23	1185	296	26	23-28
65+	670	93	15	12-18	663	229	35	30-39
Education:								
<High School	350	55	17	12-22	349	123	34	29-40
High School	1359	238	17	14-19	1352	384	28	25-31
Some College	737	134	17	14-20	733	193	26	23-30
College Degree	1082	163	16	13-18	1068	262	24	21-27
Income:								
<\$15,000	352	61	17	13-22	350	99	25	20-30
\$15,000 to \$24,999	592	88	14	11-17	585	177	29	25-34
\$25,000 to \$49,999	1089	203	19	16-21	1082	266	25	22-28
\$50,000 to \$74,999	550	98	18	14-21	549	133	24	20-28
\$75,000+	544	76	13	10-16	543	129	25	20-29
Race:								
White, non-Hispanic	3074	506	16	15-18	3052	859	28	26-30
Black, non-Hispanic	266	51	19	13-24	263	53	21	15-28
Hispanic	98	12	10	3-16	98	26	22	13-31

\*Excludes missing, don't know, and refused.

# EXERCISE

## **No leisure-time physical activity:**

- ◆ 23 percent of Pennsylvania adults responded in 2000 that they were physically inactive.  
NOTE: The national year 2000 objective is 15 percent.
- ◆ There were significant differences found in the percentages of no leisure-time physical activity by age. Pennsylvania adults aged 65+ has a significantly higher percentage (31) compared to the two youngest age groups. Adults aged 45-64 also had a significantly higher percentage (25) compared to adults 18-29 (14 percent).
- ◆ Adults with a high school education or less had significantly higher percentages compared to adults with some college or a college degree.
- ◆ 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+. Also, adults with incomes less than \$75,000 had significantly higher percentages than adults with incomes of \$75,000+.
- ◆ No significant differences were found in the categories of sex or race.
- ◆ From 1995 to 1996, there was no difference in the percentage of physically inactive adults, 26 percent. In 1998 a dramatic increase to 33 percent occurred but this was followed by a sharp decline in 2000 to a percentage comparable to 1995 and 1996 percentages (23 percent).

## **Regular light to moderate physical activity:**

- ◆ 23 percent of Pennsylvania adults reported engaging regularly in light to moderate physical activity during 2000.  
NOTE: The national year 2000 objective is 30 percent.
- ◆ Significant differences were associated with age, education, and income – age group 18-29 (28 percent) is significantly higher than the 65+ age group (19 percent), those with some college had a significantly higher percentage (27) compared to those with a less than a high school education (17 percent), and those earning from \$50,000-\$74,999 were significantly higher (28 percent) compared to adults with incomes below \$15,000 (15 percent).

## **Vigorous physical activity:**

- ◆ 14 percent of Pennsylvania adults in 2000 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 had a significantly higher percentage (18) compared to adults with a high school education or less.
- ◆ Respondents aged 45-64 and 65+ had significantly higher percentages (both 16) compared to the 18-29 age group (9 percent).
- ◆ Significantly higher percentages were also seen in the highest two income levels. The \$50,000-\$74,999 income group had a significantly higher percentage (17) as compared to the \$25,000 to \$49,999 group (11), while the \$75,000+ income group was significantly higher (21) than all of the three lowest income groups.
- ◆ There were no significant differences for those engaging in vigorous physical activity by sex or race.

## **Most frequent type of physical activity:**

- ◆ The most frequent type of physical activity, by far, was walking (51 percent of all adults). Other major types of exercise included gardening (8 percent), running (7 percent), home exercise and weightlifting (both 4 percent), and aerobics, bicycling and golf (3 percent each).

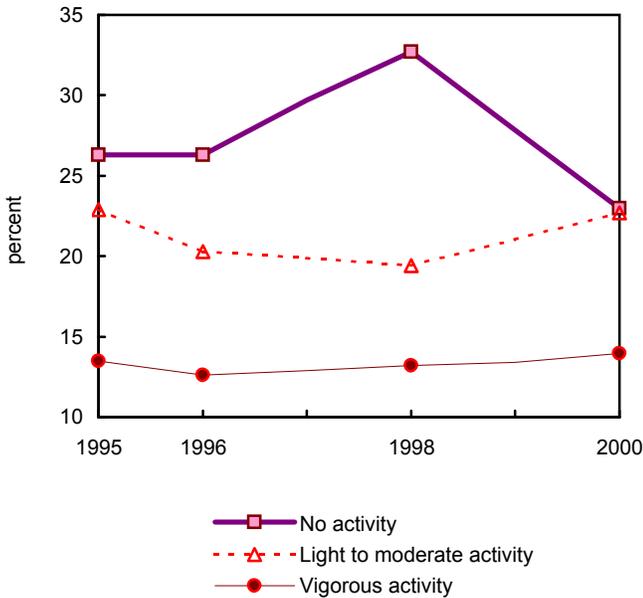
### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

- 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.

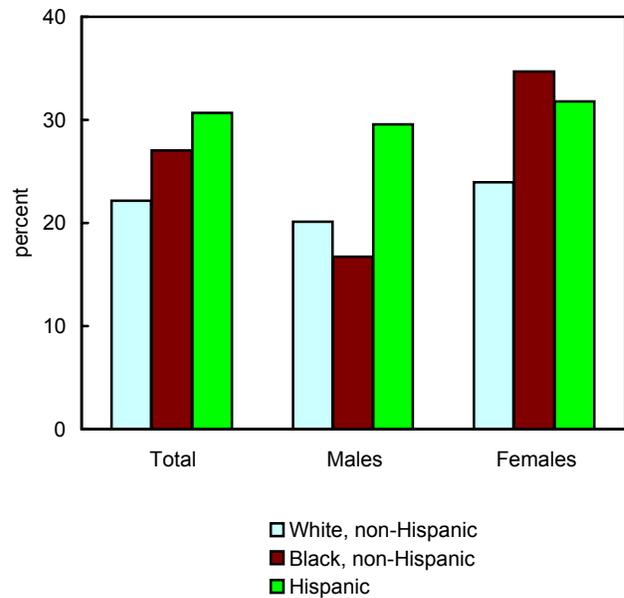
**NOTES:** Light to moderate physical activity is defined as 30 minutes per session five or more times per week. Vigorous physical activity is defined as that which promotes the development and maintenance of cardiorespiratory fitness 20 or more minutes per session three or more times per week.

# EXERCISE

**FIGURE 6A**  
**Exercise, Percent by Type**  
**Pennsylvania Adults, 95, 96, 98, and 2000**



**FIGURE 6B**  
**Percent No Physical Activity**  
**Pennsylvania Adults by Sex and Race, 2000**



**TABLE 6**  
**Exercise**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	No activity*				Light to moderate activity*				Vigorous activity*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3535	831	23	21-25	3535	803	23	21-25	3535	530	14	13-15
Male	1423	310	21	19-23	1423	315	22	20-24	1423	203	14	12-16
Female	2112	521	25	23-27	2112	488	23	21-25	2112	327	14	12-16
Age:												
18-29	522	73	14	10-18	522	140	28	24-32	522	49	9	6-12
30-44	1123	243	21	18-24	1123	259	22	19-25	1123	159	13	11-15
45-64	1194	303	25	22-28	1194	272	23	20-26	1194	205	16	14-18
65+	672	207	31	27-35	672	129	19	16-22	672	113	16	13-19
Education:												
<High School	350	141	40	34-46	350	50	17	12-22	350	29	10	6-14
High School	1359	379	27	24-30	1359	297	21	19-23	1359	167	12	10-14
Some College	738	155	19	16-22	738	186	27	23-31	738	112	14	11-17
College Degree	1082	154	14	12-16	1082	269	24	21-27	1082	222	18	16-20
Income:												
<\$15,000	352	117	34	28-40	352	58	15	10-20	352	40	12	8-16
\$15,000 to \$24,999	593	186	31	27-35	593	131	24	20-28	593	75	13	10-16
\$25,000 to \$49,999	1090	250	23	20-26	1090	255	23	20-26	1090	139	11	9-13
\$50,000 to \$74,999	550	94	17	14-20	550	153	28	24-32	550	100	17	14-20
\$75,000+	544	65	10	7-13	544	138	23	19-27	544	127	21	17-25
Race:												
White, non-Hispanic	3075	701	22	20-24	3075	712	23	21-25	3075	480	14	13-15
Black, non-Hispanic	266	75	27	21-33	266	51	21	15-27	266	26	11	7-15
Hispanic	98	30	31	20-42	98	18	18	9-27	98	10	12	4-20

\*Excludes missing, don't know, and refused.

# TOBACCO USE

## Current cigarette smokers:

- ◆ 24 percent of all Pennsylvania adults and 31 percent of black adults indicated that they were regularly smoking cigarettes in 2000.  
NOTES: The national year 2000 objective for all adults is 15 percent. The national year 2000 objective for black adults is 18 percent.
- ◆ Only 9 percent of the oldest adults (aged 65+) said that they were smokers – significantly lower than for any other younger age group. The 24 percent of smokers among adults aged 45-64 was also significantly lower than the 34 percent among young adults (aged 18-29).
- ◆ Only 13 percent of college graduates were smokers. This was significantly lower than for any other educational level.
- ◆ The adults in the \$50,000-\$74,999 and \$75,000+ income brackets were significantly less likely to be cigarette smokers than any of the adults earning less than \$50,000.
- ◆ Between 1995 and 2000, the percentage of adult smokers in Pennsylvania has not changed much – remaining within a range of 23-25 percent each year.

## Former cigarette smokers:

- ◆ In the 2000 survey, 25 percent of Pennsylvania adults responded that they were former cigarette smokers.
- ◆ A significantly higher percentage of males (28) were former smokers than females (22 percent) in 2000.
- ◆ The 10 percent for adults aged 18-29 was significantly lower than the 19 percent for adults aged 30-44. Both of the two youngest age groups were significantly lower than for any of the older age groups.
- ◆ There was a significant difference associated with race/ethnicity in the percentages of former smokers. In the 2000 survey, white, non-Hispanic adults had 26 percent identified as former smokers – significantly higher than the 11 percent for Hispanic adults.

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

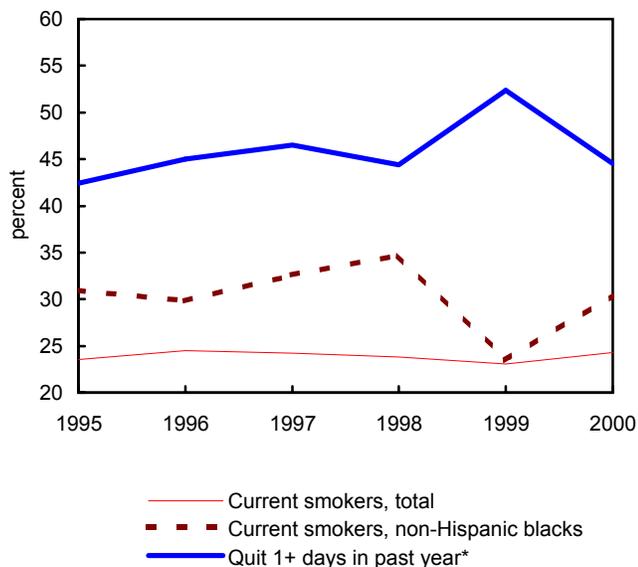
- ◆ Among those who were smoking in 2000, 45 percent had quit for at least one day in the past year.  
NOTE: The national year 2000 objective is for 50 percent to quit smoking at least one day in the past year.
- ◆ 65 percent of black adults said they had quit smoking at least one day in the past year – significantly higher than the 42 percent for white adults.
- ◆ There were no significant differences associated with age, sex, education or income.
- ◆ In 1995, the percentage was 42 and remained between 42 and 47 percent until 1999 when the figure rose to 52 percent. The percentage then declined in 2000 (45 percent) to a level comparable to those percentages observed between 1995 and 1998.

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

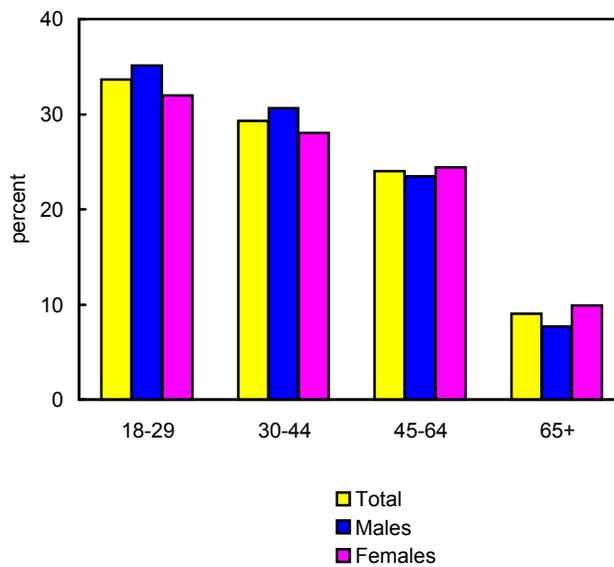
- 3.4** Reduce cigarette smoking to a prevalence of no more than 15 percent among people aged 18 and older.
- 3.4d** Reduce cigarette smoking to a prevalence of no more than 18 percent among blacks aged 18 and older.
- 3.6** Increase to at least 50 percent the proportion of cigarette smokers aged 18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

# TOBACCO USE

**FIGURE 7A**  
**Tobacco Use, Percent by Type**  
**Pennsylvania Adults, 1995-2000**



**FIGURE 7B**  
**Current Smokers, Percent by Age and Sex**  
**Pennsylvania Adults, 2000**



**TABLE 7**  
**Tobacco Use**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Current smoker*				Former Smoker*				Quit at least 1 day in past year* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3529	854	24	22-26	3529	886	25	23-27	675	300	45	41-49
Male	1420	348	25	22-28	1420	419	28	25-31	277	127	45	38-52
Female	2109	506	23	21-25	2109	467	22	20-24	398	173	44	39-49
Age:												
18-29	519	179	34	29-39	519	60	10	7-13	134	71	54	44-64
30-44	1122	326	29	26-32	1122	207	19	16-22	256	109	41	34-48
45-64	1193	283	24	21-27	1193	360	29	26-32	232	100	43	36-50
65+	671	61	9	7-11	671	257	40	36-44	48	#		
Education:												
<High School	349	106	31	25-37	349	94	27	22-32	88	42	50	38-62
High School	1356	399	30	27-33	1356	340	25	22-28	328	133	39	33-45
Some College	737	203	26	23-29	737	181	23	20-26	155	73	49	40-58
College Degree	1081	144	13	11-15	1081	270	24	21-27	102	52	54	44-64
Income:												
<\$15,000	350	120	33	27-39	350	77	22	17-27	98	48	45	34-56
\$15,000 to \$24,999	592	193	34	29-39	592	161	28	24-32	155	62	42	32-52
\$25,000 to \$49,999	1088	292	27	24-30	1088	254	23	20-26	231	98	43	35-51
\$50,000 to \$74,999	550	98	17	14-20	550	150	26	22-30	80	37	48	36-60
\$75,000+	544	72	14	11-17	544	149	26	22-30	52	26	51	35-67
Race:												
White, non-Hispanic	3071	726	24	22-26	3071	805	26	24-28	572	238	42	37-47
Black, non-Hispanic	265	76	31	24-38	265	54	19	14-24	62	42	65	51-79
Hispanic	97	26	23	14-32	97	9	11	2-20	20	#		

#Data not reported due to N<50.

\*Excludes missing, don't know, and refused. \*\*Denominator is current smokers who smoke everyday.

# 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 13 and Figure 13B 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):**

- ◆ 36 percent of Pennsylvania adults were overweight according to the 2000 survey results.  
NOTE: The national year 2000 objective is for no more than 20 percent.
- ◆ The percentage of overweight adults has consistently increased since 1995 when the figure stood at 31 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.
- ◆ Adults in the income level below \$15,000 had a significantly higher percentage (46) than those adults in the \$50,000-\$74,999 income level (32 percent) and the \$75,000+ income level (31 percent).
- ◆ Black adults had a significantly higher percentage (47) compared to white adults in Pennsylvania (35 percent).
- ◆ There were no significant differences associated with sex or education in the percentages of overweight adults in 2000.

## **Overweight adults (new standard):**

- ◆ 58 percent of Pennsylvania adults were overweight according to the 2000 survey results.
- ◆ A significantly higher percentage of males (67) were overweight compared to females (48 percent) in 2000.
- ◆ Sixty-two percent of adults aged 65+, 63 percent of adults aged 45-64 and 60 percent of adults aged 30-44 were overweight – significantly higher than the percentages for the 18-29 age group (42 percent).
- ◆ Adults with a high school education or less showed significantly higher percentages for being overweight compared to college graduates.
- ◆ Respondents with incomes less than \$15,000 had a significantly higher percentage (65) compared to respondents with incomes of \$75,000+ (53 percent).
- ◆ Black adults had a significantly higher percentage (74) compared to white adults in Pennsylvania (56 percent).

## **Overweight adults (old vs. new standard):**

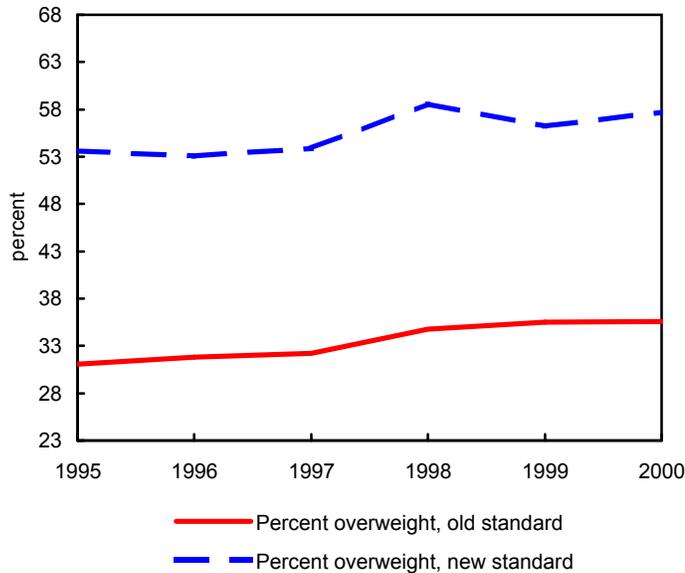
- ◆ Figure 8B illustrates the differences by sex and age using both standards. The percentages for males of all age groups nearly doubled using the new standard. The percentages also increased for females of all age groups but not as much as they did for males.

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

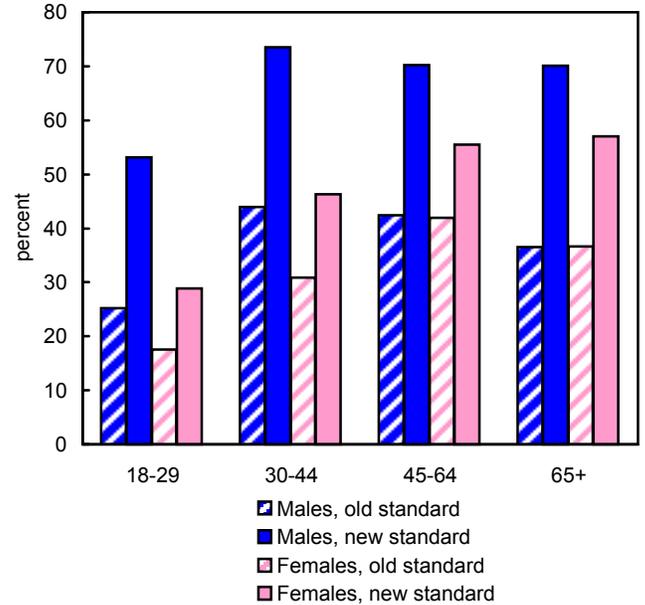
**1.2 Reduce overweight (old standard) to a prevalence of no more than 20 percent among people aged 20 and older...**

# OVERWEIGHT

**FIGURE 8A**  
**Percent Overweight, Old and New Standards**  
**Pennsylvania Adults, 1995-2000**



**FIGURE 8B**  
**Percent Overweight, Old and New Standards**  
**Pennsylvania Adults by Age and Sex, 2000**



**TABLE 8**  
**Overweight**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Overweight, old standard*				Overweight, new standard*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3389	1198	36	34-38	3389	1920	58	56-60
Male	1413	547	38	35-41	1413	966	67	64-70
Female	1976	651	33	31-35	1976	954	48	46-50
Age:								
18-29	509	120	22	18-26	509	210	42	37-47
30-44	1071	380	37	34-40	1071	610	60	57-63
45-64	1141	466	42	39-45	1141	700	63	60-66
65+	651	226	37	33-41	651	390	62	58-66
Education:								
<High School	339	144	39	33-45	339	220	65	59-71
High School	1295	502	39	36-42	1295	780	61	58-64
Some College	706	251	33	29-37	706	399	55	51-59
College Degree	1043	298	30	27-33	1043	517	52	49-55
Income:								
<\$15,000	343	155	46	40-52	343	213	65	59-71
\$15,000 to \$24,999	572	216	36	31-41	572	332	57	52-62
\$25,000 to \$49,999	1047	394	39	36-42	1047	624	61	58-64
\$50,000 to \$74,999	535	177	32	28-36	535	301	57	52-62
\$75,000+	531	153	31	26-36	531	274	53	48-58
Race:								
White, non-Hispanic	2940	1011	35	33-37	2940	1630	56	54-58
Black, non-Hispanic	261	129	47	40-54	261	193	74	68-80
Hispanic	96	33	36	24-48	96	54	61	50-72

\*Excludes missing, don't know, and refused.

# WEIGHT CONTROL and NUTRITION

## Are you trying to lose weight?

- ◆ In the 2000 survey, 39 percent of Pennsylvania adults responded that they were trying to lose weight.
- ◆ A significantly higher percentage of females (45 percent) than males (33 percent) were trying to lose weight in 2000.
- ◆ Adults between the ages of 45 and 64 were trying to lose weight at a significantly higher percentage (46) than adults aged 18-29 (34 percent) and adults aged 65+ (31 percent). Those aged 30-44 were also trying to lose weight at a significantly higher percentage (42) than the adults aged 65+.

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

- ◆ 23 percent of Pennsylvania adults said that they were eating fruits and vegetables 5 or more times a day.
- ◆ Females have a percentage significantly higher (29 percent) than males (17 percent) in the 2000 survey.
- ◆ Significantly more adults aged 65+ (29 percent) said that they were eating fruits and vegetables 5 or more times a day compared to those aged 30-44 (19 percent).
- ◆ 27 percent each of college graduates and adults with some college education were eating fruits and vegetables 5 or more times a day – significantly higher than for those with a high school education (20 percent).
- ◆ There were no significant differences in the percentages of adults eating more fruits and vegetables by income level or race.
- ◆ Pennsylvania's 23 percent of adults eating fruits and vegetable 5 or more time a year for 2000 is not significantly different than percentages observed in previous years of the survey.  
NOTE: The national year 2000 objective endorses the continued percentage increase of adults including 5 or more daily servings of fruits and vegetables in their diet.

## Have you received advice about your weight from a health professional in the past year?

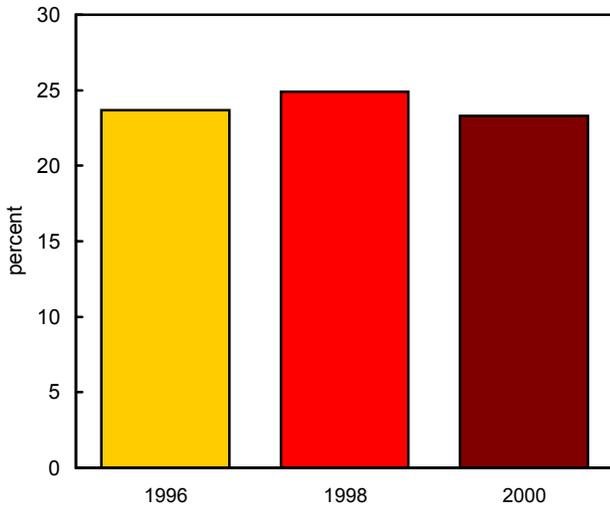
- ◆ In the 2000 survey, 16 percent of Pennsylvania adults said that they had received advice from a doctor in the past year. Of those receiving advice, 78 percent were told they should lose weight, 8 percent to gain weight and 15 percent to maintain their current weight.
- ◆ Black adults had a significantly higher percentage of being advised to lose weight (20) than white adults (12 percent).

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

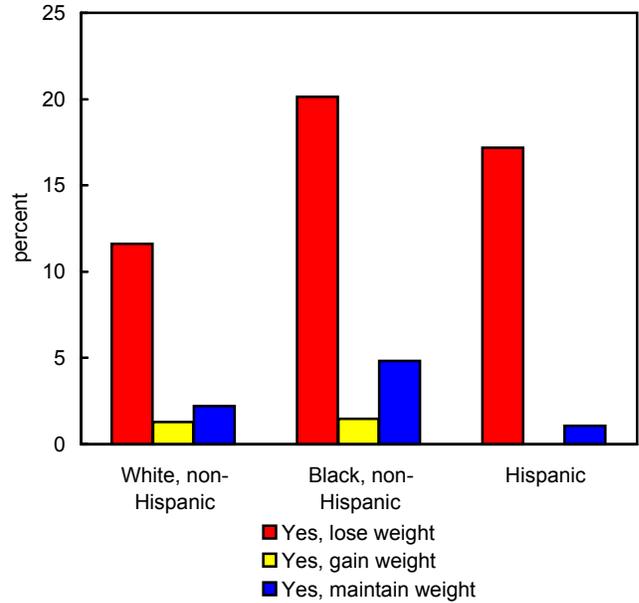
**2.6 Increase...foods...in diet...to an average of five or more daily servings for vegetables and fruits...**

# WEIGHT CONTROL and NUTRITION

**FIGURE 9A**  
**Percent Eating 5+ Fruits/Vegetables Per Day**  
**Pennsylvania Adults, 1996, 1998, and 2000**



**FIGURE 9B**  
**Percent Given Professional Advice About**  
**Their Weight in the Past Year by Type of**  
**Advice and Race or Hispanic Origin, 2000**



**TABLE 9**  
**Weight Control and Nutrition**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Trying to lose weight*				Eat fruits and vegetables 5+ times/day*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3537	1432	39	37-41	3536	863	23	21-25
Male	1423	472	33	30-36	1423	263	17	15-19
Female	2114	960	45	43-47	2113	600	29	27-31
Age:								
18-29	522	182	34	29-39	522	104	21	17-25
30-44	1123	484	42	39-45	1123	227	19	17-21
45-64	1195	556	46	43-49	1195	314	25	22-28
65+	673	200	31	27-35	672	207	29	25-33
Education:								
<High School	350	119	35	29-41	349	76	21	16-26
High School	1360	571	41	38-44	1360	279	20	18-22
Some College	738	310	38	34-42	738	198	27	23-31
College Degree	1083	430	38	35-41	1083	309	27	24-30
Income:								
<\$15,000	352	142	43	37-49	351	93	25	20-30
\$15,000 to \$24,999	593	218	37	32-42	593	126	22	18-26
\$25,000 to \$49,999	1090	441	39	36-42	1090	249	21	18-24
\$50,000 to \$74,999	550	245	42	37-47	550	131	22	18-26
\$75,000+	545	233	40	35-45	545	167	29	25-33
Race:								
White, non-Hispanic	3077	1247	39	37-41	3076	750	23	21-25
Black, non-Hispanic	266	112	42	35-49	266	66	23	17-29
Hispanic	98	38	42	30-54	98	26	26	16-36

\*Excludes missing, don't know, and refused.

# WOMEN'S HEALTH – BREAST CANCER SCREENING

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

- ◆ 91 percent of Pennsylvania women aged 40+ said in 2000 that they had ever had a clinical breast examination.
- ◆ Only 79 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.
- ◆ 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 a college degree ((95 percent). Also, the percentages were significantly higher among women with incomes of \$75,000+ (95 percent) compared to women earning less than \$15,000 (82 percent). Percentages of women with incomes of \$50,000-74,999 were even more pronounced having a significantly higher percentage (99) than women with incomes of \$49,999 or less.

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

- ◆ “Yes” responded 69 percent of women aged 40+ in 2000.
- ◆ A significantly lower percentage of women aged 75+ (47 percent) reported having had a clinical breast exam during the preceding year compared to the percentages of 73, 77 and 64 for all three younger age groups (40-49, 50-64 and 65-74 respectively).
- ◆ Significant differences were observed for education and income. Women with a college degree had a significantly higher percentage (75) than those with less than a high school education (58 percent). Women with income levels of \$50,000 or higher also had significantly higher percentages than women with incomes below \$15,000 (60 percent). Also, women with incomes of \$75,000 or more had a significantly higher percentage (78) than those with incomes ranging from \$15,000-\$24,999 (63 percent).
- ◆ There was no significant difference observed in the category of race.

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

- ◆ 64 percent of women aged 40+ reported in 2000 that they had had a mammogram in the past year.
- ◆ Women aged 50-64 and 65-74 had significantly higher percentages (68 and 69 respectively) compared to women ages 75+ (53 percent).
- ◆ Pennsylvania women with an income level of \$50,000-\$74,999 had a significantly higher percentage (73) than those with income less than \$15,000 a year (56 percent).
- ◆ There were no significant differences associated with education or race.

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

- ◆ “Yes” said 71 percent of Pennsylvania women aged 50+ and 67 percent of black women aged 50+ in 2000. NOTE: The national year 2000 objective is 60 percent for all women aged 50+ and for black women aged 50+.
- ◆ Only 53 percent of women aged 75+ had had both exams in the past 2 years – significantly lower than the 76 percent for women aged 50-64 or the 74 percent for woman aged 65-74.
- ◆ The income levels of \$25,000-\$49,999 and \$50,000-\$74,999 both had significantly higher percentages (76 and 88 respectively) than the under \$15,000 income level (61 percent). The \$50,000-\$74,999 income level was also significantly higher than the \$15,000-\$24,999 income level (68 percent).
- ◆ No significant differences occurred in education.
- ◆ The percentages for all women aged 50+ who have had both exams in the past two years are higher in recent years.

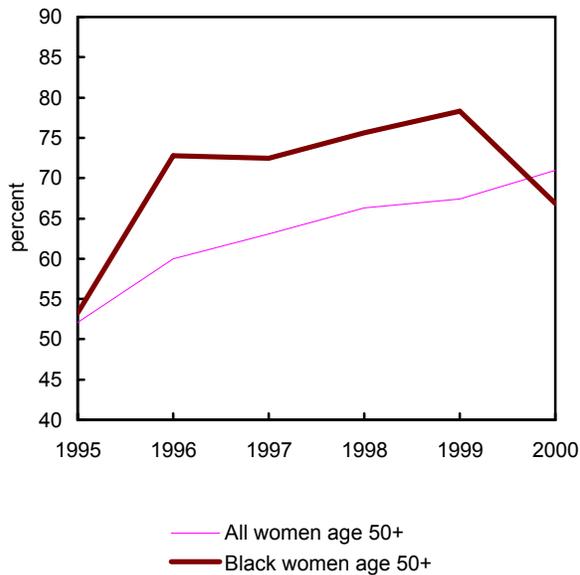
### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

**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.

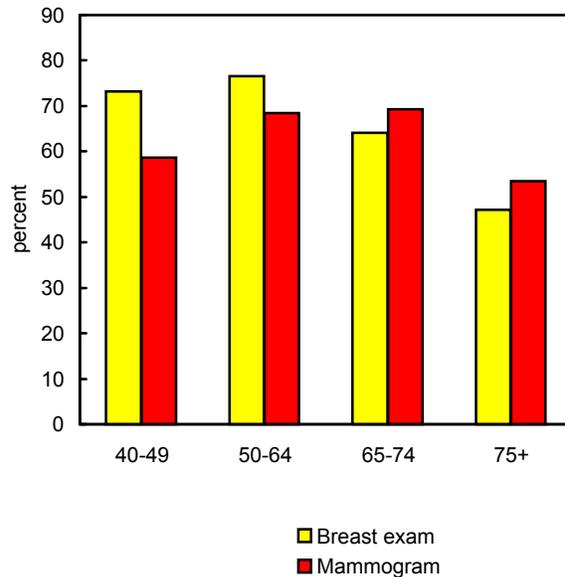
**16.11e** ...to at least 60 percent...of black women aged 50 and older...

# WOMEN'S HEALTH - BREAST CANCER SCREENING

**FIGURE 10A**  
**Percent Had Clinical Breast Exam**  
**and Mammogram in Past 2 Years**  
**Pennsylvania Women 50 and Older, 1995-2000**



**FIGURE 10B**  
**Percent Had Clinical Breast Exam**  
**or Mammogram in Past Year**  
**Pennsylvania Women by Age, 2000**



**TABLE 10**  
**Women's Health - Breast Cancer Screening**  
**Pennsylvania Women 40 and Older, 2000 (with 95% confidence intervals)**

	Had a clinical breast exam in past year*				Had a mammogram in past year*				Age 50+ and had both in past 2 years*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
Females 40+	1353	945	69	66-72	1350	862	64	61-67	896	632	71	68-74
Age:												
40-49	450	329	73	69-77	451	267	59	54-64	N/A	N/A	N/A	N/A
50-64	479	370	77	73-81	477	330	68	63-73	477	363	76	72-80
65-74	262	172	64	58-70	262	183	69	63-75	260	186	74	68-80
75+	162	74	47	39-55	160	82	53	45-61	159	83	53	45-61
Education:												
<High School	160	92	58	49-67	158	86	55	46-64	139	82	63	54-72
High School	598	405	67	63-71	598	375	63	59-67	424	297	71	66-76
Some College	261	195	72	66-78	259	172	67	61-73	153	118	75	67-83
College Degree	334	253	75	70-80	335	229	68	62-74	180	135	74	67-81
Income:												
<\$15,000	191	118	60	52-68	192	108	56	48-64	159	98	61	53-69
\$15,000 to \$24,999	241	150	63	56-70	239	142	60	53-67	183	119	68	61-75
\$25,000 to \$49,999	373	266	70	65-75	372	238	64	59-69	234	181	76	70-82
\$50,000 to \$74,999	171	134	77	70-84	170	126	73	66-80	85	75	88	80-96
\$75,000+	163	132	78	71-85	163	116	70	62-78	71	56	77	66-88
Race:												
White, non-Hispanic	1206	838	69	66-72	1205	759	63	60-66	809	569	71	68-74
Black, non-Hispanic	103	77	72	62-82	102	71	67	57-77	68	48	67	54-80
Hispanic	24	#			24	#			10	#		

#Data not reported due to N<50. \*Excludes missing, don't know, and refused.

# WOMEN'S HEALTH – PAP TEST

## Have you ever had a Pap test?

- ◆ 94 percent of Pennsylvania adult women responded in 2000 that they had ever had a Pap test.  
NOTE: The national year 2000 objective is 95 percent.
- ◆ Women aged 65+ and 18-29 had significantly lower percentages (90 and 87 respectively) of those who had ever had a Pap test compared to women of the age groups 45-64 and 30-44 (both 98 percent).
- ◆ A significant difference was found between women with less than a high school education (87 percent) and women with a college degree (97 percent).
- ◆ Women with incomes of \$75,000+ had a significantly higher percentage (99) compared to women with incomes of \$24,999 or less.
- ◆ There were no significant differences associated for race.
- ◆ Since 1995, the percentage of adult women who have ever had a Pap test has remained between 92 and 94 percent.

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

- ◆ 83 percent of adult women said that they had had a Pap test within the last 3 years according to the 2000 survey.  
NOTE: The national year 2000 objective is 85 percent.
- ◆ Only 64 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.
- ◆ Some significant differences could also be noted by education and income with more educated and higher income women having higher percentages. Women without a high school diploma had a much lower percentage of having a Pap test in the past three years (66 percent) compared to those with more education. A significantly higher percentage was recorded for women in the two highest income brackets (\$50,000-\$74,999 and \$75,000+) compared to adult women earning less than \$25,000. Also, women earning \$75,000+ had a significantly higher percentage (95) than women earning \$25,000-\$49,999 (84 percent).
- ◆ Since 1995, the percentage of women who have had a Pap test in the previous 3 years has risen slightly from 79 percent to 83 percent.

## Reason you had a Pap test?

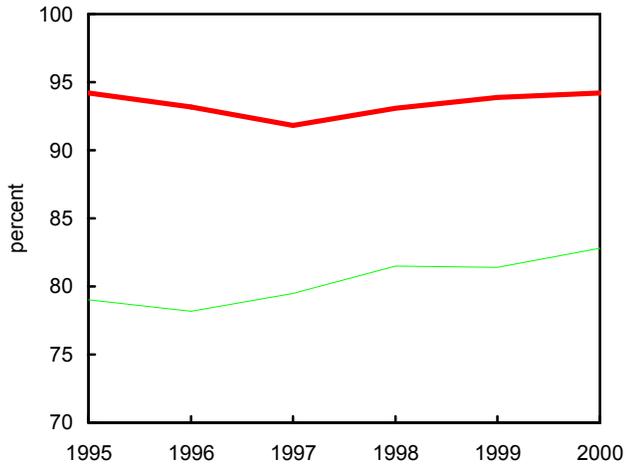
- ◆ “Routine test” said 93 percent of Pennsylvania adult women who had ever had a Pap test.
- ◆ Only 7 percent had a Pap test due to a current or previous health problem.

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

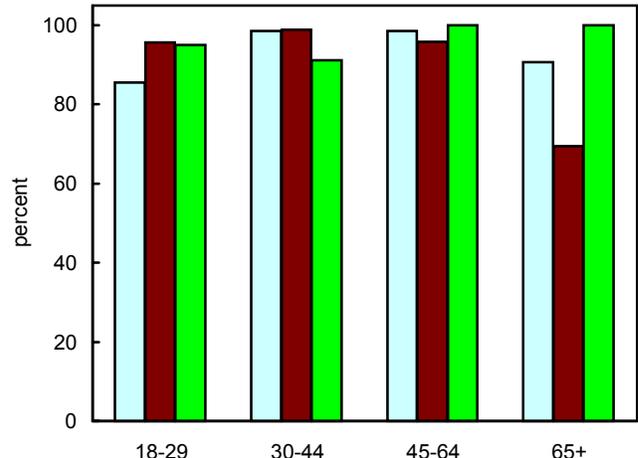
**16.12** Increase to at least 95 percent the proportion of adult women who have ever received a Pap test..and to at least 85 percent...who have received a Pap test in the past three years.

# WOMEN'S HEALTH - PAP TESTS

**FIGURE 11A**  
**Percent Having Pap Tests**  
**Pennsylvania Adult Women, 1995-2000**



**FIGURE 11B**  
**Percent Ever Had a Pap Test**  
**Pennsylvania Adult Women by Age and Race\*\*, 2000**



— Ever had a Pap test, all women  
— Had a Pap test in past 3 years, all women  
█ White, non-Hispanic  
█ Black, non-Hispanic  
█ Hispanic

**TABLE 11**  
**Women's Health - Pap Tests**  
**Pennsylvania Adult Women, 2000 (with 95% confidence intervals)**

	Ever had a Pap test*				Had Pap test in past 3 years* ***			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Adult Females	2101	1997	94	93-95	2087	1746	83	81-85
Age:								
18-29	293	266	87	82-92	293	260	85	80-90
30-44	661	644	98	97-99	658	604	92	90-94
45-64	707	695	98	97-99	704	608	87	84-90
65+	423	375	90	87-93	416	260	64	59-69
Education:								
<High School	207	180	87	82-92	203	133	66	59-73
High School	837	792	94	92-96	832	681	82	79-85
Some College	458	444	95	92-98	455	396	85	81-89
College Degree	597	579	97	95-99	595	534	89	86-92
Income:								
<\$15,000	264	236	89	85-93	260	187	72	66-78
\$15,000 to \$24,999	354	333	93	90-96	352	278	80	75-85
\$25,000 to \$49,999	621	605	96	94-98	620	530	84	80-88
\$50,000 to \$74,999	307	299	97	94-100	307	284	92	88-96
\$75,000+	278	276	99	98-100	278	266	95	92-98
Race:								
White, non-Hispanic	1809	1728	94	93-95	1798	1497	83	81-85
Black, non-Hispanic	177	164	92	88-96	175	154	86	79-93
Hispanic	62	59	96	91-100	62	56	88	78-98

\*Excludes missing, don't know, and refused. \*\*Denominator is women who have had a Pap test.

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

- ◆ 43 percent of Pennsylvania adults aged 18-64 have ever had an HIV blood test, according to the 2000 survey.
- ◆ Significant differences were evident by age; with 44 percent of young adults aged 18-29 and 56 percent of adults aged 30-44 indicating that they had a blood tested for HIV infection compared to the significantly lower percentage of 30 for older adults aged 45-64.
- ◆ Percentages by race also showed a significant difference – 63 percent of black adults and 57 percent of Hispanic adults under age 65 had ever been tested while only 40 percent of whites (aged 18-64) had ever been tested, significantly lower than the black and Hispanic adult percentage.
- ◆ Between 1995 and 1997, the percentage of adults aged 18-64 who had ever had an HIV blood test had increased from 39 to 42 percent. In 1998 it declined for the first time to 36 percent but then continued again upward to 40 percent in 1999 and 43 percent in 2000.

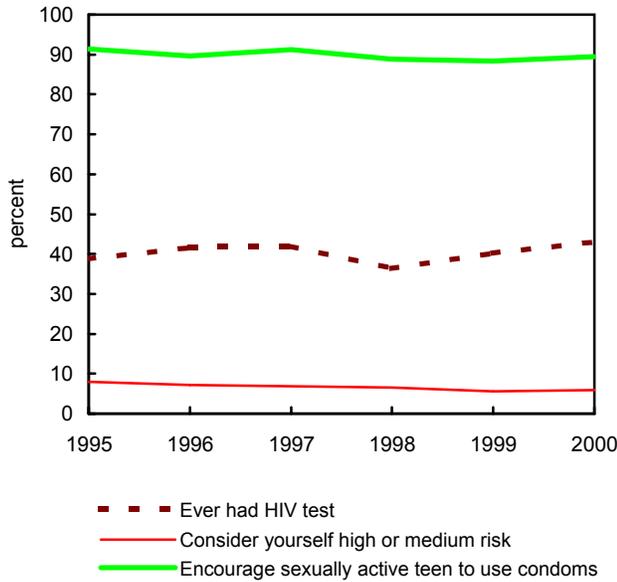
## **Age 18 to 64 and would encourage your sexually active teen to use condoms?**

- ◆ “Yes” responded 90 percent of Pennsylvanians aged 18-64 in 2000.
- ◆ A significantly higher percentage (95) of young adults aged 18-29 said they would encourage condom use to their sexually active teen compared to 87 percent of those aged 45-64 and to 88 percent for those aged 30-44.
- ◆ Between 1995 and 1999, slightly fewer adults aged 18-64 said that they would encourage condom use to their sexually active teen (from 91 to 88 percent). This was followed by an increase in percentage in 2000 (90 percent).

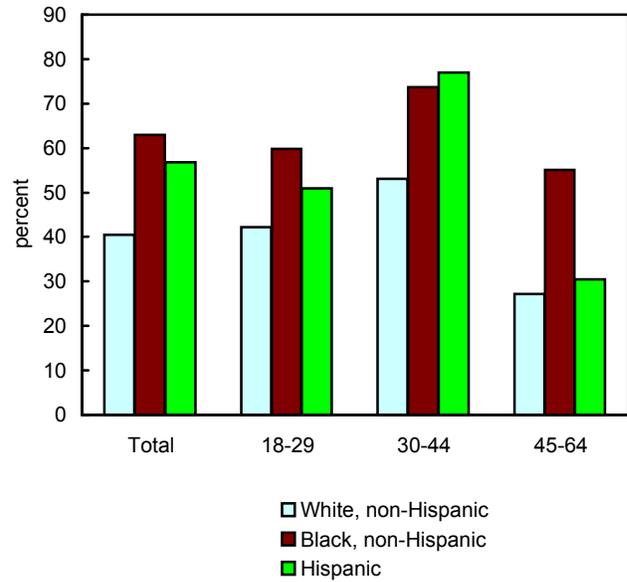
## **Age 18 to 64 and consider yourself at high or medium risk for HIV/AIDS?**

- ◆ 6 percent of Pennsylvanians aged 18-64 considered themselves at high or medium risk for HIV infection in 2000.
- ◆ Adults' aged 18-29 had a significantly higher percentage (10) compared to both 30-44 and 45-64 age groups (both 5 percent).
- ◆ Income levels of less than \$75,000 were all significantly higher in percentage than the \$75,000 income group (2 percent).
- ◆ Black adults had a significantly higher percentage (12) compared to white adults (5 percent) in 2000.
- ◆ There were no significant differences by sex or education for those who considered themselves at high or medium risk for HIV infection.
- ◆ In 1995, 8 percent of adults aged 18-64 considered themselves at high or medium risk. In 2000, the figure had declined to 6 percent.

**FIGURE 12A**  
**HIV/AIDS**  
**Percent Tested, At Risk, and Condom Use**  
**Pennsylvania Adults 18 to 64, 1995-2000**



**FIGURE 12B**  
**Percent Ever Tested for HIV**  
**Pennsylvania Adults 18 to 64**  
**By Age and Race, 2000**



**TABLE 12**  
**HIV/AIDS**  
**Pennsylvania Adults 18 to 64, 2000 (with 95% confidence intervals)**

	Ever tested for HIV*				Encourage sexually active teen to use condoms*				Consider yourself high or medium risk*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
Adults 18-64	2748	1220	43	41-45	2798	2506	90	89-91	2797	168	6	5-7
Male 18-64	1138	506	43	40-46	1156	1019	89	87-91	1158	71	6	4-8
Female 18-64	1610	714	43	40-46	1642	1487	90	88-92	1639	97	6	5-7
Age:												
18-29	516	263	44	39-49	518	495	95	93-97	514	51	10	7-13
30-44	1094	609	56	53-59	1108	979	88	86-90	1106	58	5	4-6
45-64	1138	348	30	27-33	1172	1032	87	85-89	1177	59	5	4-6
Education:												
<High School	188	90	45	37-53	191	179	93	88-98	190	18	9	4-14
High School	1031	425	40	37-43	1046	941	91	89-93	1045	61	7	5-9
Some College	607	276	44	39-49	627	567	90	87-93	622	51	7	5-9
College Degree	919	426	46	42-50	931	817	87	85-89	937	38	4	3-5
Income:												
<\$15,000	208	111	52	44-60	215	198	92	88-96	212	17	11	5-17
\$15,000 to \$24,999	378	184	47	41-53	388	350	91	88-94	384	24	8	4-12
\$25,000 to \$49,999	904	418	46	42-50	912	815	89	86-92	917	72	7	5-9
\$50,000 to \$74,999	501	197	39	34-44	510	448	88	85-91	513	31	6	4-8
\$75,000+	506	223	42	37-47	516	466	91	89-93	518	12	2	1-3
Race:												
White, non-Hispanic	2354	973	40	38-42	2403	2145	90	89-91	2406	120	5	4-6
Black, non-Hispanic	219	147	63	55-71	220	207	91	85-97	216	28	12	7-17
Hispanic	90	54	57	45-69	92	84	92	86-98	92	9	11	3-19

\*Excludes missing, don't know, and refused.

# CARDIOVASCULAR DISEASE

## **Do you take aspirin daily or every other day?**

- ◆ “Yes” responded 29 percent of Pennsylvania adults aged 35+ in 2000.
- ◆ 32 percent of male adults aged 35+ said that they take aspirin daily or every other day – significantly higher than the 26 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 significantly higher percentages than younger adults (ages 35-44 and 45-54). Also, adults aged 45-54 had a significantly higher percentage (23) than the 35-44 age group (12 percent) and adults aged 65+ had a significantly higher percentage (47) than the 55-64 age group (33 percent).
- ◆ Of those adults aged 35+ who take aspirin daily or every other day, 82 percent take aspirin to reduce the chances of a heart attack, 74 percent take aspirin to reduce the chances of a stroke, and 23 percent take aspirin to relieve pain.

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

- ◆ According to the 2000 survey, 6 percent of Pennsylvania adults’ aged 35+ had ever been told by a doctor that they had a heart attack.
- ◆ Another 7 percent had ever been told that they had angina or heart disease.
- ◆ 3 percent of adults’ aged 35+ reported that a doctor had ever told them that they had a stroke.

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

- ◆ 59 percent of Pennsylvania women, who have gone or are going through menopause, said that their doctor had discussed estrogen use with them in 2000.
- ◆ In 2000, 77 percent of women aged 55-64 indicated that their doctor had discussed estrogen use –significantly higher than the 59 percent for these women aged 35-44 and the 45 percent for women aged 65+.

## **Are you currently taking estrogen pills?**

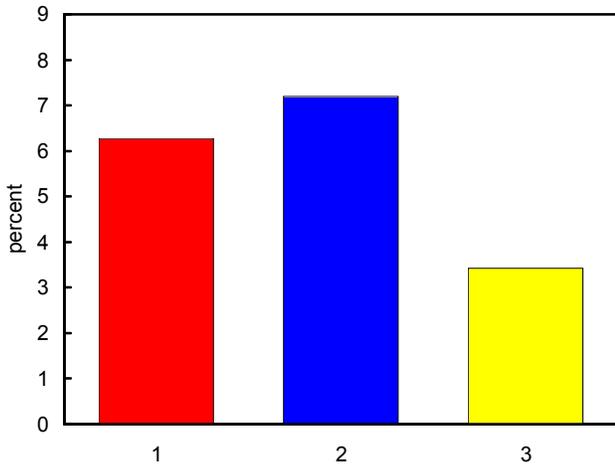
- ◆ 22 percent of Pennsylvania women, who have gone or are going through menopause, reported that they were taking estrogen pills in 2000.
- ◆ Women in the age group 55-64 were taking estrogen pills at significantly higher percentage (34) compared to the women in the 65+ age group (14 percent) in the 2000 survey.

## **Why are you taking estrogen?**

- ◆ 23 percent of women who have taken or are taking estrogen responded in the 2000 survey that one of the reasons they were taking estrogen was to prevent a heart attack.
- ◆ 63 percent of women who have taken or are taking estrogen indicated that their reasons for taking estrogen included the prevention of bone thinning, bone loss, or osteoporosis.
- ◆ 74 percent of women who have taken or are taking estrogen were taking estrogen to treat symptoms of menopause, which include experiencing “hot flashes”.

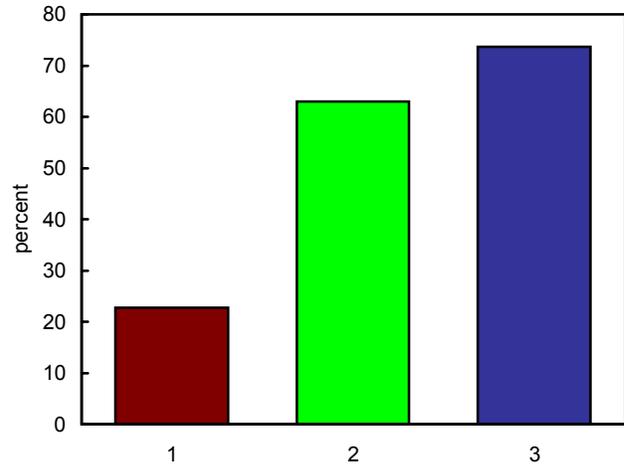
# CARDIOVASCULAR DISEASE

**FIGURE 13A**  
**Cardiovascular Disease, Percent by Type**  
**Pennsylvania Adults Age 35+, 2000**



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

**FIGURE 13B**  
**Reasons for Estrogen Use, Percent by Type**  
**Pennsylvania Women Who Have**  
**or are Now Taking Estrogen, 2000**



1 - Prevent heart attack  
 2 - Prevent bone thinning, loss, or osteoporosis  
 3 - Treat symptoms of menopause

**TABLE 13**  
**Cardiovascular Disease**  
**Pennsylvania Adults Age 35+, 2000 (with 95% confidence intervals)**

	Take aspirin daily or every other day* **				Doctor discussed estrogen use* ***				Currently take estrogen pills* ***			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	2652	728	29	27-31	1057	634	59	56-62	1055	241	22	19-25
Male	1058	329	32	29-35	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Female	1594	399	26	24-28	1057	634	59	56-62	1055	241	22	19-25
Age:												
35-44	796	92	12	9-15	80	48	59	47-71	79	19	23	13-33
45-54	712	158	23	19-27	276	189	68	62-74	273	65	24	19-29
55-64	476	167	33	28-38	280	216	77	72-82	279	98	34	28-40
65+	668	311	47	43-51	421	181	45	40-50	424	59	14	10-18
Education:												
<High School	278	99	36	30-42	149	59	41	32-50	151	17	12	6-18
High School	1062	314	30	27-33	480	272	56	51-61	477	94	19	15-23
Some College	514	125	26	22-30	203	134	65	58-72	203	55	28	21-35
College Degree	795	188	25	22-28	225	169	74	68-80	224	75	31	24-38
Income:												
<\$15,000	279	94	36	30-42	176	72	41	33-49	176	30	17	11-23
\$15,000 to \$24,999	435	156	37	32-42	202	100	50	42-58	199	27	13	8-18
\$25,000 to \$49,999	775	200	27	23-31	279	180	62	56-68	278	72	23	18-28
\$50,000 to \$74,999	405	90	24	19-29	117	96	83	76-90	116	34	28	19-37
\$75,000+	437	96	23	19-27	101	84	81	72-90	101	40	40	29-51
Race:												
White, non-Hispanic	2365	671	30	28-32	955	584	60	57-63	951	229	23	20-26
Black, non-Hispanic	178	38	19	13-25	71	32	47	34-60	73	10	18	7-29
Hispanic	49	#			14	#			14	#		

#Data not reported due to N<50

\*Excludes missing, don't know, and refused. \*\*Denominator is adults age 35+.

\*\*\*Denominator is females aged 35+ who have gone/are going through menopause.

# VITAMIN and FOLIC ACID USE

## Do you take any vitamin pills or supplements?

- ◆ “Yes” responded 58 percent of Pennsylvania adults in the 2000 survey.
- ◆ Significantly more females than males said that they take vitamins or supplements (65 vs. 50 percent). Significantly higher percentages of vitamin use were recorded for adults aged 65+ and 45-64 (compared to those aged 18-29 and 30-44).
- ◆ There were also significant differences associated with education and income. All the adult groups with a high school education and above had higher percentages of vitamin use than those with less than a high school education. Those adults earning \$25,000-\$49,999 and \$50,000-\$74,999 also had much higher percentages (61 and 62 respectively) of vitamin use compared to adults earning \$15,000-\$24,999 (51 percent).
- ◆ Of those adults who take vitamin pills or supplements, 81 percent said that they take multivitamins.

## Do you take folic acid?

- ◆ In the 2000 survey, 52 percent of Pennsylvania women aged 18-44 reported taking folic acid. This included those taking both multivitamins and alternative vitamins and supplements.
- ◆ Pennsylvania women aged 18-44 with and high school education or less had significantly lower percentages compared to college-educated women in Pennsylvania aged 18-44.
- ◆ White females aged 18-44 had a significantly higher percentage of taking folic acid (54 percent) compared to black women aged 18-44 (34 percent).
- ◆ There were no significant differences by age or income in the percentages of those women age 18-44 who reported taking folic acid.

## Do you take vitamin pills or supplements daily?

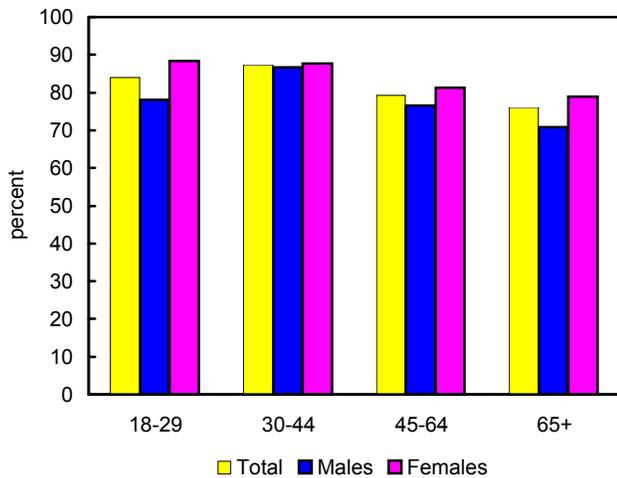
- ◆ 86 percent of the Pennsylvania women aged 18-44 who uses vitamin pills or supplements containing folic acid take them on a daily basis.
- ◆ No significant differences were observed for age, education, income or race.

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

- ◆ 60 percent of Pennsylvania women aged 18-44 in 2000 believed that taking folic acid would help pregnant women to prevent birth defects, compared to 50 percent in 1998.
- ◆ Other major reasons identified by women aged 18-44 for taking folic acid included making strong bones (22 percent) and preventing high blood pressure (5 percent).

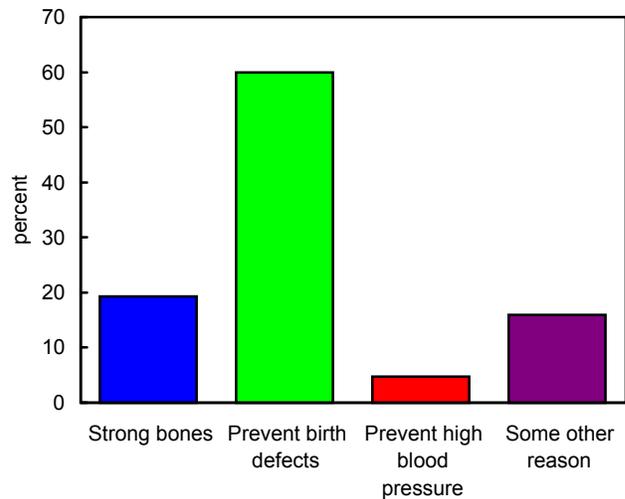
# VITAMIN and FOLIC ACID USE

**FIGURE 14A**  
**Percent Taking Multivitamins\***  
**Pennsylvania Adults by Age and Sex, 2000**



\*Denominator is persons who take vitamins or supplements

**FIGURE 14B**  
**Reasons Women Take Folic Acid, Percent by Type**  
**Pennsylvania Adults Age 18-44, 2000**



**TABLE 14**  
**Vitamin and Folic Acid Use**  
**Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Take vitamins or supplements*				Women aged 18-44 and taking folic acid* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3510	2092	58	56-60	943	495	52	48-56
Male	1416	740	50	47-53	N/A	N/A	N/A	N/A
Female	2094	1352	65	63-67	943	495	52	48-56
Age:								
18-29	518	245	44	39-49	289	142	49	42-56
30-44	1118	589	51	48-54	654	353	54	50-58
45-64	1185	771	64	61-67	N/A	N/A	N/A	N/A
65+	666	471	71	67-75	N/A	N/A	N/A	N/A
Education:								
<High School	344	158	45	39-51	55	16	33	18-48
High School	1344	781	57	54-60	321	140	46	40-52
Some College	737	445	59	55-63	238	128	53	46-60
College Degree	1079	705	63	60-66	328	211	61	55-67
Income:								
<\$15,000	350	185	53	47-59	86	35	44	30-58
\$15,000 to \$24,999	582	312	51	46-56	145	58	40	31-49
\$25,000 to \$49,999	1085	673	61	58-64	309	166	54	45-63
\$50,000 to \$74,999	546	339	62	58-66	166	98	56	48-64
\$75,000+	544	347	59	54-64	160	101	58	49-67
Race:								
White, non-Hispanic	3058	1871	60	58-62	764	421	54	50-58
Black, non-Hispanic	261	123	45	38-52	93	32	34	22-46
Hispanic	97	43	41	30-52	48	#		

#Data not reported due to N<50

\*Excludes missing, don't know, and refused.

\*\*Denominator is women 18-44

# MEN'S HEALTH – PROSTATE CANCER SCREENING

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

- ◆ In the 2000 survey, 74 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 (86 percent) reported having ever had a PSA blood test compared to men aged 50-64 (67 percent).
- ◆ No significant differences were found for education, income or race.

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

- ◆ “Yes” responded 87 percent of Pennsylvania men aged 50+ in the 2000 survey.
- ◆ There were no significant differences by age, education, income or race 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?**

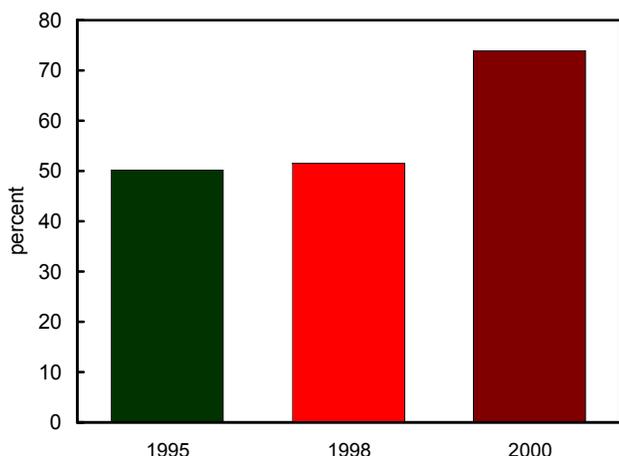
- ◆ 69 percent of Pennsylvania men aged 50+ responded in the 2000 survey that they had had a digital rectal examination in the past year.  
NOTE: The national year 2000 objective is 40 percent
- ◆ There were no significant differences associated with age, education, income or race in the percentages 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) from 1995 to 2000 showed a slight increase.

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

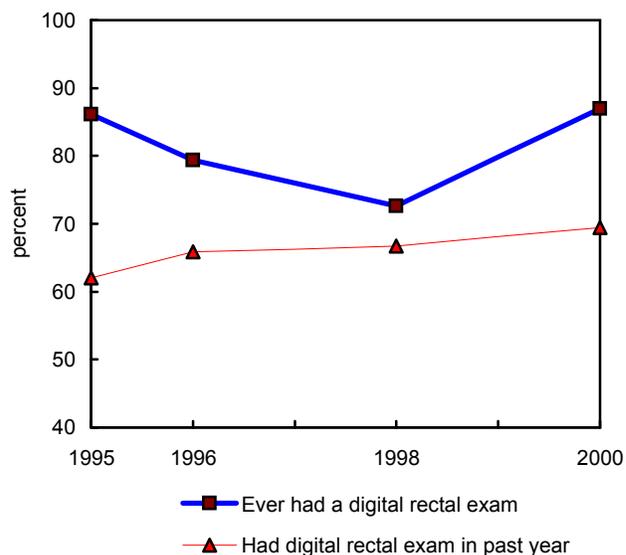
**16.14** Increase to at least 40 percent the proportion of people aged 50 and older visiting a primary care provider in the preceding year who has received...a digital rectal examination during one such visit.

# MEN'S HEALTH - PROSTATE CANCER SCREENING

**FIGURE 15A**  
**Percent Ever Had a PSA Blood Test**  
**Pennsylvania Men 50 and Older, 1995, 1998, and 2000**



**FIGURE 15B**  
**Percent Ever Had a Digital Rectal Exam and**  
**Had a Digital Rectal Exam in Past Year**  
**Pennsylvania Men 50 and Older, 95, 96, 98, and 2000**



**TABLE 15**  
**Men's Health - Prostate Cancer Screening**  
**Pennsylvania Men 50 and Older, 2000 (with 95% confidence intervals)**

	Ever had a PSA blood test*				Ever had a digital rectal exam*				Had a digital rectal exam in past year*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
<b>Males 50+</b>	528	387	74	70-78	553	479	87	84-90	475	327	69	64-74
<b>Age:</b>												
50-64	301	203	67	61-73	312	264	84	80-88	264	174	65	59-71
65-74	128	108	86	80-92	135	121	92	88-96	118	93	79	71-87
75+	99	76	78	69-87	106	94	88	81-95	93	60	67	57-77
<b>Education:</b>												
<High School	72	49	73	63-83	78	64	83	74-92	62	39	61	48-74
High School	174	133	78	71-85	184	157	85	79-91	156	117	77	70-84
Some College	95	60	61	50-72	99	85	87	80-94	84	59	72	61-83
College Degree	186	144	78	72-84	191	172	90	85-95	172	112	65	57-73
<b>Income:</b>												
<\$15,000	36	#			41	#			35	#		
\$15,000 to \$24,999	111	78	72	63-81	118	102	88	82-94	102	73	70	60-80
\$25,000 to \$49,999	152	112	75	67-83	158	136	86	80-92	136	94	71	63-79
\$50,000 to \$74,999	78	54	68	57-79	79	68	85	76-94	68	45	68	56-80
\$75,000+	99	78	76	66-86	100	90	89	82-96	90	64	72	62-82
<b>Race:</b>												
White, non-Hispanic	486	358	75	71-79	509	443	87	84-90	439	298	69	64-74
Black, non-Hispanic	24	#			25	#			23	#		
Hispanic	4	#			4	#			2	#		

# Data not reported due to N<50 \*Excludes missing, don't know, and refused.

# OSTEOPOROSIS

## Has a health care professional counseled you about osteoporosis?

- ◆ 38 percent of Pennsylvania women responded in 2000 that they received counseling from a health care professional about osteoporosis and its prevention.
- ◆ There were significant differences found in the percentages by age and by race. Women aged 45+ had significantly higher percentages of “Yes” responses to the counseling question than did the women below 45 years of age. Also, white women had a significantly higher percentage (40) compared to black women (24 percent).
- ◆ No significant differences were found in the categories of education or income.

## How often do you eat dairy products?

- ◆ 74 percent of Pennsylvania women reported eating dairy products on a daily basis, 32 percent of women ate dairy products two or more times a day and 13 percent ate dairy products three or more times a day.
- ◆ 26 percent of women aged 18-24 responded to the 2000 survey as having eaten dairy products three or more times a day.  
NOTE: The national year 2000 objective is 50 percent of females aged 11-24 three or more times a day.  
\*Figures from the BRFSS data only include those women 18 and above.
- ◆ 37 percent of women aged 25-39, 29 percent aged 40-64, and 26 percent aged 65+ responded as having eaten dairy products two or more times a day.  
NOTE: The national year 2000 objective is 50 percent of people aged 25+ two or more times a day.  
\*This objective is not specific to females.

## Do you take a calcium supplement?

- ◆ 47 percent of Pennsylvania women in 2000 said that they take a calcium supplement (not including a multiple vitamin).
- ◆ Women aged 45+ had significantly higher percentages compared to women aged 18-29. Also, women aged 65+ had a significantly higher percentage (54) compared to women aged 30-44 (44 percent).
- ◆ There were no significant differences by education, income or race.

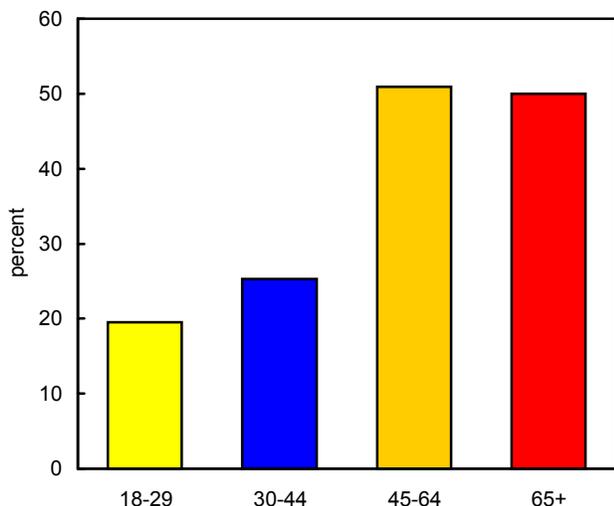
### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

- 2.8** Increase calcium intake so at least 50 percent of people aged 25 and older consume an average of two or more servings of foods rich in calcium.
- 2.8a** Increase calcium intake so at least 50 percent of females aged 11-24 consume an average of three or more daily servings of foods rich in calcium.

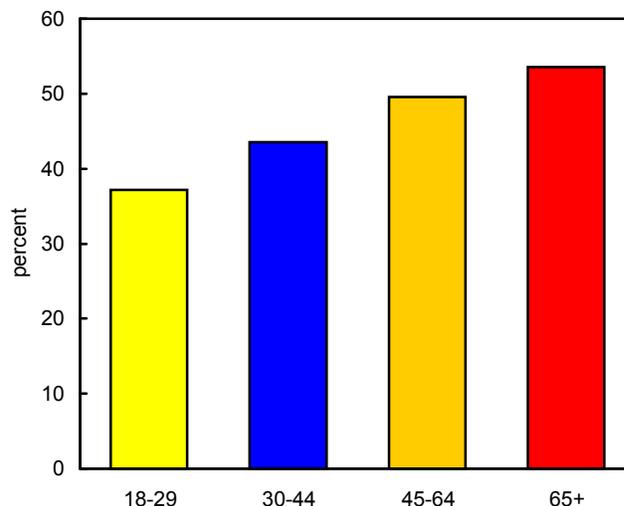
**NOTES:** Calcium-rich foods are defined for this purpose as milk and milk products, and the recommended number of servings and the age groupings are based on the Food Guide Pyramid and on the National Research Council’s Recommended Dietary Allowance (RDA) for calcium, respectively. Milk and milk product ingredients in mixtures are included, and fractions of servings are counted.

# OSTEOPOROSIS

**FIGURE 16A**  
**Percent of Women Counseled About Osteoporosis**  
**Pennsylvania Women by Age, 2000**



**FIGURE 16B**  
**Percent of Women**  
**Taking Calcium Supplements**  
**Pennsylvania Women by Age, 2000**



**TABLE 16**  
**Osteoporosis**  
**Pennsylvania Women, 2000 (with 95% confidence intervals)**

	Counseled about Osteoporosis*				Taking Calcium Supplements*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Females	2084	803	38	36-40	2025	973	47	45-49
Age:								
18-29	292	52	20	15-25	282	112	37	30-44
30-44	654	172	25	21-29	644	290	44	40-48
45-64	702	363	51	47-55	678	339	50	46-54
65+	421	208	50	45-55	405	223	54	49-59
Education:								
<High School	206	65	32	25-39	195	90	42	34-50
High School	825	315	38	34-42	802	407	51	47-55
Some College	457	177	39	34-44	448	206	44	39-49
College Degree	594	245	39	35-43	578	269	43	39-47
Income:								
<\$15,000	261	92	33	27-39	252	121	47	40-54
\$15,000 to \$24,999	349	118	35	29-41	340	164	49	43-55
\$25,000 to \$49,999	618	225	36	32-40	606	293	47	43-51
\$50,000 to \$74,999	305	129	43	37-49	299	126	42	36-48
\$75,000+	274	119	40	34-46	269	137	49	42-56
Race:								
White, non-Hispanic	1796	729	40	37-43	1747	853	47	44-50
Black, non-Hispanic	173	43	24	17-31	167	72	43	34-52
Hispanic	63	15	28	15-41	61	26	40	26-54

\*Excludes missing, don't know, and refused.

# HEALTH EDUCATION

## **Does employer offer a comprehensive employee health promotion program?**

- ◆ “Yes” responded 35 percent of employed Pennsylvania adults in the 2000 survey.
- ◆ Significantly higher percentages were recorded for adults aged 30-44 and 45-64 (39 and 37 respectively) compared to those aged 18-29 and 65+ (27 and 21 respectively).
- ◆ There were also significant differences associated with education and income. All the adult groups with a high school education and above had significantly higher percentages than those with a less than a high school education. Those adults earning \$25,000 or more also had a significantly higher percentage compared to adults earning less.

## **If your employer offers these programs, have you participated?**

- ◆ 42 percent of the Pennsylvania adults whose employers offer these programs indicated they participated in 2000.
- ◆ There were no significant differences for sex, age, education, income or race.

## **Does employer offer employer-sponsored physical activity and fitness programs?**

- ◆ In the 2000 survey, 22 percent of currently working Pennsylvania adults responded that their worksite offers employer-sponsored physical activity and fitness programs.
- ◆ Adults aged 65+ has a significantly lower percentage (8) than the 30-44 and 45-64 age groups (25 and 22 respectively) in the 2000 survey.
- ◆ Respondents with college degrees had a significantly higher percentage (28) than those with high school educations or less.
- ◆ There were also significant differences in income level. All the adults with income less the \$15,000 had a significantly lower percentage (6) compared to those income levels of \$25,000 and above. Those in the \$15,000-\$24,999 income level also displayed a significantly lower percentage (15) compared to the both the \$50,000-\$74,999 and \$75,000+ income levels (26 and 27 percent respectively).
- ◆ No significant differences were found in either sex or race.

## **Does employer offer nutrition education and/or weight management programs?**

- ◆ 18 percent of currently working Pennsylvania adults responded, “Yes” to being asked if their worksite offered nutrition education and/or weight management programs.
- ◆ Significant differences were found in age, education and income. Adults aged 30-44 and 45-64 had a significantly higher percentage (both 20 percent) compared to adults aged 65+ (8 percent). Respondents with less than a high school education had a significantly lower percentage than those with some college education or a college degree (20 and 24 respectively). Also, adults with a high school education had a significantly lower percentage (13) compared to adults with a college degree. Adults with incomes of \$75,000 or more had a significantly higher percentage (25) compared to adults with income of \$15,000-\$24,999 and \$25,000-\$49,999 (11 and 16 percent respectively). Those with incomes of \$50,000-\$74,999 also had a significantly higher percentage (23) compared to the \$15,000-\$24,999 income level.
- ◆ No significant difference was observed for sex or race.

## **Does employer provide programs to prevent or reduce employee stress?**

- ◆ Of the currently working Pennsylvania adults’ who responded to the 2000 survey, 26 percent indicated their worksite provided programs to prevent or reduce employee stress.
- ◆ Significant differences were found in age, education and income. Adults aged 30-44 had a significantly higher percentage (30) compared to adults aged 65+ (15 percent). Adults with some college or more had significantly higher percentages than those with a high school education or less. Income level of less than \$15,000 had a significantly lower percentage (10) than income levels of \$25,000 or greater. Adults with income of \$15,000-\$24,999 also had a significantly lower percentage (18) than those with incomes of \$50,000 or more.
- ◆ No significant differences were found for sex or race.

# HEALTH EDUCATION

FIGURE 17A

**Percent Currently Employed at Worksite Offering a Health Promotion Program Pennsylvania Adults by Income Level, 2000**

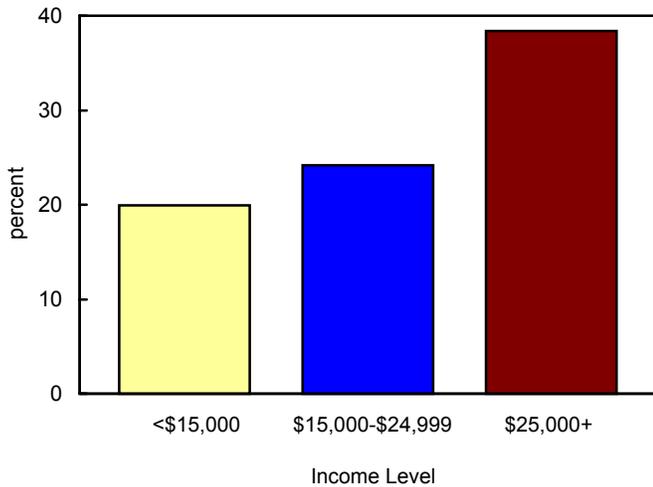


FIGURE 17B

**Percent Currently Employed at Worksite Offering a Health Promotion Program Pennsylvania Adults by Type and Race, 2000**

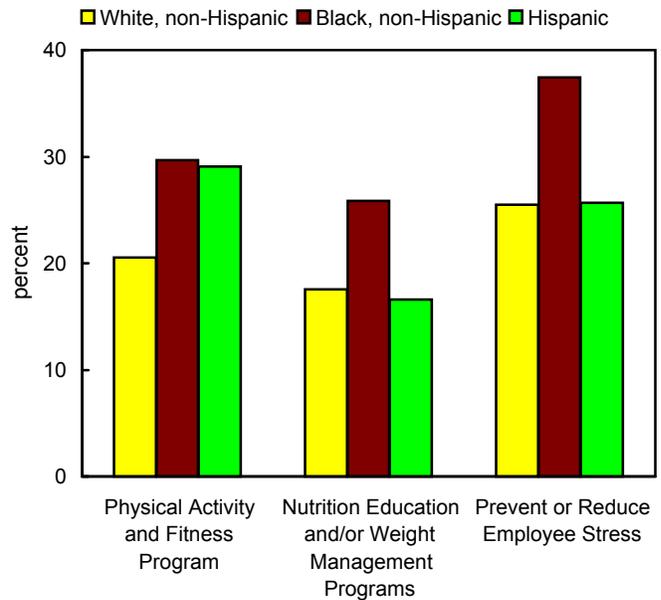


TABLE 17

**Health Education Pennsylvania Adults, 2000 (with 95% confidence intervals)**

	Has an employee health promotion program* **				Participated in employer health activities* ***			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	2151	754	35	33-37	753	316	42	38-46
Male	993	352	36	33-39	352	142	41	35-47
Female	1158	402	34	31-37	401	174	44	39-49
Age:								
18-29	344	106	27	22-32	106	35	36	25-47
30-44	873	318	39	35-43	318	130	43	36-50
45-64	841	313	37	33-41	312	146	46	40-52
65+	81	15	21	11-31	15	#		
Education:								
<High School	102	19	16	8-24	19	#		
High School	790	268	34	30-38	268	106	40	33-47
Some College	474	177	38	33-43	176	80	44	35-53
College Degree	781	290	38	34-42	290	125	44	38-50
Income:								
<\$15,000	80	15	20	9-31	15	#		
\$15,000 to \$24,999	279	73	24	18-30	73	30	37	24-50
\$25,000 to \$49,999	761	285	39	35-43	284	116	42	35-49
\$50,000 to \$74,999	448	175	39	34-44	175	78	45	37-53
\$75,000+	430	164	38	33-43	164	75	45	37-53
Race:								
White, non-Hispanic	1860	639	34	32-36	638	279	44	40-48
Black, non-Hispanic	159	71	43	34-52	71	22	32	19-45
Hispanic	68	24	39	25-53	24	#		

#Data not reported due to N<50.

\*Excludes missing, don't know, and refused. \*\*Denominator is employed adults.

\*\*\*Denominator is employed persons who had an employer with an employee health promotion program.

# **TECHNICAL NOTES**

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## **Survey Management**

The Behavioral Risk Factor Surveillance System (BRFSS) is a cooperative effort of the Centers for Disease Control and Prevention (CDC) and participating states. The CDC develops the core questionnaire and provides training, technical assistance, standardized data analyses and funding. The Pennsylvania Department of Health develops supplemental questions (or modules), performs additional analyses and responds to requests for data. Sampling and interviewing in 2000 were done by Clearwater Research, 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 that 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. The person who answers the telephone generates this list.

## **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 1999 BRFSS survey. All items new to the 2000 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 prostate cancer screening, osteoporosis, family planning, tetanus, health education, Pennsylvania Department of Health awareness and CHIP. The 2000 questionnaire appears on pages 42-50.

## **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. An interviewer who did not conduct the original interview completed the verification interview.

The outcome of all telephone calls is shown on the following page. This report was prepared using data from 3,537 completed interviews. The CASRO response rate for 2000 was 38 percent.

**Disposition of All Telephone Numbers  
2000 Pennsylvania Behavioral Risk Factor Survey Sample**

	<u>Number</u>	<u>Percent</u>
Completed Interview .....	3,537	10.7
Refused Interview.....	4,041	12.2
Non-Working Telephone Number.....	16,133	48.8
No Answer (Multiple Times).....	2,391	7.2
Not a Private Residence.....	5,286	16.0
No Eligible Respondent.....	44	0.1
Selected Respondent Not Available		
During Interview Period .....	1,015	3.1
Language Barrier.....	96	0.3
Terminated During Interview.....	72	0.2
Line Busy (Multiple Times).....	266	0.8
Respondent Had Physical or Mental Impairment.....	169	0.5
 TOTAL.....	 33,050	 100.0

**Sample Characteristics**

The following table compares the final interview sample for the 2000 BRFSS to the 2000 U.S. Census data 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 census population data shows that blacks and residents 18-29 and 65+ years of age were under-represented in the sample.

**Distribution of 2000 Pennsylvania BRFSS Survey Sample and  
2000 Pennsylvania Adult Population For Selected Characteristics**

	<u>2000 BRFSS Survey Sample</u>		<u>2000 Census Population</u>	
	Number	Percent	Number	Percent
All Adults .....	3,537	100.0	9,358,833	100.0
Sex .....				
Males.....	1,423	47.2	4,430,102	47.1
Females.....	2,114	52.8	4,928,731	52.9
Race .....				
White .....	3,133	88.5	8,142,120	88.0
Black .....	280	7.6	844,489	8.4
Other.....	46	1.4	372,224	2.7
Unknown/Refused .....	29	0.8		
Hispanic.....				
Yes.....	98	2.8	245,424	2.6
No.....	3,417	96.0	9,113,409	96.5
Unknown/Refused .....	22	0.7		
Age.....				
18-29.....	522	19.4	1,827,150	20.0
30-44 .....	1,123	29.3	2,775,861	29.0
45-64 .....	1,195	30.1	2,836,657	29.1
65+.....	673	20.6	1,919,165	21.1
Unknown/Refused .....	24	0.6		

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 2000. 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. When calculating the percentages of prevalence for each health topic in this report, responses of “Don’t know/Not sure” and “Refused” were removed from the denominators. This is to reflect a more accurately estimated presentation of prevalence for the topics within Pennsylvania’s population. Those responses, which were removed from the denominator, tend to dilute the prevalence percentages and don’t contribute to further understanding of these prevalences.

Out of the 3,537 records included in the data analysis, 24 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 2000, 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 1999 (latest available) Dauphin County population estimate of 36,104 for ages 18-29 by the Fair or Poor Health prevalence of 7% (0.07) for that age group at the state level. The 2000 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 2,527.

### Step 3

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

Age Group	1999 Dauphin County Population Estimate		Fair or Poor Health from 2000 Pa. BRFSS		Estimate of Dauphin County Adults Indicating Fair or Poor Health, 2000
18-29	36,104	x	7	=	2,527
30-44	57,715	x	8	=	4,617
45-64	58,741	x	16	=	9,399
65+	35,379	x	29	=	10,260
					Total 26,803

### 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.

# 2000 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

## Asthma:

12. Did a doctor ever tell you that you had asthma?
  - a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
13. Do you still have asthma?
  - a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

**Diabetes:**

14. 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

15. How old were you when you were told you have diabetes?
- a. Age in years
  - b. Don't know/Not sure
  - c. Refused

16. Are you now taking insulin?
- a. Yes
  - b. No
  - c. Refused

17. Are you now taking diabetes pills?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

18. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.
- a. Times per day
  - b. Times per week
  - c. Times per month
  - d. Times per year
  - e. Never
  - f. Don't know/Not sure
  - g. Refused

19. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.
- a. Times per day
  - b. Times per week
  - c. Times per month
  - d. Time per year
  - e. Never
  - f. No feet
  - g. Don't know/Not sure
  - h. Refused

20. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

21. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?
- a. Number of times
  - b. None
  - c. Don't know/Not sure
  - d. Refused

22. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?
- a. Number of times
  - b. None

- c. Never heard of hemoglobin "A one C" test
- d. Don't know/Not sure
- e. Refused

23. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?
- a. Number of times
  - b. None
  - c. Don't know/Not sure
  - d. Refused

24. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.
- a. Within the past month (0 to 1 month ago)
  - b. Within the past year (1 to 12 months ago)
  - c. Within the past 2 years (1 to 2 years ago)
  - d. 2 or more years ago
  - e. Never
  - f. Don't know/Not sure
  - g. Refused

25. Has a doctor ever told you that diabetes has affected your eyes or that you had Retinopathy?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

26. Have you ever taken a course or class in how to manage your diabetes yourself?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

**Care Giving:**

27. There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years or age or older?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

28. Who would you call to arrange short or long-term care in the home for an elderly relative or friend who was no longer able to care for themselves?
- a. Relatives or friends
  - b. Would provide care myself
  - c. Nursing home
  - d. Home health service
  - e. Personal physician
  - f. Area Agency on Aging
  - g. Hospice
  - h. Hospital nurse
  - i. Minister/priest/rabbi
  - j. Other
  - k. Don't know who to call
  - l. Refused

**Exercise:**

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

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

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

Activity (specify): \_\_\_\_\_

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

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

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

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

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

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

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

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

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

- a. Activity (specify): \_\_\_\_\_
- b. Refused

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

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

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

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

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

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

**Tobacco Use:**

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

- a. Yes
- b. No

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

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

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

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

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

41a. On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

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

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

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

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

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

**Fruits and Vegetables:**

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

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

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

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

46. How often do you eat green salad?

- a. Per day
- b. Per week
- c. Per month
- d. Per year

- e. Never
- f. Don't know/Not sure
- g. Refused

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

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

48. How often do you eat carrots?

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

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

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

**Weight Control:**

50. Are you now trying to lose weight?

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

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

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

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

- a. Yes, fewer calories
- b. Yes, less fat
- c. Yes, fewer calories and less fat
- d. No
- e. Don't know/Not sure
- f. Refused

53. Are you using physical activity or exercise to... lose weight? keep from gaining weight?

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

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

- a. Yes, lose weight
- b. Yes, gain weight

- c. Yes, maintain current weight
- d. No
- e. Don't know/Not sure
- f. Refused

**Demographics:**

55. What is your age?

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

56. What is your race? Would you say:

- a. White
- b. Black
- c. Asian, Pacific Islander
- d. American Indian, Alaska Native
- e. Other: (specify)
- f. Don't know/Not sure
- g. Refused

57. Are you of Spanish or Hispanic origin?

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

58. Are you:

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

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

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

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

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

61. Are you currently:

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

62. Is your annual household income from all sources:

- a. Less than \$25,000
- b. Less than \$20,000
- c. Less than \$15,000
- d. Less than \$10,000
- e. Less than \$35,000

- f. Less than \$50,000
- g. Less than \$75,000
- h. \$75,000 or more
- i. Don't know/Not sure
- j. Refused

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

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

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

- a. Currently on active duty
- b. Currently in reserves
- c. No longer in military service
- d. Don't know/Not sure
- e. Refused

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

- a. Yes, all of my health care
- b. Yes, some of my health care
- c. No, no VA health care received
- d. Don't know/Not sure
- e. Refused

66. About how much do you weigh without shoes?

- a. Weight in pounds
- b. Don't know/Not sure
- c. Refused

67. How much would you like to weigh?

- a. Weight in pounds
- b. Don't know/Not sure
- c. Refused

68. About how tall are you without shoes?

- a. Height in ft/inches
- b. Don't know/Not sure
- c. Refused

69. What county do you live in?

- a. County name
- b. Don't know/not sure
- c. Refused

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

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

71. How many residential telephone numbers do you have?

- a. Total telephone numbers
- b. Refused

72. Indicate sex of respondent.

- a. Male
- b. Female

**Women's Health:**

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

- a. Yes

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

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

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

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

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

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

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

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

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 3 years (2 to 3 years ago)
- d. Within the past 5 years (3 to 5 years ago)
- e. 5 or more years ago

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

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

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

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

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

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

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

- a. Routine exam
- b. Check current or previous problem
- c. Other

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

82. Have you had a hysterectomy?

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

83. To your knowledge, are you now pregnant?

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

**HIV/AIDS:**

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

- a. Grade 1 through 12
- b. Kindergarten
- c. Never
- d. Don't know/Not sure
- e. Refused

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

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

86. What are your chances of getting infected with HIV, the virus that causes AIDS? Would you say:

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

87. Have you donated blood since March 1985?

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

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

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

89. 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

89a. Have you ever been tested for HIV?

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

90. 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

90a. Have you been tested for HIV in the past 12 months?

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

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

92. 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

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

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

94. 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

**Cardiovascular Disease:**

95. To lower your risk of developing heart disease or stroke, has a doctor advised you to...
- Eat fewer high fat or high cholesterol foods
  - Exercise more
96. To lower your risk of developing heart disease or stroke, are you?
- Eating fewer high fat or high cholesterol foods?
  - Exercising more?
97. Has a doctor ever told you that you had any of the following?
- Heart attack or myocardial infarction
  - Angina or coronary heart disease
  - Stroke
98. Do you take aspirin daily or every other day?
- Yes
  - No
  - Don't know/Not sure
  - Refused
99. Do you have a health problem or condition that makes taking aspirin unsafe for you?
- Yes, not stomach related
  - Yes, stomach problems
  - No
  - Don't know/Not sure
  - Refused
100. Why do you take aspirin?
- To relieve pain
  - To reduce the chance of a heart attack
  - To reduce the chance of a stroke
101. Have you gone through or are you now going through menopause?
- Yes, have gone through menopause
  - Yes, now going through menopause
  - No
  - Don't know/Not sure
  - Refused
102. 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?
- Yes
  - No
  - Don't know/Not sure
  - Refused
103. Other than birth control pills, has your doctor ever prescribed estrogen pills for you?
- Yes
  - No
  - Don't know/Not sure
  - Refused
104. Are you currently taking estrogen pills?
- Yes
  - No
  - Don't know/not sure
  - Refused
105. 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
- Don't know/Not sure
- Refused

**Folic Acid:**

106. Do you currently take any vitamin pills or supplements?
- Yes
  - No
  - Don't know/Not sure
  - Refused
107. Are any of these a multivitamin?
- Yes
  - No
  - Don't know/Not sure
  - Refused
108. Do any of the vitamin pills or supplements you take contain folic acid?
- Yes
  - No
  - Don't know/Not sure
  - Refused
109. 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
110. 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

**Prostate Cancer:**

111. Have you ever had a PSA blood test?
- Yes
  - No
  - Don't know/Not sure
  - Refused
112. How long has it been since your last PSA blood test?
- Within the past year (0-12 months ago)
  - Within the past 2 years (13-24 months ago)
  - Within the past 5 years (25-60 months ago)
  - More than 5 years ago (61+ months ago)
  - Don't know/Not sure
  - Refused
113. 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?
- Routine checkup
  - Prostate problem other than cancer
  - Had prostate cancer
  - Don't know/Not sure
  - Refused

114. 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

115. 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

**Osteoporosis:**

116. Has a doctor or other health care professional talked to you or counseled you about osteoporosis and how to prevent it?

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

117. Since the age of 13, have you broken a wrist, hip, backbone, or vertebrae?

- a. Yes wrist
- b. Yes hip
- c. Yes backbone or vertebrae
- d. Yes multiple breaks
- e. No
- f. Don't know/Not sure
- g. Refused

118. What was your age at the time of the most recent break?

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

119. How often do you eat dairy products such as milk, cheese, ice cream or yogurt?

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

120. Do you take a calcium supplement? Do not count multiple vitamin supplements.

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

**Family Planning:**

121. Where is your usual source of services for female health concerns, such as family planning, annual exams, breast exams, test for sexually transmitted diseases, and other female health concerns?

- a. A family planning clinic
- b. A health department clinic
- c. A community health center
- d. A private gynecologist
- e. A general or family Physician or
- f. Some other kind of place

- g. Don't know/Not sure
- h. Refused

122. How long has it been since you used your usual source of service for female health concerns?

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

**Tetanus:**

123. When was the last time you had a tetanus shot?

- a. Within the past year (1-12 months ago)
- b. Within the past 5 years (1-5 years ago)
- c. Within the past 10 years (5-10 years ago)
- d. 10 or more years ago
- e. Never
- f. Don't know/Not sure
- g. Refused

**Health Education:**

124. Does your worksite offer a comprehensive employee health promotion program to their employees? An example of a comprehensive program includes walking groups, back care class, stress reduction education, injury prevention talks, tobacco cessation, etc

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

125. Have you participated in employer-sponsored health promotion activities?

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

126. Does your worksite offer employer-sponsored physical activity and fitness programs?

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

127. Does your worksite offer nutrition education and/or weight management programs for employees?

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

128. Does your worksite provide programs to prevent or reduce employee stress?

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

**Department of Health Awareness:**

129. In the past 12 months, have you seen or heard a Pennsylvania Department of Health billboard, public service announcement, poster, or other advertisement?

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

130. In the past 12 months, how many times have you requested information from the Pennsylvania Department of Health?

- a. Once
- b. 2-3 times
- c. 4 or more times
- d. Never
- e. Don't know/Not sure
- f. Refused

131. Were you satisfied with the health information that you received?

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

**Children's Health Insurance Program (CHIP):**

These final questions are about children's health.

**If one child:** Earlier you told me that one child under 18 lives in your household. What is the child's first name?

**If more than one child:** In order to randomly choose one child in your household to ask about, I need to know the first name of the child who had the most recent birthday and is less than 18 years old.

- a. Enter name
- b. Refused

132. What is this child's age?

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

133. What type of health care coverage pays for most of this child's medical care?

- a. Within the past 6 months (1-6 months ago)
- b. Within the past year (6-12 months ago)
- c. Within the past 2 years (1-2 years ago)
- d. Within the past 5 years (2-5 years ago)
- e. 5 or more years ago
- f. Don't know/Not sure
- g. Refused

134. What is the main reason that this child is without health care coverage?

- a. Parent or guardian changed job; current employer does not offer coverage
- b. Parent or guardian changed job; Cost of coverage is too high
- c. Parent or guardian lost job
- d. Parent or guardian became divorced or separated
- e. Parent or guardian's employer stopped offering coverage
- f. Other reason
- g. Don't know/Not sure
- h. Refused

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

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

136. Have you heard about the Children's Health Insurance Program or CHIP?

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

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