

# 2001 Behavioral Health Risks



# Of Pennsylvania Adults

**2001**  
**BEHAVIORAL HEALTH RISKS**  
**of PENNSYLVANIA ADULTS**

**A Report of Data Collected During 2001 for the  
Behavioral Risk Factor Surveillance System**

December 2002

Bureau of Health Statistics and Research  
Pennsylvania Department of Health  
555 Walnut Street, 6<sup>th</sup> Floor  
Harrisburg, PA 17101-1914

# INTRODUCTION

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

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

The BRFSS now includes all fifty states, three territories and the District of Columbia, comprising the largest ongoing telephone health survey in the world. The Pennsylvania Department of Health has been participating in the BRFSS since 1989. In 2001, a total of 3,661 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 2010 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 reports prior to 2000 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.

Following the end of the survey highlights section of this report is a brief summary of the Healthy People 2010 data reported during the 2001 Pennsylvania BRFSS survey. It consists of 17 Healthy People 2010 objectives, each with goal or baseline information, comparable percentage data, and an indication if Pennsylvania complied with the objectives goal.

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

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

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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 2001; “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 (28 percent for those aged 65+ and 16 percent for adults aged 45-64 compared to only 5 percent for 18-29 year-olds and 9 percent for those aged 30-44).
- ◆ Adults with a college degree had a significantly lower percentage (6) of “poor” or “fair” health compared to adults with less education.
- ◆ Significant differences in the percentages of “fair” or “poor” health could also be found for income levels. Adults with household income below \$25,000 reported significantly higher percentages of “fair” or “poor” health compared to adults with household income \$25,000+.
- ◆ A significantly higher percentage of black, non-Hispanic adults (22 percent) reported having fair or poor health compared to white, non-Hispanics (13 percent).
- ◆ The percentage of adults in “poor” or “fair” health remained at 13 to 15 percent between 1995 and 2001.

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

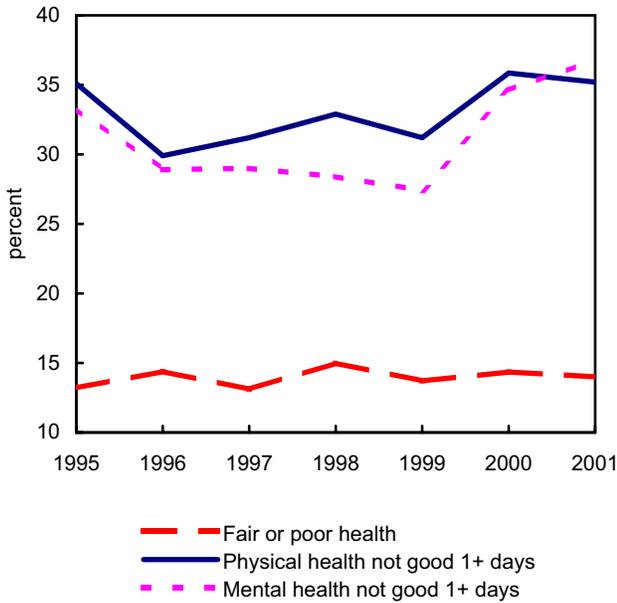
- ◆ 35 percent of Pennsylvania adults in 2001 indicated that their physical health was not good at least one day in the previous month.
- ◆ A significantly higher percentage (38) of females compared to males (32 percent) said that their physical health was not good at least one day in the past month.
- ◆ The poorest adults (household income below \$15,000) had a significantly higher percentage (47) than adults with household income \$25,000+.
- ◆ There were no significant differences within the categories of age, education or race.

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

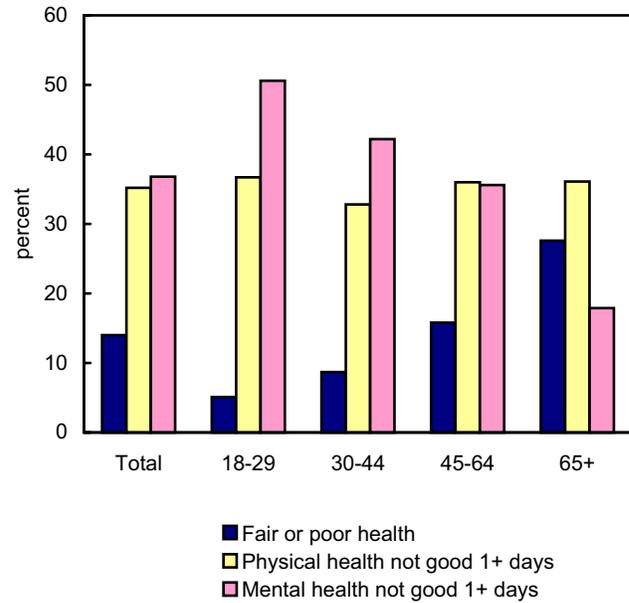
- ◆ In the 2001 survey, 37 percent of Pennsylvania adults reported that there was at least one day in the past month when their mental health was not good.
- ◆ 33 percent of all adults reported that they had experienced two or more days of poor mental health in the past month.
- ◆ The percentage of those experiencing at least one day of poor mental health (in the previous month) was significantly higher for females (42 percent) compared to males (32 percent).
- ◆ 51 percent of the youngest adults (aged 18-29) experienced at least one day of poor mental health – significantly higher than the percentages for 45-64 (36 percent) and 65+ (18 percent) age groups.
- ◆ The percentage of adults with household income less than \$15,000 had a significantly higher percentage of one or more mental health day that were not good (46 percent) compared to the highest household income group (\$75,000+ with 34 percent).
- ◆ There were no significant differences within the categories of education and race.

# HEALTH STATUS

**FIGURE 1A**  
**Health Status, Percent by Type**  
**Pennsylvania Adults, 1995-2001**



**FIGURE 1B**  
**Health Status, Percent by Type and Age**  
**Pennsylvania Adults, 2001**



**TABLE 1**  
**Health Status**  
**Pennsylvania Adults, 2001 (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           | 3655                 | 527 | 14 | 13-15 | 3612  | 1270 | 35 | 33-37 | 3616  | 1320 | 37 | 35-39 |
| Male                 | 1480                 | 203 | 14 | 12-16 | 1462  | 464  | 32 | 29-35 | 1467  | 452  | 32 | 29-34 |
| Female               | 2175                 | 324 | 14 | 13-16 | 2150  | 806  | 38 | 36-40 | 2149  | 868  | 42 | 39-44 |
| Age:                 |                      |     |    |       |   |      |    |       |   |      |    |       |
| 18-29                | 540                  | 23  | 5  | 3-8   | 536   | 192  | 37 | 32-42 | 538   | 271  | 51 | 46-56 |
| 30-44                | 1069                 | 92  | 9  | 7-11  | 1066  | 360  | 33 | 30-36 | 1062  | 460  | 42 | 39-46 |
| 45-64                | 1232                 | 190 | 16 | 14-18 | 1222  | 435  | 36 | 33-39 | 1218  | 439  | 36 | 33-39 |
| 65+                  | 784                  | 218 | 28 | 24-31 | 760   | 275  | 36 | 32-40 | 769   | 139  | 18 | 15-21 |
| Education:           |                      |     |    |       |   |      |    |       |   |      |    |       |
| <High School         | 378                  | 125 | 31 | 25-36 | 368   | 150  | 42 | 36-48 | 372   | 109  | 32 | 26-38 |
| High School          | 1433                 | 240 | 16 | 14-19 | 1416  | 475  | 33 | 30-36 | 1409  | 516  | 36 | 33-39 |
| Some College         | 851                  | 96  | 11 | 9-14  | 839   | 315  | 38 | 34-42 | 845   | 346  | 42 | 38-46 |
| College Degree       | 987                  | 65  | 6  | 5-8   | 985   | 330  | 34 | 30-37 | 985   | 349  | 36 | 32-39 |
| Income:              |                      |     |    |       |   |      |    |       |   |      |    |       |
| <\$15,000            | 376                  | 130 | 31 | 25-37 | 368   | 169  | 47 | 39-54 | 368   | 140  | 46 | 39-52 |
| \$15,000 to \$24,999 | 633                  | 136 | 23 | 20-27 | 619   | 252  | 40 | 36-45 | 620   | 233  | 39 | 34-43 |
| \$25,000 to \$49,999 | 1152                 | 133 | 12 | 10-14 | 1146  | 396  | 35 | 32-38 | 1145  | 447  | 38 | 35-41 |
| \$50,000 to \$74,999 | 541                  | 30  | 5  | 3-7   | 539   | 158  | 30 | 25-34 | 540   | 205  | 37 | 33-42 |
| \$75,000+            | 541                  | 21  | 4  | 2-6   | 540   | 156  | 28 | 23-32 | 538   | 181  | 34 | 29-38 |
| Race:                |                      |     |    |       |   |      |    |       |   |      |    |       |
| White, non-Hispanic  | 3211                 | 433 | 13 | 12-14 | 3176  | 1110 | 35 | 33-37 | 3175  | 1157 | 37 | 35-39 |
| Black, non-Hispanic  | 247                  | 58  | 22 | 16-28 | 241   | 90   | 38 | 31-45 | 245   | 98   | 40 | 33-48 |
| Hispanic             | 77                   | 12  | 19 | 7-31  | 77  | 32   | 37 | 25-49 | 77  | 28   | 39 | 26-52 |

\*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 2001.
- ◆ Males aged 18-64 had a significantly higher percentage of no health care insurance (14 percent) compared to females aged 18-64 (9 percent).
- ◆ Significantly more young adults (17 percent of those aged 18-29) reported having no health insurance compared to older adults (11 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 (25 percent) compared to adults with a high school or better education.
- ◆ 24 percent of adults with household incomes under \$15,000 and 22 percent with household incomes of \$15,000-\$24,999 had no health care coverage – significantly higher than the \$25,000+ household income groups.
- ◆ The percentage of Pennsylvania adults aged 18-64 without health care coverage has not changed much between 1995 and 2001, remaining between 11 and 14 percent throughout the period.
- ◆ No significant differences were seen for race.

## Has coverage but had break in coverage during past 12 months

- ◆ In the 2001 survey, 6 percent of Pennsylvania adults aged 18-64 responded that they have health care coverage but had a break in coverage during the past 12 months.
- ◆ The percentage was significantly higher among adults aged 18-29 (13 percent) compared to the other two age groups.
- ◆ Significantly higher percentages of breaks in coverage were seen among adults with household incomes of \$15,000-\$24,999 (12 percent) compared to adults with household incomes of \$50,000+. Also, adults with household incomes of \$25,000-\$49,999 had a significantly higher percentage compared to adults with household income of \$75,000+ (2 percent).

## Does not have someone they consider a personal doctor or health care provider

- ◆ 12 percent of Pennsylvania adults indicated that they do not have someone they consider a personal doctor or health care provider during the BRFSS 2001 survey.
- ◆ Males had a significantly higher percentage of no personal health care provider (17 percent) compared to females (7 percent).
- ◆ Each age group had percentages significantly higher than the age groups above them (except for the 45-64 age group) - aged 18-29 with 24 percent, aged 30-44 with 12 percent, aged 45-64 with 8 percent, and aged 65+ with 5 percent not having a personal care provider.
- ◆ No significant difference was seen for income or race.

# HEALTH CARE ACCESS

FIGURE 2A

No Health Care Insurance, Ages 18-64, Percent by Type  
Pennsylvania Adults, 1995-2001

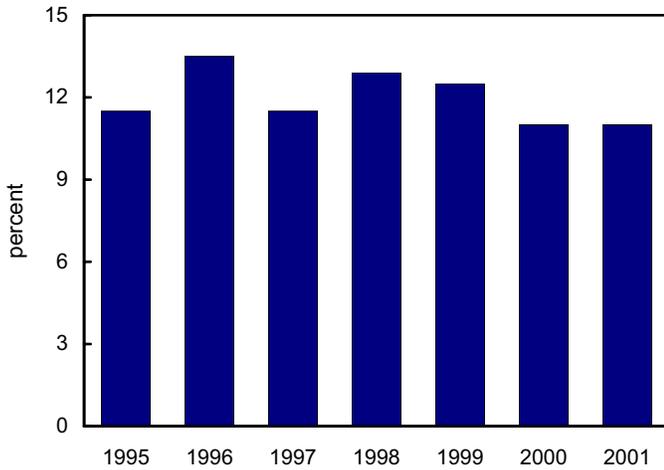


FIGURE 2B

Health Care Access, Ages 18-64  
Percent by Type and Age  
Pennsylvania Adults, 2001

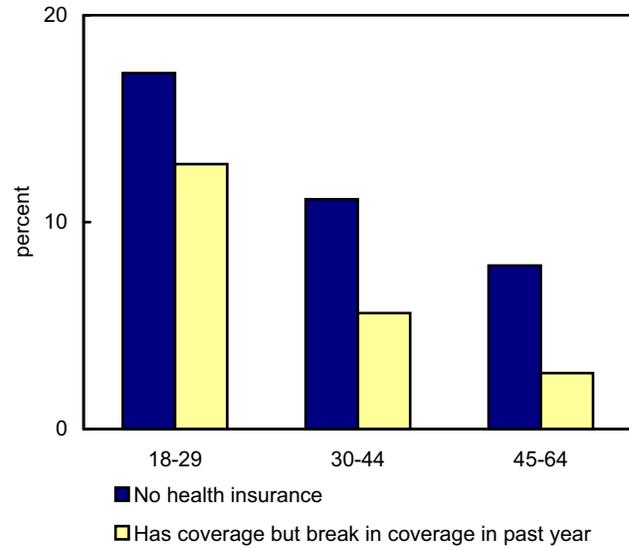


TABLE 2  
Health Care Access  
Pennsylvania Adults, 2001 (with 95% confidence intervals)

|                      | No health insurance, aged 18-64* |     |     |       | Has coverage but indicated break in coverage in the past year, aged 18-64* |     |     |      | Does not have a personal health care provider* |     |    |       |
|----------------------|----------------------------------|-----|-----|-------|--|-----|-----|------|--|-----|----|-------|
|                      | Total No.                        | No. | %   | CI    | Total No.  | No. | %   | CI   | Total No.                                      | No. | %  | CI    |
| All Adults           | 2836                             | 304 | 11  | 10-13 | 2529   | 144 | 6   | 5-7  | 3654   | 384 | 12 | 10-13 |
| Male                 | 1210                             | 152 | 14  | 12-16 | 1056   | 61  | 7   | 5-9  | 1479   | 239 | 17 | 15-19 |
| Female               | 1626                             | 152 | 9   | 7-10  | 1473   | 83  | 6   | 4-7  | 2175   | 145 | 7  | 6-8   |
| Age:                 |                                  |     |     |       |  |     |     |      |  |     |    |       |
| 18-29                | 537                              | 90  | 17  | 14-21 | 445  | 54  | 13  | 9-17 | 539  | 122 | 24 | 20-29 |
| 30-44                | 1067                             | 119 | 11  | 9-13  | 947  | 55  | 6   | 4-7  | 1068   | 127 | 12 | 10-15 |
| 45-64                | 1232                             | 95  | 8   | 6-10  | 1137   | 35  | 3   | 2-4  | 1231   | 92  | 8  | 6-9   |
| 65+                  | N/A                              | N/A | N/A | N/A   | N/A  | N/A | N/A | N/A  | 787  | 41  | 5  | 3-6   |
| Education:           |                                  |     |     |       |  |     |     |      |  |     |    |       |
| <High School         | 208                              | 47  | 25  | 18-32 | 161  | 14  | 10  | 3-17 | 378  | 45  | 14 | 9-18  |
| High School          | 1074                             | 149 | 14  | 12-16 | 923  | 59  | 7   | 5-9  | 1431   | 148 | 11 | 9-13  |
| Some College         | 687                              | 59  | 8   | 6-11  | 627  | 35  | 5   | 4-7  | 852  | 91  | 11 | 9-14  |
| College Degree       | 865                              | 47  | 6   | 4-8   | 818  | 36  | 4   | 3-6  | 987  | 97  | 11 | 9-14  |
| Income:              |                                  |     |     |       |  |     |     |      |  |     |    |       |
| <\$15,000            | 218                              | 56  | 24  | 17-31 | 162  | 15  | 10  | 3-17 | 377  | 54  | 15 | 10-19 |
| \$15,000 to \$24,999 | 412                              | 90  | 22  | 17-27 | 322  | 28  | 12  | 7-18 | 632  | 70  | 13 | 9-16  |
| \$25,000 to \$49,999 | 963                              | 93  | 11  | 9-14  | 869  | 66  | 7   | 5-9  | 1151   | 117 | 11 | 9-14  |
| \$50,000 to \$74,999 | 509                              | 25  | 6   | 4-9   | 484  | 20  | 4   | 2-6  | 541  | 58  | 12 | 9-15  |
| \$75,000+            | 506                              | 10  | 1   | 0-2   | 496  | 7   | 2   | 0-3  | 540  | 41  | 8  | 5-10  |
| Race:                |                                  |     |     |       |  |     |     |      |  |     |    |       |
| White, non-Hispanic  | 2480                             | 244 | 10  | 9-11  | 2234   | 116 | 5   | 4-6  | 3211   | 317 | 10 | 9-12  |
| Black, non-Hispanic  | 194                              | 31  | 16  | 10-21 | 163  | 13  | 12  | 4-20 | 247  | 35  | 17 | 11-24 |
| Hispanic             | 71                               | 16  | 22  | 11-33 | 55   | 5   | 10  | 1-20 | 77   | 11  | 16 | 7-25  |

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

# ASTHMA

## Were you ever told you have asthma?

- ◆ 11 percent of Pennsylvania adults responded in the 2001 survey that a health care professional told them that they have asthma.
- ◆ Significantly more adults aged 18-29 said they had been diagnosed with asthma (16 percent) compared to adults aged 65+ (7 percent).
- ◆ Adults with household incomes less than \$15,000 had significantly higher percentages of being told they have asthma (18 percent) compared to adults with household incomes of \$50,000-\$74,999 (8 percent)
- ◆ There were no significant differences within the categories of education and race.

## Do you still have asthma?

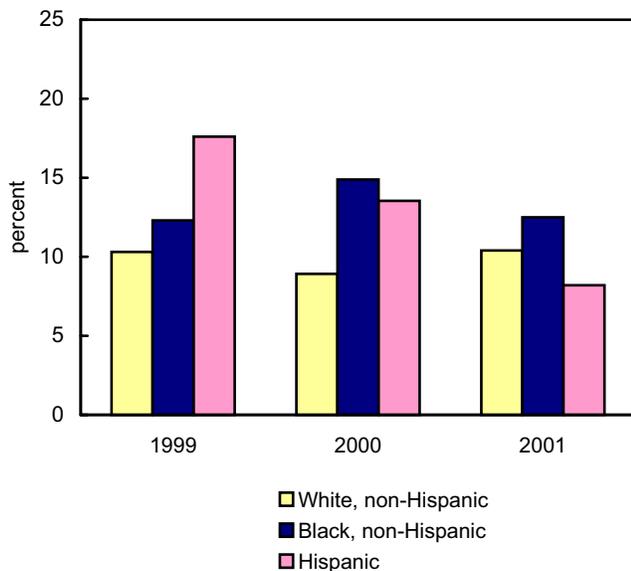
- ◆ Of those who were ever told that they have asthma, 70 percent indicated in the 2001 survey that they still suffered from the disease.
- ◆ Adults aged 30-44 and aged 45-64 (77 and 78 percent respectively) had significantly higher percentages compared to adults aged 18-29 (51 percent).
- ◆ There were no significant differences associated with sex, education, income, and race.

## Received emergency or urgent asthma treatment

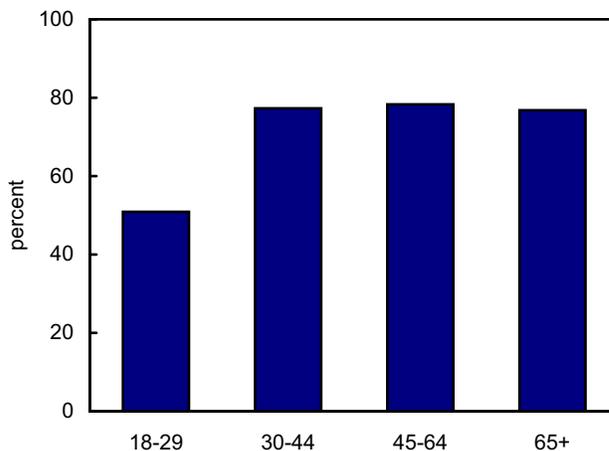
- ◆ 39 percent of Pennsylvania adults who reported still having asthma had to seek emergency or urgent care or treatment for worsening asthma symptoms in the past 12 months. This includes visits to emergency rooms, urgent care centers, or other facilities with health care professionals.
- ◆ No significant differences were seen for any of the demographic groups.

# ASTHMA

**FIGURE 3A**  
**Percent Ever Told They Have Asthma**  
**Pennsylvania Adults by Race, 1999-2001**



**FIGURE 3B**  
**Percent Still Have Asthma\***  
**Pennsylvania Adults by Age, 2001**



**TABLE 3**  
**Asthma**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Ever told had asthma* |     |    |       | Still have asthma* ** |     |    |       | Emergency or Urgent Asthma Treatment* *** |     |    |       |
|----------------------|-----------------------|-----|----|-------|-----------------------|-----|----|-------|---|-----|----|-------|
|                      | Total No.             | No. | %  | CI    | Total No.             | No. | %  | CI    | Total No.                                 | No. | %  | CI    |
| All Adults           | 3658                  | 394 | 11 | 10-12 | 388                   | 284 | 70 | 64-76 | 275                                       | 110 | 39 | 32-45 |
| Male                 | 1479                  | 136 | 10 | 8-11  | 132                   | 92  | 69 | 60-78 | 91  | 30  | 35 | 23-46 |
| Female               | 2179                  | 258 | 12 | 10-13 | 256                   | 192 | 71 | 62-79 | 184                                       | 80  | 41 | 33-50 |
| Age:                 |                       |     |    |       |                       |     |    |       |   |     |    |       |
| 18-29                | 540                   | 79  | 16 | 12-21 | 78                    | 42  | 51 | 36-66 | 42  | #   |    |       |
| 30-44                | 1069                  | 119 | 11 | 9-12  | 115                   | 89  | 77 | 69-86 | 85  | 36  | 44 | 33-56 |
| 45-64                | 1231                  | 138 | 10 | 8-12  | 138                   | 108 | 78 | 71-86 | 104                                       | 46  | 45 | 35-56 |
| 65+                  | 789                   | 55  | 7  | 5-9   | 54                    | 42  | 77 | 65-89 | 42  | #   |    |       |
| Education:           |                       |     |    |       |                       |     |    |       |   |     |    |       |
| <High School         | 381                   | 42  | 10 | 7-14  | 42                    | #   |    |       | 35  | #   |    |       |
| High School          | 1432                  | 135 | 9  | 8-11  | 132                   | 103 | 75 | 66-83 | 100                                       | 35  | 38 | 28-49 |
| Some College         | 853                   | 110 | 14 | 11-17 | 109                   | 68  | 60 | 45-74 | 67  | 29  | 36 | 22-50 |
| College Degree       | 987                   | 107 | 10 | 8-12  | 105                   | 77  | 70 | 59-80 | 73  | 30  | 40 | 27-53 |
| Income:              |                       |     |    |       |                       |     |    |       |   |     |    |       |
| <\$15,000            | 378                   | 59  | 18 | 12-25 | 58                    | 47  | 67 | 44-91 | 45  | #   |    |       |
| \$15,000 to \$24,999 | 634                   | 73  | 12 | 9-14  | 73                    | 58  | 79 | 69-90 | 58  | 27  | 45 | 32-59 |
| \$25,000 to \$49,999 | 1151                  | 128 | 10 | 8-12  | 127                   | 93  | 69 | 60-79 | 91  | 36  | 42 | 31-53 |
| \$50,000 to \$74,999 | 541                   | 46  | 8  | 6-10  | 44                    | #   |    |       | 27  | #   |    |       |
| \$75,000+            | 541                   | 48  | 10 | 7-13  | 47                    | #   |    |       | 32  | #   |    |       |
| Race:                |                       |     |    |       |                       |     |    |       |   |     |    |       |
| White, non-Hispanic  | 3214                  | 338 | 10 | 9-12  | 333                   | 240 | 69 | 62-76 | 232                                       | 84  | 35 | 28-42 |
| Black, non-Hispanic  | 247                   | 31  | 13 | 8-17  | 31                    | #   |    |       | 23  | #   |    |       |
| Hispanic             | 77                    | 7   | 8  | 1-15  | 7                     | #   |    |       | 6   | #   |    |       |

#Data not reported due to N<50.

\*Excludes missing, don't know, and refused. \*\*Denominator is persons who have been told they have asthma.

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

# DIABETES

## Were you ever told you have diabetes?

- ◆ 7 percent (or 68 per 1,000) of Pennsylvania adults responded “yes” in the 2001 survey to ever being told by a doctor that they have diabetes.
- ◆ The 16 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 younger age groups.
- ◆ 14 percent of adults with less than a high school education reported having ever been told that they had diabetes –significantly higher than those with a high school education or greater.
- ◆ A significantly higher percentage (17) of diabetes prevalence was also reported among adults with household incomes below \$15,000 compared to those adults with household incomes of \$25,000+ in 2001.
- ◆ White, non-Hispanic adults and black, non-Hispanic adults have significantly higher percentages (7 and 13 percent respectively) compared to Hispanic adults (1 percent).

## 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; 7 percent were between the ages of 18 and 29; 22 percent, between the ages 30 and 44; 46 percent, between the ages 45 and 64; and, 20 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?

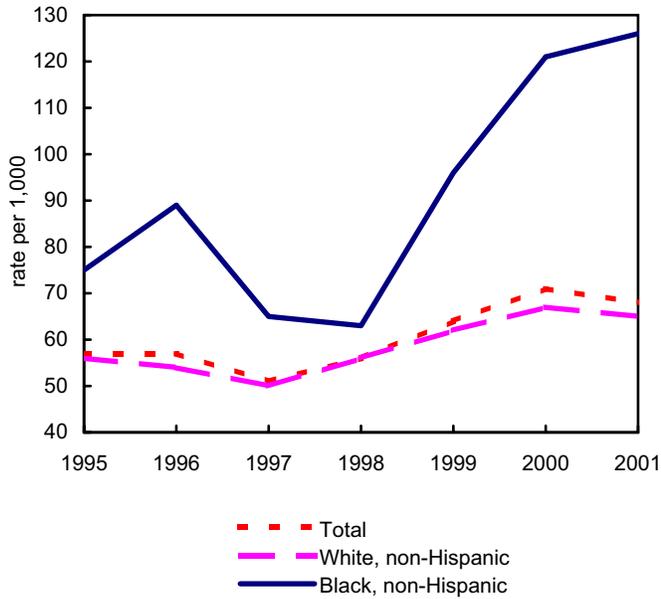
- ◆ Among Pennsylvania adults who have diabetes, 33 percent were taking insulin in 2001.
- ◆ There were no significant differences associated with sex, age, education, income or race for the percentages of those adults taking insulin in 2001.

## Are you now taking diabetes pills?

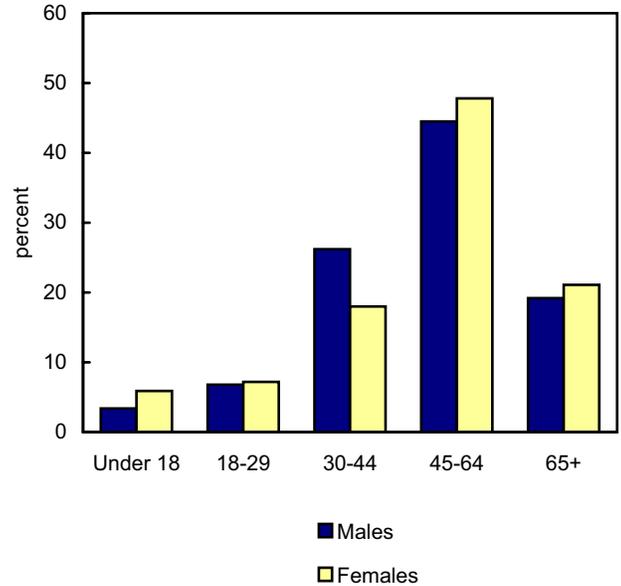
- ◆ Of Pennsylvania adults who have been told they have diabetes by a doctor, 64 percent responded that they were taking diabetes pills.
- ◆ There were no significant differences in percentage observed for sex, age, education, income, or race.

# DIABETES

**FIGURE 4A**  
**Diabetes Prevalence Per 1,000**  
**Pennsylvania Adults by Race, 1995-2001**



**FIGURE 4B**  
**Percent by Age When Diabetes Diagnosed**  
**Pennsylvania Adults by Sex, 2001**



**TABLE 4**  
**Diabetes**  
**Pennsylvania Adults, 2001 (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           | 3619                    | 260 | 7  | 6-8   | 260                          | 86  | 33 | 26-39 | 260                       | 167 | 64 | 58-71 |
| Male                 | 1481                    | 101 | 7  | 5-8   | 101                          | 28  | 28 | 19-37 | 101                       | 65  | 65 | 55-75 |
| Female               | 2138                    | 159 | 7  | 6-8   | 159                          | 58  | 37 | 29-45 | 159                       | 102 | 64 | 56-72 |
| Age:                 |                         |     |    |       |                              |     |    |       |                           |     |    |       |
| 18-29                | 535                     | 6   | 1  | 0-2   | 6                            | #   |    |       | 6                         | #   |    |       |
| 30-44                | 1049                    | 21  | 2  | 1-3   | 21                           | #   |    |       | 21                        | #   |    |       |
| 45-64                | 1222                    | 108 | 9  | 7-11  | 108                          | 36  | 33 | 23-43 | 108                       | 76  | 71 | 62-81 |
| 65+                  | 784                     | 123 | 16 | 13-18 | 123                          | 36  | 29 | 20-38 | 123                       | 80  | 63 | 54-73 |
| Education:           |                         |     |    |       |                              |     |    |       |                           |     |    |       |
| <High School         | 379                     | 57  | 14 | 10-17 | 57                           | 25  | 44 | 30-58 | 57                        | 34  | 56 | 42-70 |
| High School          | 1418                    | 108 | 7  | 6-8   | 108                          | 32  | 31 | 21-40 | 108                       | 71  | 64 | 55-74 |
| Some College         | 839                     | 57  | 6  | 5-8   | 57                           | 16  | 23 | 12-34 | 57                        | 40  | 75 | 64-87 |
| College Degree       | 978                     | 38  | 4  | 3-5   | 38                           | #   |    |       | 38                        | #   |    |       |
| Income:              |                         |     |    |       |                              |     |    |       |                           |     |    |       |
| <\$15,000            | 372                     | 71  | 17 | 12-22 | 71                           | 24  | 36 | 23-49 | 71                        | 49  | 69 | 57-82 |
| \$15,000 to \$24,999 | 623                     | 50  | 8  | 6-10  | 50                           | 17  | 32 | 18-46 | 50                        | 31  | 60 | 46-75 |
| \$25,000 to \$49,999 | 1141                    | 55  | 5  | 3-6   | 55                           | 19  | 32 | 19-45 | 55                        | 32  | 59 | 45-73 |
| \$50,000 to \$74,999 | 535                     | 32  | 6  | 4-9   | 32                           | #   |    |       | 32                        | #   |    |       |
| \$75,000+            | 538                     | 14  | 3  | 1-4   | 14                           | #   |    |       | 14                        | #   |    |       |
| Race:                |                         |     |    |       |                              |     |    |       |                           |     |    |       |
| White, non-Hispanic  | 3181                    | 215 | 7  | 6-8   | 215                          | 68  | 32 | 25-39 | 215                       | 136 | 63 | 56-70 |
| Black, non-Hispanic  | 247                     | 36  | 13 | 8-17  | 36                           | #   |    |       | 36                        | #   |    |       |
| Hispanic             | 73                      | 1   | 1  | 0-2   | 1                            | #   |    |       | 1                         | #   |    |       |

#Data not reported due to N<50.

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

# TOBACCO USE

## Current cigarette smokers:

- ◆ 25 percent of all Pennsylvania adults indicated that they were regularly current cigarette smokers in 2001. Current cigarette smokers are those who now smoke everyday or somedays.
- ◆ Only 9 percent of the oldest adults (aged 65+) said that they were smokers – significantly lower than for any other age group.
- ◆ Only 14 percent of college graduates were smokers. This was significantly lower than for any other educational level.
- ◆ Adults in the \$75,000+ household income group were significantly less likely to be cigarette smokers than any of the adults with household income less than \$50,000.
- ◆ Black, non-Hispanic adults had a significantly higher percentage (36) compared to white, non-Hispanic adults (23 percent).
- ◆ Between 1995 and 2001, the percentage of adult smokers in Pennsylvania has not changed much – remaining within a range of 23-25 percent each year.

## Former cigarette smokers:

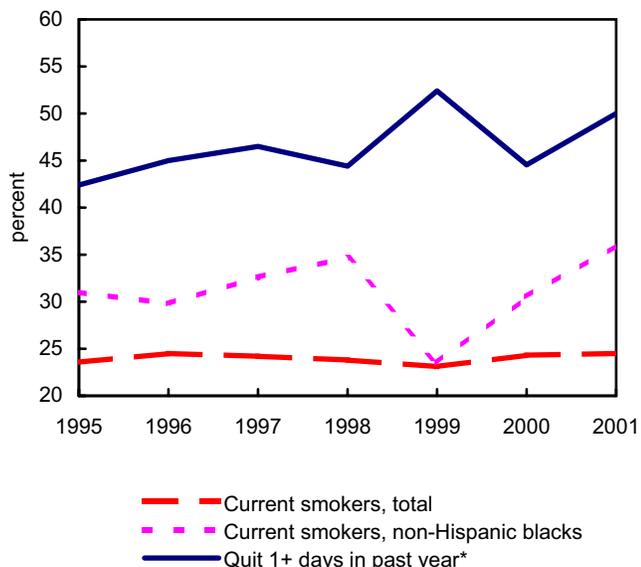
- ◆ In the 2001 survey, 24 percent of Pennsylvania adults responded that they were former cigarette smokers.
- ◆ A significantly higher percentage of males (29 percent) were former smokers than females (20 percent) in 2001.
- ◆ The 9 percent for adults aged 18-29 was significantly lower than the 19 percent for adults aged 30-44. Both of the two youngest age groups were significantly lower than the older age groups.
- ◆ For adults with household income less than \$15,000, there were a significantly lower percentage of former smokers (18 percent) compared to adults with household income of \$75,000+ (27 percent).
- ◆ There was no significant difference associated with education or race in the percentages of former smokers.

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

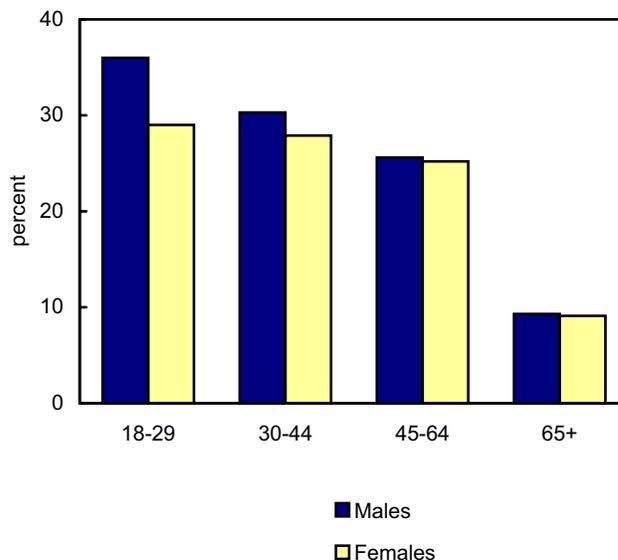
- ◆ Among those who were smoking in 2001, 50 percent had quit for at least one day in the past year.
- ◆ There were no significant differences associated with age, sex, education, income or race/ethnicity.

# TOBACCO USE

**FIGURE 5A  
Tobacco Use, Percent by Type  
Pennsylvania Adults, 1995-2001**



**FIGURE 5B  
Current Smokers, Percent by Age and Sex  
Pennsylvania Adults, 2001**



**TABLE 5  
Tobacco Use  
Pennsylvania Adults, 2001 (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           | 3652            | 870 | 25 | 23-26 | 3652           | 906 | 24 | 23-26 | 675                                  | 320 | 50 | 46-55 |
| Male                 | 1479            | 363 | 26 | 24-29 | 1479           | 451 | 29 | 26-31 | 268                                  | 125 | 50 | 43-57 |
| Female               | 2173            | 507 | 23 | 21-25 | 2173           | 455 | 20 | 18-22 | 407                                  | 195 | 50 | 45-56 |
| Age:                 |                 |     |    |       |                |     |    |       |                                      |     |    |       |
| 18-29                | 540             | 173 | 33 | 28-38 | 540            | 56  | 9  | 6-11  | 118                                  | 77  | 64 | 52-75 |
| 30-44                | 1069            | 302 | 29 | 26-32 | 1069           | 208 | 19 | 17-22 | 258                                  | 109 | 45 | 37-52 |
| 45-64                | 1231            | 312 | 25 | 23-28 | 1231           | 368 | 30 | 28-33 | 242                                  | 108 | 48 | 41-55 |
| 65+                  | 784             | 80  | 9  | 7-11  | 784            | 268 | 37 | 33-41 | 55                                   | 24  | 45 | 30-59 |
| Education:           |                 |     |    |       |                |     |    |       |                                      |     |    |       |
| <High School         | 379             | 110 | 34 | 28-39 | 379            | 96  | 24 | 20-29 | 90                                   | 42  | 43 | 31-55 |
| High School          | 1429            | 407 | 29 | 26-32 | 1429           | 362 | 26 | 23-28 | 330                                  | 156 | 52 | 46-59 |
| Some College         | 852             | 219 | 25 | 22-29 | 852            | 207 | 22 | 19-26 | 165                                  | 76  | 50 | 41-59 |
| College Degree       | 987             | 134 | 14 | 11-16 | 987            | 239 | 24 | 21-26 | 90                                   | 46  | 51 | 38-63 |
| Income:              |                 |     |    |       |                |     |    |       |                                      |     |    |       |
| <\$15,000            | 378             | 119 | 33 | 26-40 | 378            | 81  | 18 | 14-22 | 98                                   | 49  | 52 | 39-65 |
| \$15,000 to \$24,999 | 632             | 185 | 30 | 26-34 | 632            | 147 | 22 | 19-26 | 137                                  | 63  | 49 | 39-60 |
| \$25,000 to \$49,999 | 1151            | 314 | 28 | 25-31 | 1151           | 283 | 25 | 22-27 | 257                                  | 120 | 49 | 42-56 |
| \$50,000 to \$74,999 | 541             | 115 | 21 | 17-25 | 541            | 133 | 25 | 21-29 | 85                                   | 41  | 54 | 42-66 |
| \$75,000+            | 540             | 75  | 15 | 11-18 | 540            | 150 | 27 | 23-31 | 47                                   | #   |    |       |
| Race:                |                 |     |    |       |                |     |    |       |                                      |     |    |       |
| White, non-Hispanic  | 3210            | 741 | 23 | 21-25 | 3210           | 816 | 25 | 24-27 | 582                                  | 273 | 49 | 44-53 |
| Black, non-Hispanic  | 247             | 82  | 36 | 29-43 | 247            | 50  | 19 | 14-24 | 54                                   | 30  | 55 | 39-72 |
| Hispanic             | 76              | 23  | 33 | 20-46 | 76             | 10  | 12 | 5-20  | 18                                   | #   |    |       |

#Data not reported due to N<50.

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

# WOMEN'S HEALTH – BREAST CANCER SCREENING

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

- ◆ “Yes” responded 69 percent of women aged 40+ in 2001 to having a clinical breast exam in the past year.
- ◆ A significantly lower percentage of women aged 75+ (52 percent) reported having had a clinical breast exam during the preceding year compared to the percentages of 71, 77 and 69 for all three younger age groups (40-49, 50-64 and 65-74 respectively).
- ◆ Women with less than a high school education had a significantly lower percentage (52) compared to women with a high school education or more.
- ◆ Women with household income levels of \$50,000+ had significantly higher percentages than women with household incomes below \$25,000. Also, women with household incomes of \$75,000+ had a significantly higher percentage (86) compared to women with household incomes less than \$50,000.
- ◆ There was no significant difference observed in the category of race.

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

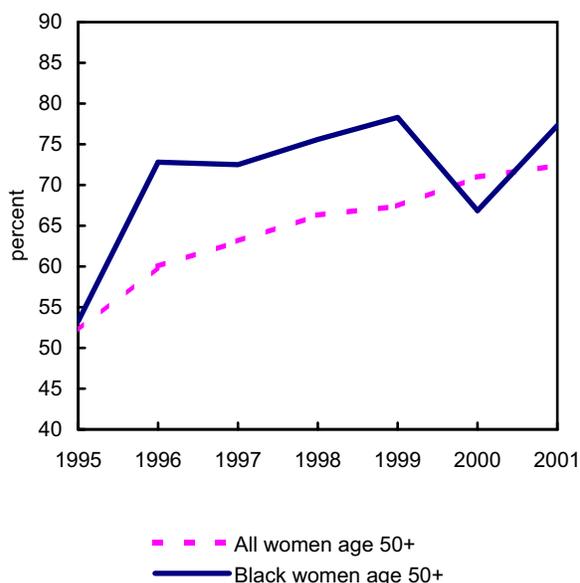
- ◆ 64 percent of women aged 40+ reported in 2001 that they had a mammogram in the past year.
- ◆ Women aged 50-64 and 65-74 had significantly higher percentages (both 73 percent) compared to women ages 40-49 and 75+ (52 and 54 percent respectively).
- ◆ There were no significant differences associated with education, income or race.

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

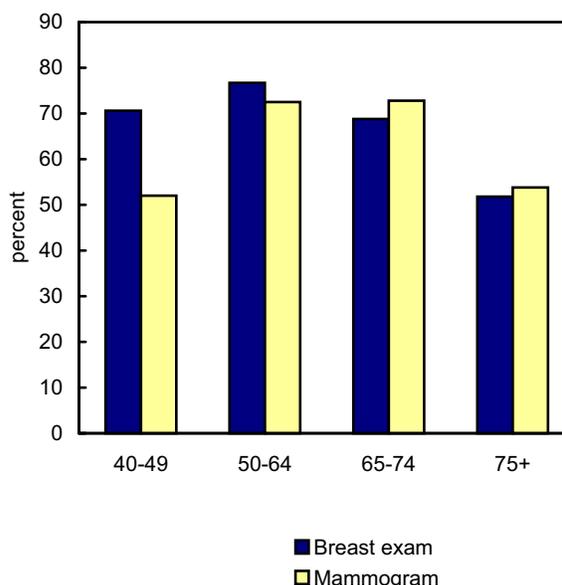
- ◆ “Yes” said 72 percent of Pennsylvania women aged 50+ in 2001 to having both a clinical breast exam and a mammogram in the past two years.
- ◆ Only 54 percent of women aged 75+ had had both exams in the past 2 years – significantly lower than the 80 percent for women aged 50-64 or the 73 percent for woman aged 65-74.
- ◆ Women with a high school education or more had significantly higher percentages compared to women with less than a high school education (52 percent). Also, women with some college education had a significantly higher percentage (82) compared to women with a high school diploma (72 percent).
- ◆ Women living in households with income levels of \$25,000+ had significantly higher percentages compared to women with household incomes less than \$15,000 (59 percent). The \$75,000+ household income level percentage (87) was also significantly higher than the percentages for women with household incomes less than \$25,000.
- ◆ No significant differences occurred in race.

# WOMEN'S HEALTH - BREAST CANCER SCREENING

**FIGURE 6A**  
**Percent Had Clinical Breast Exam**  
**and Mammogram in Past 2 Years**  
**Pennsylvania Women 50 and Older, 1995-2001**



**FIGURE 6B**  
**Percent Had Clinical Breast Exam**  
**or Mammogram in Past Year**  
**Pennsylvania Women by Age, 2001**



**TABLE 6**  
**Women's Health - Breast Cancer Screening**  
**Pennsylvania Women 40 and Older, 2001 (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+          | 1430                                     | 984 | 69 | 67-72 | 1391                          | 882 | 64 | 61-66 | 985                                   | 710 | 72  | 69-76 |
| Age:                 |  |     |    |       |                               |     |    |       |                                       |     |     |       |
| 40-49                | 412                                      | 294 | 71 | 66-75 | 404                           | 211 | 52 | 47-57 | N/A                                   | N/A | N/A | N/A   |
| 50-64                | 503                                      | 375 | 77 | 73-81 | 486                           | 351 | 73 | 68-77 | 487                                   | 390 | 80  | 76-84 |
| 65-74                | 268                                      | 182 | 69 | 63-75 | 262                           | 188 | 73 | 67-79 | 261                                   | 189 | 73  | 67-79 |
| 75+                  | 247                                      | 133 | 52 | 45-59 | 239                           | 132 | 54 | 47-61 | 237                                   | 131 | 54  | 47-61 |
| Education:           |  |     |    |       |                               |     |    |       |                                       |     |     |       |
| <High School         | 181                                      | 92  | 52 | 44-60 | 176                           | 98  | 56 | 48-64 | 160                                   | 83  | 52  | 44-61 |
| High School          | 598                                      | 389 | 66 | 62-70 | 575                           | 362 | 63 | 59-68 | 424                                   | 299 | 72  | 67-76 |
| Some College         | 327                                      | 246 | 76 | 71-81 | 321                           | 210 | 66 | 60-72 | 214                                   | 175 | 82  | 77-88 |
| College Degree       | 322                                      | 255 | 79 | 74-84 | 317                           | 210 | 66 | 60-72 | 185                                   | 151 | 81  | 74-87 |
| Income:              |  |     |    |       |                               |     |    |       |                                       |     |     |       |
| <\$15,000            | 202                                      | 111 | 54 | 47-61 | 193                           | 115 | 57 | 49-65 | 170                                   | 102 | 59  | 51-67 |
| \$15,000 to \$24,999 | 277                                      | 169 | 61 | 55-67 | 272                           | 157 | 57 | 51-64 | 222                                   | 148 | 66  | 59-73 |
| \$25,000 to \$49,999 | 402                                      | 287 | 72 | 67-76 | 394                           | 246 | 64 | 58-69 | 249                                   | 191 | 76  | 71-82 |
| \$50,000 to \$74,999 | 161                                      | 125 | 78 | 70-85 | 156                           | 104 | 65 | 56-74 | 84                                    | 67  | 80  | 70-89 |
| \$75,000+            | 174                                      | 151 | 86 | 81-92 | 174                           | 123 | 70 | 63-78 | 88                                    | 77  | 87  | 79-94 |
| Race:                |  |     |    |       |                               |     |    |       |                                       |     |     |       |
| White, non-Hispanic  | 1274                                     | 872 | 69 | 66-72 | 1241                          | 787 | 64 | 61-67 | 884                                   | 639 | 73  | 69-76 |
| Black, non-Hispanic  | 97                                       | 77  | 80 | 71-89 | 93                            | 61  | 66 | 54-77 | 65                                    | 49  | 77  | 66-88 |
| Hispanic             | 25                                       | #   |    |       | 24                            | #   |    |       | 12                                    | #   |     |       |

#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?

- ◆ 95 percent of Pennsylvania adult women responded in 2001 that they had had a Pap test.
- ◆ Women aged 65+ and 18-29 had significantly lower percentages (91 and 86 respectively) of women who had ever had a Pap test compared to women of the ages 45-64 and 30-44 (98 and 99 respectively).
- ◆ There were no significant differences associated with education, income or race.

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

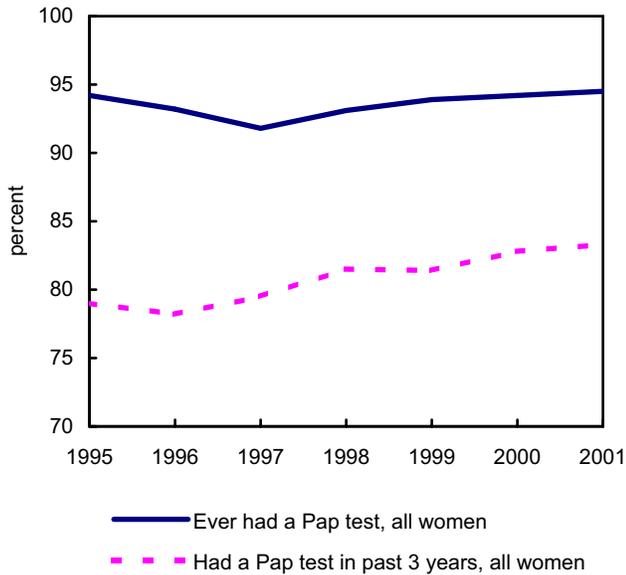
- ◆ 83 percent of adult women said that they had had a Pap test within the last 3 years according to the 2001 survey.
- ◆ Only 67 percent of women aged 65+ had a Pap test in the preceding 3 years – significantly lower than the figures for any of the other age groups.
- ◆ Women with less than a high school education had a much lower percentage of having a Pap test in the past three years (68 percent) compared to those with a high school education or more.
- ◆ A significantly higher percentage was recorded for women in the two highest household income groups (\$50,000-\$74,999 and \$75,000+) compared to adult women with household incomes less than \$25,000.
- ◆ No significant difference was seen for race.

## Have you had a hysterectomy?

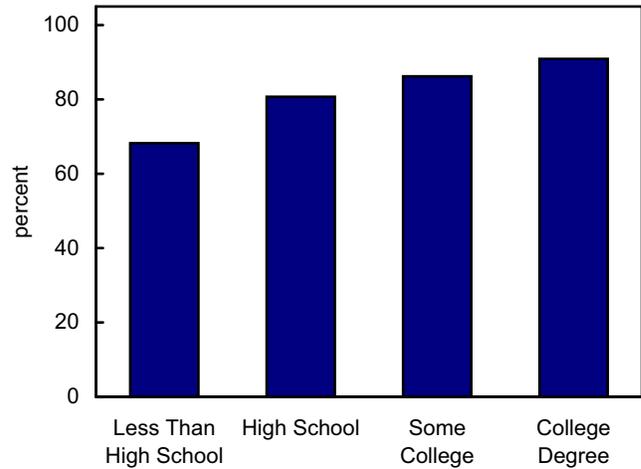
- ◆ 20 percent of Pennsylvania adult women had had a hysterectomy according to the 2001 Pennsylvania BRFSS survey.
- ◆ 42 percent of women aged 65+ and 27 percent of women aged 45-64 had had a hysterectomy. Also, 7 percent and 1 percent of women aged 30-44 and 18-29 respectively had had the procedure. Each age group, highest to lowest, was significantly higher in percentage compared to younger age groups.
- ◆ Women with a high school education or less had significantly higher percentages compared to women with at least some college education.
- ◆ No significant differences were seen for income or race.

# WOMEN'S HEALTH - PAP TESTS

**FIGURE 7A**  
**Percent Having Pap Tests**  
**Pennsylvania Adult Women, 1995-2001**



**FIGURE 7B**  
**Percent Who Have Had a Pap Test in the Past 3 Years**  
**Pennsylvania Adult Women by Education \*\*, 2001**



**TABLE 7**  
**Women's Health - Pap Tests**  
**Pennsylvania Adult Women, 2001 (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        | 2113                 | 2008 | 95 | 93-96  | 2091                             | 1742 | 83 | 81-85 |
| Age:                 |                      |      |    |        |                                  |      |    |       |
| 18-29                | 290                  | 263  | 86 | 79-93  | 289                              | 252  | 83 | 76-90 |
| 30-44                | 601                  | 591  | 99 | 98-100 | 601                              | 552  | 92 | 89-94 |
| 45-64                | 700                  | 687  | 98 | 97-99  | 695                              | 606  | 88 | 85-91 |
| 65+                  | 507                  | 456  | 91 | 89-94  | 491                              | 322  | 67 | 62-72 |
| Education:           |                      |      |    |        |                                  |      |    |       |
| <High School         | 232                  | 202  | 88 | 84-93  | 227                              | 148  | 68 | 62-75 |
| High School          | 807                  | 767  | 95 | 93-97  | 800                              | 640  | 81 | 78-84 |
| Some College         | 528                  | 505  | 95 | 92-98  | 524                              | 458  | 86 | 82-90 |
| College Degree       | 544                  | 532  | 96 | 92-100 | 538                              | 494  | 91 | 87-95 |
| Income:              |                      |      |    |        |                                  |      |    |       |
| <\$15,000            | 251                  | 223  | 88 | 79-96  | 244                              | 171  | 73 | 64-82 |
| \$15,000 to \$24,999 | 395                  | 374  | 93 | 90-97  | 391                              | 301  | 76 | 71-81 |
| \$25,000 to \$49,999 | 654                  | 629  | 96 | 94-98  | 651                              | 563  | 85 | 82-89 |
| \$50,000 to \$74,999 | 276                  | 271  | 98 | 95-100 | 275                              | 254  | 92 | 89-96 |
| \$75,000+            | 265                  | 259  | 98 | 95-100 | 265                              | 247  | 93 | 89-96 |
| Race:                |                      |      |    |        |                                  |      |    |       |
| White, non-Hispanic  | 1852                 | 1759 | 94 | 93-96  | 1835                             | 1522 | 83 | 81-85 |
| Black, non-Hispanic  | 156                  | 151  | 97 | 94-100 | 153                              | 138  | 91 | 86-96 |
| Hispanic             | 50                   | 47   | 94 | 86-100 | 50                               | 41   | 84 | 73-95 |

\*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, except blood donation?**

- ◆ 40 percent of Pennsylvania adults aged 18-64 had had an HIV blood test, excluding tests through blood donation, according to the 2001 survey.
- ◆ Significant differences were evident by age; with 45 percent of young adults aged 18-29 and 50 percent of adults aged 30-44 indicating that they had their blood tested for HIV infection compared to the significantly lower percentage of 27 for older adults aged 45-64.
- ◆ Percentages by race had significant differences – 68 percent of black, non-Hispanic adults and 56 percent of Hispanic adults aged 18-64 had been tested while only 36 percent of white, non-Hispanic adults aged 18-64 were tested.

## **Age 18 to 64 and thinks knowing HIV status by getting tested is very important?**

- ◆ 92 percent of Pennsylvanians aged 18-64 responded “Yes” to thinking that knowing your HIV status by getting tested is very important in the 2001 survey.
- ◆ A significantly higher percentage of young adults aged 18-29 (97 percent) said they thought knowing HIV status through testing was very important compared to adults aged 45-64 (89 percent) and to adults aged 30-44 (91 percent).
- ◆ Black, non-Hispanics aged 18-64 had a significantly higher percentage of thinking that adults should know their HIV status by getting tested (99 percent) compared to white, non-Hispanics (91 percent).

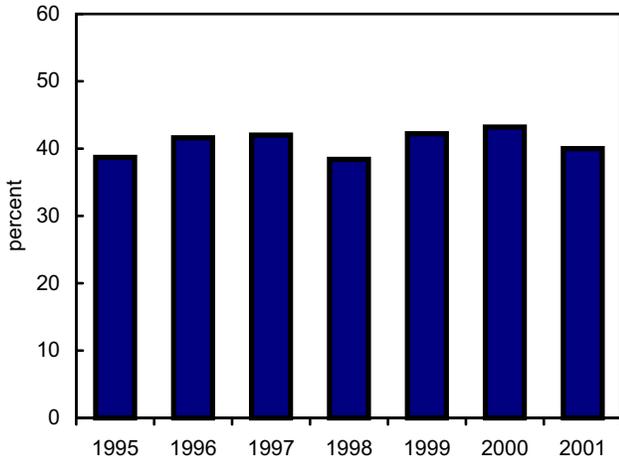
## **Medical treatments to help persons with HIV and their effectiveness**

- ◆ 97 percent of Pennsylvanians aged 18-64 agreed with the statement “There are medical treatments available that are intended to help a person who is infected with HIV to live longer” in 2001.
- ◆ Of adults who believe there are medical treatments available to help a person infected with HIV to live longer, 99 percent thought the treatments were either very or somewhat effective.

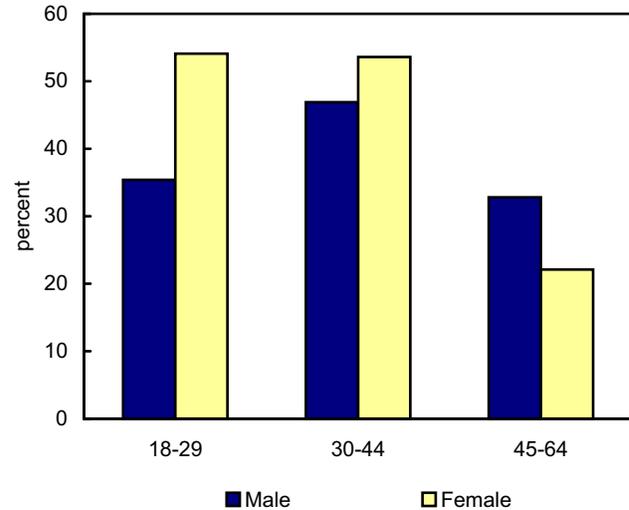
## **Medical treatments to help pregnant women with HIV**

- ◆ 76 percent of Pennsylvania adults aged 18-64 agreed with the statement “A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby” in 2001.
- ◆ Females had a significantly higher percentage of agreement with this statement (82 percent) compared to males (69 percent).
- ◆ Adults with a college degree had a significantly higher percentage (84) compared to adults with a high school education or less.

**FIGURE 8A**  
**Percent Tested for HIV, Except Blood Donation**  
**Pennsylvania Adults 18 to 64, 1995-2001**



**FIGURE 8B**  
**Percent Ever Tested for HIV, Except Blood Donation**  
**Pennsylvania Adults 18 to 64, by Age and Sex, 2001**



**TABLE 8**  
**HIV/AIDS**  
**Pennsylvania Adults 18 to 64, 2001 (with 95% confidence intervals)**

|                      | Ever tested for HIV, except blood donation* |      |    |       | Thinks knowing HIV status by getting tested is very important* |      |    |        |
|----------------------|---|------|----|-------|--|------|----|--------|
|                      | Total No.                                   | No.  | %  | CI    | Total No.  | No.  | %  | CI     |
| Adults 18-64         | 2717  | 1091 | 40 | 38-42 | 2731   | 2505 | 92 | 91-93  |
| Male 18-64           | 1151  | 440  | 39 | 35-42 | 1156   | 1033 | 89 | 87-91  |
| Female 18-64         | 1566  | 651  | 41 | 38-44 | 1575   | 1472 | 94 | 93-95  |
| Age:                 |   |      |    |       |  |      |    |        |
| 18-29                | 523   | 267  | 45 | 40-50 | 523  | 504  | 97 | 95-98  |
| 30-44                | 1023  | 520  | 50 | 47-54 | 1041   | 954  | 91 | 89-93  |
| 45-64                | 1171  | 304  | 27 | 24-30 | 1167   | 1047 | 89 | 87-91  |
| Education:           |   |      |    |       |  |      |    |        |
| <High School         | 193   | 76   | 41 | 32-49 | 192  | 177  | 93 | 89-96  |
| High School          | 1027  | 361  | 36 | 32-39 | 1042   | 962  | 92 | 90-94  |
| Some College         | 660   | 295  | 44 | 40-49 | 655  | 594  | 91 | 89-94  |
| College Degree       | 835   | 359  | 42 | 39-46 | 840  | 771  | 92 | 90-94  |
| Income:              |   |      |    |       |  |      |    |        |
| <\$15,000            | 213   | 87   | 41 | 31-50 | 213  | 198  | 94 | 90-97  |
| \$15,000 to \$24,999 | 390   | 177  | 46 | 40-51 | 404  | 373  | 91 | 88-95  |
| \$25,000 to \$49,999 | 929   | 375  | 40 | 36-44 | 929  | 855  | 93 | 91-94  |
| \$50,000 to \$74,999 | 487   | 191  | 40 | 35-45 | 491  | 451  | 92 | 89-94  |
| \$75,000+            | 487   | 199  | 42 | 37-46 | 488  | 438  | 90 | 87-93  |
| Race:                |   |      |    |       |  |      |    |        |
| White, non-Hispanic  | 2380  | 889  | 36 | 34-39 | 2389   | 2177 | 91 | 90-92  |
| Black, non-Hispanic  | 187   | 123  | 68 | 60-75 | 189  | 186  | 99 | 97-100 |
| Hispanic             | 69  | 38   | 56 | 42-69 | 68   | 62   | 89 | 80-98  |

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

# **MEN'S HEALTH – PROSTATE CANCER SCREENING**

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

- ◆ In the 2001 survey, 79 percent of men aged 50+ responded that they had a Prostate Specific Antigen (PSA) blood test.
- ◆ A significantly higher percentage of men aged 65+ (88 percent) reported having ever had a PSA blood test compared to men aged 50-64 (72 percent).
- ◆ No significant differences were found for income or race.

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

- ◆ In the 2001 survey, 86 percent of Pennsylvania men aged 50+ responded “Yes” to having had a digital rectal examination.
- ◆ A significantly higher percentage of men aged 50+ having household incomes of \$50,000+ had ever had a digital rectal exam compared to men having household incomes less than \$15,000 (64 percent).
- ◆ There were no significant differences by age, education or race in the percentages of men aged 50+ who 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 2001 survey that they had had a digital rectal examination in the past year.
- ◆ 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.

## **Age 50 and older and father, brother, son, or grandfather had prostate cancer**

- ◆ 14 percent of Pennsylvania men aged 50+ responded in the 2001 survey that their father, brother, son or grandfather had been told they had prostate cancer.

# MEN'S HEALTH - PROSTATE CANCER SCREENING

FIGURE 9A

**Percent Ever Had a PSA Blood Test  
Pennsylvania Men 50 and Older, 1995, 1998, 2000, and 2001**

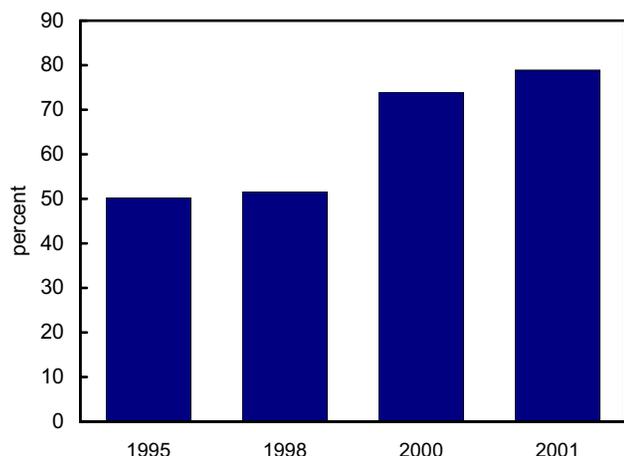
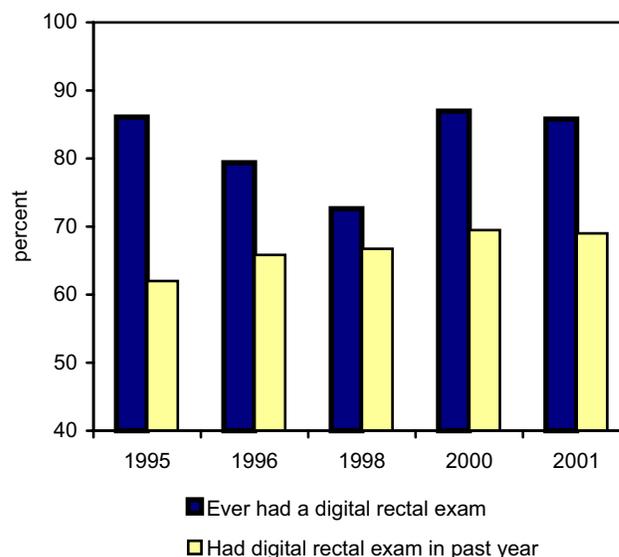


FIGURE 9B

**Percent Ever Had a Digital Rectal Exam and  
Had a Digital Rectal Exam in Past Year  
Pennsylvania Men 50 and Older, 95, 96, 98, 2000, and 2001**



**TABLE 9  
Men's Health - Prostate Cancer Screening  
Pennsylvania Men 50 and Older, 2001 (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    |
| Males 50+            | 584                        | 451 | 79 | 75-82 | 608                             | 514 | 86 | 83-89 | 509                                     | 349 | 69 | 65-73 |
| Age:                 |                            |     |    |       |                                 |     |    |       |   |     |    |       |
| 50-64                | 339                        | 238 | 72 | 66-77 | 353                             | 291 | 84 | 80-88 | 290                                     | 187 | 65 | 59-71 |
| 65-74                | 161                        | 139 | 88 | 82-93 | 162                             | 142 | 89 | 84-94 | 140                                     | 108 | 77 | 70-84 |
| 75+                  | 84                         | 74  | 88 | 81-95 | 93                              | 81  | 85 | 78-93 | 79                                      | 54  | 67 | 56-78 |
| Education:           |                            |     |    |       |                                 |     |    |       |   |     |    |       |
| <High School         | 63                         | 43  | 72 | 60-84 | 69                              | 50  | 77 | 67-87 | 48                                      | #   |    |       |
| High School          | 237                        | 172 | 75 | 70-81 | 247                             | 206 | 85 | 80-89 | 204                                     | 130 | 64 | 57-71 |
| Some College         | 112                        | 88  | 78 | 69-86 | 115                             | 102 | 88 | 82-95 | 102                                     | 68  | 68 | 57-78 |
| College Degree       | 172                        | 148 | 88 | 83-93 | 177                             | 156 | 89 | 85-94 | 155                                     | 120 | 78 | 71-85 |
| Income:              |                            |     |    |       |                                 |     |    |       |   |     |    |       |
| <\$15,000            | 47                         | #   |    |       | 52                              | 35  | 64 | 50-79 | 35                                      | #   |    |       |
| \$15,000 to \$24,999 | 118                        | 87  | 77 | 69-85 | 126                             | 104 | 86 | 79-92 | 101                                     | 68  | 68 | 59-78 |
| \$25,000 to \$49,999 | 174                        | 130 | 77 | 70-83 | 180                             | 148 | 84 | 78-89 | 147                                     | 97  | 66 | 58-74 |
| \$50,000 to \$74,999 | 88                         | 73  | 85 | 78-93 | 90                              | 82  | 91 | 85-98 | 82                                      | 54  | 67 | 56-77 |
| \$75,000+            | 96                         | 85  | 89 | 82-96 | 97                              | 89  | 92 | 85-98 | 89                                      | 67  | 76 | 67-86 |
| Race:                |                            |     |    |       |                                 |     |    |       |   |     |    |       |
| White, non-Hispanic  | 526                        | 408 | 79 | 76-83 | 546                             | 466 | 87 | 84-90 | 463                                     | 318 | 69 | 64-74 |
| Black, non-Hispanic  | 38                         | #   |    |       | 39                              | #   |    |       | 30                                      | #   |    |       |
| Hispanic             | 4                          | #   |    |       | 4                               | #   |    |       | 3                                       | #   |    |       |

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

# ALCOHOL CONSUMPTION

## Binge drinking:

- ◆ 16 percent of Pennsylvania adults admitted in 2001 to binge drinking (five or more alcoholic drinks on one occasion) in the previous month.
- ◆ 7 percent of female adults said that they had been binge drinking in the past month, a significantly lower percentage compared to 25 percent of male adults.
- ◆ According to the 2001 survey, as age increase, the percentage of binge drinking significantly decreased.
- ◆ No significant differences were seen for education, income or race.

## Chronic drinking:

- ◆ In the 2001 survey, 6 percent of Pennsylvania adults identified themselves as chronic drinkers (sixty or more drinks in the past month).
- ◆ Only 2 percent of female adults said that they were chronic drinkers – significantly lower compared to male adults (10 percent).
- ◆ A significantly higher percentage of adults aged 18-29 (8 percent) compared to adults aged 65+ (3 percent) admitted to chronic drinking.
- ◆ 6 percent of white, non-Hispanic adults said they were chronic drinkers- significantly higher compared to black, non-Hispanic adults (2 percent).
- ◆ No significant differences were seen for education or income.

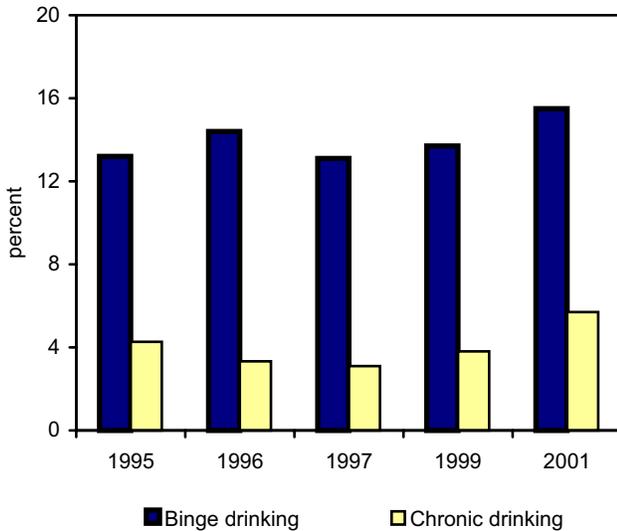
## Heavy drinking:

- ◆ 5 percent of Pennsylvania adults admitted to heavy drinking in 2001.
- ◆ 3 percent of adults aged 65+ said that they were heavily drinking in 2001, which was significantly lower compared to the 8 percent of adults aged 18-29.
- ◆ There were no significant differences for sex, education, income or race.

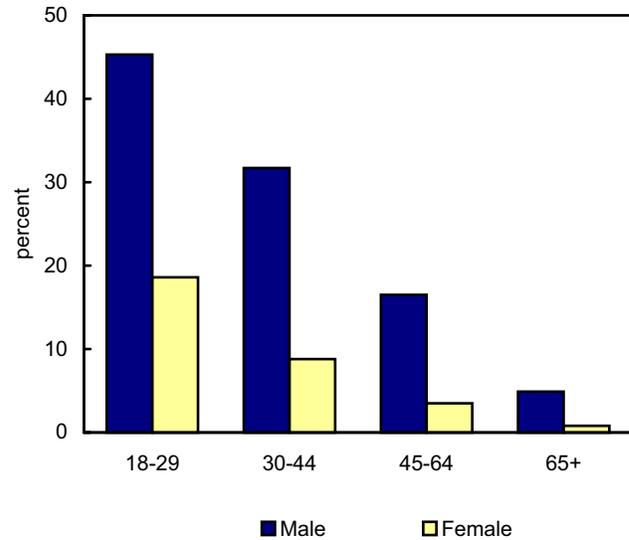
**Notes:** Binge drinking is defined as having had five or more alcoholic drinks on one occasion in the past month. Chronic drinking is defined as having consumed 60 or more alcoholic drinks in the past month. Heavy drinking is defined as greater than 2 drinks per day for men, and 1 drink per day for women.

# ALCOHOL CONSUMPTION

**FIGURE 10A**  
**Alcohol Consumption, Percent by Type**  
**Pennsylvania Adults, 1995-1997, 1999 and 2001**



**FIGURE 10B**  
**Binge Drinking, Percent by Age and Sex**  
**Pennsylvania Adults, 2001**



**TABLE 10**  
**Alcohol Consumption**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Binge drinking* |     |    |       | Chronic drinking* |     |    |      | Heavy Drinking* |     |    |      |
|----------------------|-----------------|-----|----|-------|-------------------|-----|----|------|-----------------|-----|----|------|
|                      | Total No.       | No. | %  | CI    | Total No.         | No. | %  | CI   | Total No.       | No. | %  | CI   |
| All Adults           | 3639            | 496 | 16 | 14-17 | 3623              | 194 | 6  | 5-7  | 3623            | 180 | 5  | 4-6  |
| Male                 | 1470            | 352 | 25 | 22-28 | 1464              | 142 | 10 | 8-11 | 1464            | 97  | 7  | 5-8  |
| Female               | 2169            | 144 | 7  | 6-9   | 2159              | 52  | 2  | 2-3  | 2159            | 83  | 4  | 3-5  |
| Age:                 |                 |     |    |       |                   |     |    |      |                 |     |    |      |
| 18-29                | 537             | 162 | 32 | 27-38 | 533               | 43  | 8  | 6-11 | 533             | 42  | 8  | 5-11 |
| 30-44                | 1062            | 198 | 20 | 17-23 | 1056              | 61  | 6  | 4-8  | 1056            | 61  | 6  | 4-8  |
| 45-64                | 1227            | 118 | 10 | 8-12  | 1224              | 68  | 6  | 4-7  | 1224            | 56  | 4  | 3-6  |
| 65+                  | 784             | 17  | 2  | 1-4   | 782               | 22  | 3  | 2-4  | 782             | 21  | 3  | 1-4  |
| Education:           |                 |     |    |       |                   |     |    |      |                 |     |    |      |
| <High School         | 379             | 38  | 12 | 8-16  | 377               | 14  | 5  | 2-8  | 377             | 15  | 5  | 2-8  |
| High School          | 1420            | 197 | 15 | 13-17 | 1413              | 93  | 7  | 5-9  | 1413            | 82  | 6  | 5-8  |
| Some College         | 852             | 125 | 18 | 15-22 | 847               | 40  | 5  | 3-6  | 847             | 38  | 5  | 3-6  |
| College Degree       | 984             | 136 | 15 | 13-18 | 982               | 47  | 5  | 4-7  | 982             | 45  | 5  | 3-6  |
| Income:              |                 |     |    |       |                   |     |    |      |                 |     |    |      |
| <\$15,000            | 375             | 43  | 19 | 11-26 | 371               | 17  | 5  | 2-8  | 371             | 16  | 5  | 2-9  |
| \$15,000 to \$24,999 | 628             | 84  | 15 | 11-18 | 621               | 37  | 6  | 4-9  | 621             | 35  | 6  | 4-9  |
| \$25,000 to \$49,999 | 1149            | 183 | 17 | 14-19 | 1149              | 78  | 7  | 5-9  | 1149            | 73  | 6  | 5-8  |
| \$50,000 to \$74,999 | 541             | 83  | 16 | 13-20 | 539               | 28  | 6  | 3-8  | 539             | 28  | 6  | 3-8  |
| \$75,000+            | 539             | 80  | 17 | 14-21 | 539               | 21  | 4  | 2-6  | 539             | 14  | 3  | 1-5  |
| Race:                |                 |     |    |       |                   |     |    |      |                 |     |    |      |
| White, non-Hispanic  | 3201            | 439 | 16 | 14-17 | 3189              | 169 | 6  | 5-7  | 3189            | 155 | 5  | 4-6  |
| Black, non-Hispanic  | 244             | 25  | 9  | 5-14  | 241               | 8   | 2  | 1-4  | 241             | 9   | 3  | 1-4  |
| Hispanic             | 76              | 16  | 23 | 11-35 | 75                | 9   | 14 | 3-25 | 75              | 9   | 14 | 3-25 |

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

# OVERWEIGHT & OBESE

## Overweight adults:

- ◆ 60 percent of Pennsylvania adults were overweight according to the 2001 survey results.
- ◆ Males had a significantly higher percentage of being overweight (68 percent) compared to females (53 percent).
- ◆ 70 percent of adults aged 45-64 were considered to be overweight, significantly higher in percentage compared to the two youngest age groups. Both the 30-44 and 65+ age groups had significantly higher percentages (59 and 65 respectively) compared to the 18-29 age group (43 percent).
- ◆ Significantly more adults with less than a high school education were overweight (65 percent) compared to adults with a college degree (55 percent).
- ◆ Black non-Hispanic adults had a significantly higher percentage (73) compared to white non-Hispanic adults (60 percent).
- ◆ There were no significant differences associated with income.

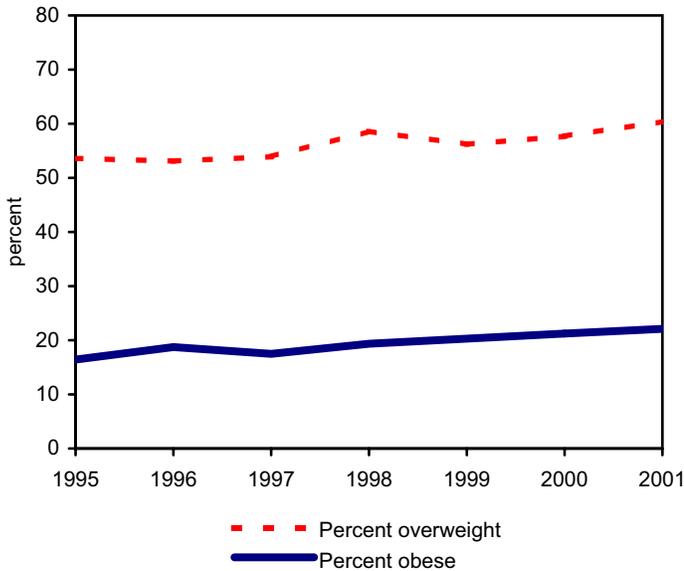
## Obese adults:

- ◆ 22 percent of Pennsylvania adults were obese according to the 2001 survey results. Please note that obese adults are included in the overweight percentages.
- ◆ Adults aged 30 + (23, 27, and 22 percent for age groups 30-44, 45-64 and 65+ respectively) had significantly higher percentages for being obese compared to adults aged 18-29 (14 percent).
- ◆ Black non-Hispanic adults had a significantly higher percentage (36) compared to white non-Hispanic adults (21 percent).

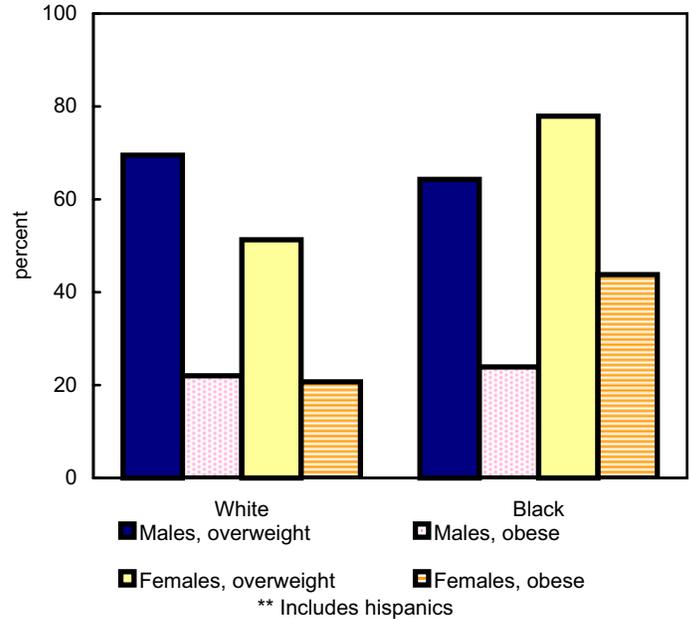
**Notes:** The Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. BMI is calculated as weight (kg)/height squared (m<sup>2</sup>) and estimated using pounds and inches by [weight (pounds)/height (inches)<sup>2</sup>] x 703. Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI ≥ 30 are considered obese.

# OVERWEIGHT & OBESE

**FIGURE 11A**  
**Percent Overweight and Obese**  
**Pennsylvania Adults, 1995-2001**



**FIGURE 11B**  
**Percent Overweight and Obese**  
**Pennsylvania Adults by Race\*\* and Sex, 2001**



Note: Obese is included in the overweight percentage.

**TABLE 11**  
**Overweight & Obese**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Overweight* |      |    |       | Obese*    |     |    |       |
|----------------------|-------------|------|----|-------|-----------|-----|----|-------|
|                      | Total No.   | No.  | %  | CI    | Total No. | No. | %  | CI    |
| All Adults           | 3528        | 2131 | 60 | 59-62 | 3528      | 798 | 22 | 21-24 |
| Male                 | 1471        | 1019 | 68 | 65-71 | 1471      | 328 | 22 | 19-24 |
| Female               | 2057        | 1112 | 53 | 51-56 | 2057      | 470 | 23 | 21-25 |
| Age:                 |             |      |    |       |           |     |    |       |
| 18-29                | 523         | 243  | 43 | 38-48 | 523       | 80  | 14 | 11-18 |
| 30-44                | 1034        | 587  | 59 | 56-62 | 1034      | 231 | 23 | 20-25 |
| 45-64                | 1192        | 813  | 70 | 67-73 | 1192      | 319 | 27 | 24-30 |
| 65+                  | 761         | 477  | 65 | 61-68 | 761       | 167 | 22 | 19-25 |
| Education:           |             |      |    |       |           |     |    |       |
| <High School         | 363         | 245  | 65 | 59-71 | 363       | 101 | 27 | 21-32 |
| High School          | 1382        | 870  | 63 | 60-66 | 1382      | 341 | 24 | 21-26 |
| Some College         | 817         | 493  | 60 | 56-64 | 817       | 178 | 22 | 19-25 |
| College Degree       | 963         | 520  | 55 | 51-58 | 963       | 176 | 18 | 15-21 |
| Income:              |             |      |    |       |           |     |    |       |
| <\$15,000            | 360         | 226  | 56 | 48-63 | 360       | 98  | 25 | 19-31 |
| \$15,000 to \$24,999 | 608         | 374  | 62 | 58-67 | 608       | 150 | 24 | 20-28 |
| \$25,000 to \$49,999 | 1126        | 695  | 62 | 59-65 | 1126      | 266 | 23 | 20-26 |
| \$50,000 to \$74,999 | 531         | 326  | 64 | 60-69 | 531       | 122 | 24 | 20-28 |
| \$75,000+            | 529         | 312  | 60 | 56-65 | 529       | 93  | 18 | 14-21 |
| Race:                |             |      |    |       |           |     |    |       |
| White, non-Hispanic  | 3100        | 1852 | 60 | 58-62 | 3100      | 677 | 21 | 20-23 |
| Black, non-Hispanic  | 241         | 175  | 73 | 67-80 | 241       | 85  | 36 | 28-43 |
| Hispanic             | 75          | 46   | 58 | 45-71 | 75        | 16  | 19 | 9-29  |

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

Note: Obese is included in the overweight percentage.

# COLORECTAL CANCER SCREENING

## **Age 50 and older and ever had a sigmoidoscopy or a colonoscopy?**

- ◆ 48 percent of Pennsylvania adults aged 50+ indicated in the 2001 survey that they had had a sigmoidoscopy or a colonoscopy.
- ◆ Significantly higher percentages for adults aged 65+ (55 percent) had either a sigmoidoscopy or colonoscopy compared to adults aged 50-64 (41 percent).
- ◆ Among adults aged 50+ with a college degree, 57 percent indicated that they had a sigmoidoscopy or a colonoscopy – significantly higher compared to adults aged 50+ with a high school education or less.
- ◆ There were no significant differences associated with sex, income or race.

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

- ◆ In the 2001 survey, 31 percent of Pennsylvanians aged 50+ said that they had had a home blood stool test within the past 2 years.
- ◆ 38 percent of adults aged 65-74 had had a home blood stool test – significantly higher compared to adults aged 50-64 (26 percent).
- ◆ There were no significant differences in the percentages by sex, education, income or race.

# COLORECTAL CANCER SCREENING

FIGURE 12A

Percent Who Ever Had a Sigmoidoscopy  
Pennsylvania Adults 50 and Older, 1995-1997, 1999 and 2001

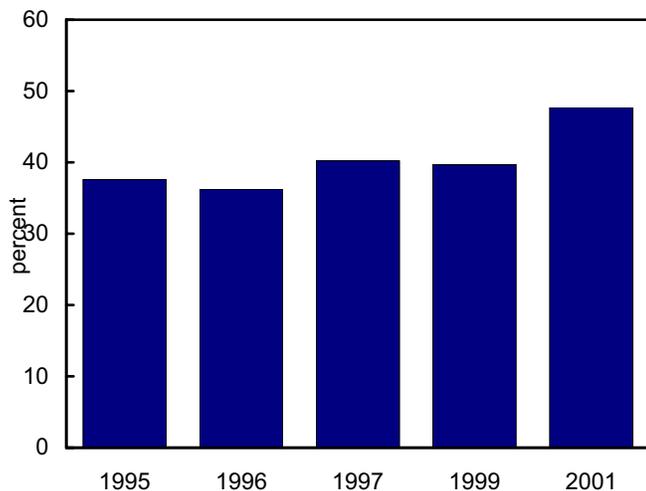


FIGURE 12B

Colorectal Cancer Screening, Percent by Type and Age  
Pennsylvania Adults 50 and Older, 2001

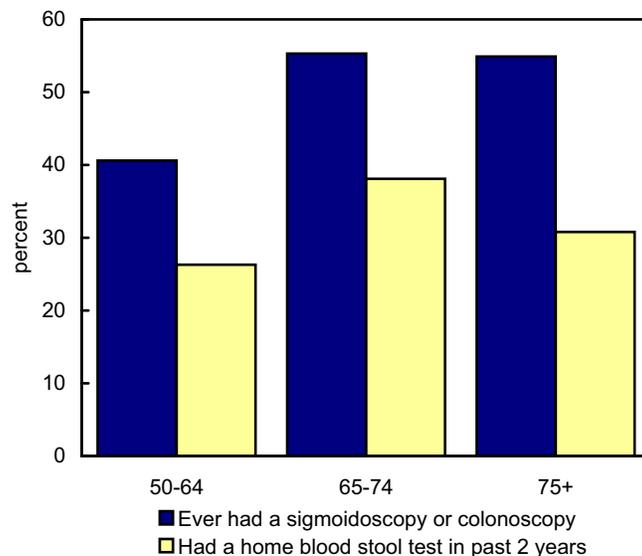


TABLE 12  
Colorectal Cancer Screening  
Pennsylvania Adults 50 and Older, 2001 (with 95% confidence intervals)

|                      | Ever had a sigmoidoscopy or colonoscopy* |     |    |       | Had a home blood stool test in the past 2 years* |     |    |       |
|----------------------|--|-----|----|-------|--|-----|----|-------|
|                      | Total No.                                | No. | %  | CI    | Total No.  | No. | %  | CI    |
| All Adults           | 1617                                     | 764 | 48 | 45-50 | 1612   | 483 | 31 | 28-33 |
| Male                 | 608                                      | 309 | 51 | 47-55 | 609  | 189 | 32 | 28-36 |
| Female               | 1009                                     | 455 | 45 | 42-49 | 1003   | 294 | 30 | 27-33 |
| Age:                 |  |     |    |       |  |     |    |       |
| 50-64                | 852                                      | 344 | 41 | 37-44 | 849  | 220 | 26 | 23-30 |
| 65-74                | 429                                      | 234 | 55 | 50-60 | 427  | 160 | 38 | 33-43 |
| 75+                  | 336                                      | 186 | 55 | 49-61 | 336  | 103 | 31 | 25-36 |
| Education:           |  |     |    |       |  |     |    |       |
| <High School         | 231                                      | 90  | 41 | 34-48 | 233  | 67  | 31 | 24-38 |
| High School          | 686                                      | 292 | 43 | 39-47 | 682  | 206 | 31 | 27-35 |
| Some College         | 334                                      | 179 | 52 | 46-58 | 333  | 100 | 30 | 25-36 |
| College Degree       | 364                                      | 202 | 57 | 52-63 | 362  | 109 | 30 | 25-35 |
| Income:              |  |     |    |       |  |     |    |       |
| <\$15,000            | 226                                      | 96  | 41 | 34-48 | 226  | 61  | 27 | 21-33 |
| \$15,000 to \$24,999 | 348                                      | 158 | 46 | 40-51 | 345  | 95  | 28 | 23-34 |
| \$25,000 to \$49,999 | 438                                      | 206 | 48 | 42-53 | 436  | 145 | 35 | 30-40 |
| \$50,000 to \$74,999 | 176                                      | 79  | 48 | 39-56 | 175  | 51  | 28 | 20-36 |
| \$75,000+            | 186                                      | 101 | 54 | 46-62 | 186  | 58  | 33 | 26-40 |
| Race:                |  |     |    |       |  |     |    |       |
| White, non-Hispanic  | 1455                                     | 691 | 48 | 46-51 | 1448   | 441 | 31 | 29-34 |
| Black, non-Hispanic  | 102                                      | 44  | 40 | 29-52 | 104  | 30  | 28 | 18-38 |
| Hispanic             | 16                                       | #   |    |       | 15   | #   |    |       |

#Data not reported due to N<50

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

# IMMUNIZATION

## **Age 50-64 and had a flu shot in the past year:**

- ◆ 34 percent of Pennsylvanians aged 50-64 reported in 2001 that they had a flu shot in the past year.
- ◆ There were no significant differences associated with the percentages for sex, education, income or race.

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

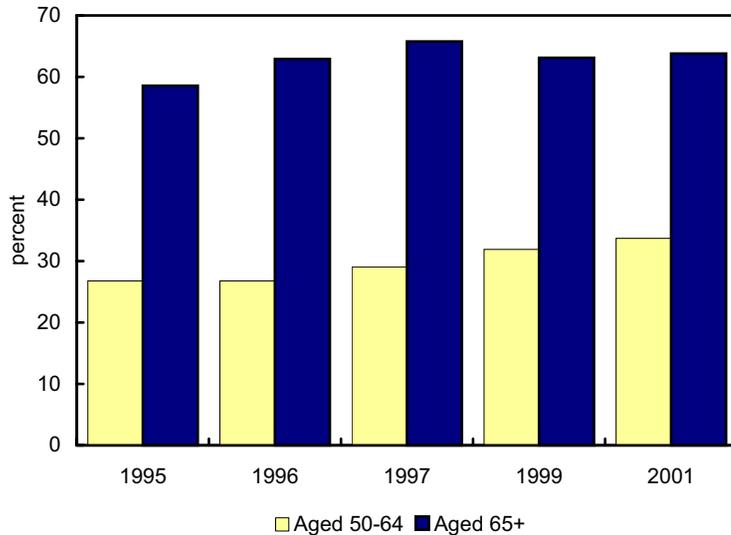
- ◆ 64 percent of Pennsylvanians aged 65+ reported in 2001 that they had a flu shot in the past year.
- ◆ Significantly higher percentages of adults with a college degree had flu shots (79 percent) compared to adults with some college education or less (61 percent).
- ◆ There were no significant differences associated with the percentages for sex, income or race.

## **Age 65 and older and ever had a pneumonia vaccination:**

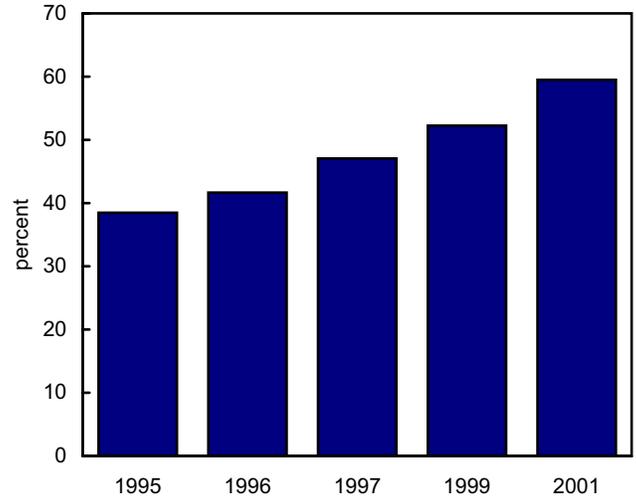
- ◆ 60 percent of Pennsylvania adults aged 65+ answered “Yes” to having a pneumonia vaccination in the 2001 survey.
- ◆ A significantly higher percentage of adults aged 75+ (66 percent) had pneumonia vaccinations compared to adults aged 65-74 (55 percent).
- ◆ There were no significant differences associated with sex, education, income or race.

# IMMUNIZATION

**FIGURE 13A**  
**Percent Who Had Flu Shots in the Past Year**  
**Pennsylvania Adults 50-64 and 65 and Older**  
**1995-1997, 1999 and 2001**



**FIGURE 13B**  
**Percent Who Ever Had a Pneumonia Vaccination**  
**Pennsylvania Adults 65 and Older**  
**1995-1997, 1999 and 2001**



**TABLE 13**  
**Immunization**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Had flu shot in past year, aged 50-64* |     |     |       | Had flu shot in past year, aged 65+* |     |     |       | Ever had a pneumonia vaccination, aged 65+* |     |     |       |
|----------------------|--|-----|-----|-------|--------------------------------------|-----|-----|-------|---|-----|-----|-------|
|                      | Total No.                              | No. | %   | CI    | Total No.                            | No. | %   | CI    | Total No.                                   | No. | %   | CI    |
| All Adults           | 858                                    | 275 | 34  | 30-37 | 788                                  | 500 | 64  | 60-67 | 766   | 462 | 60  | 56-63 |
| Male                 | 355                                    | 111 | 34  | 28-39 | 262                                  | 171 | 66  | 60-72 | 250   | 152 | 60  | 53-66 |
| Female               | 503                                    | 164 | 34  | 29-38 | 526                                  | 329 | 63  | 58-67 | 516   | 310 | 59  | 55-64 |
| Age:                 |  |     |     |       |                                      |     |     |       |   |     |     |       |
| 50-64                | 858                                    | 275 | 34  | 30-37 | N/A                                  | N/A | N/A | N/A   | N/A   | N/A | N/A | N/A   |
| 65-74                | N/A                                    | N/A | N/A | N/A   | 440                                  | 271 | 62  | 57-67 | 429   | 239 | 55  | 50-60 |
| 75+                  | N/A                                    | N/A | N/A | N/A   | 348                                  | 229 | 66  | 61-72 | 337   | 223 | 66  | 61-72 |
| Education:           |  |     |     |       |                                      |     |     |       |   |     |     |       |
| <High School         | 71                                     | 23  | 38  | 24-52 | 169                                  | 95  | 56  | 48-65 | 165   | 95  | 56  | 48-65 |
| High School          | 357                                    | 103 | 32  | 26-37 | 344                                  | 211 | 61  | 55-67 | 334   | 189 | 54  | 48-60 |
| Some College         | 182                                    | 69  | 38  | 30-46 | 155                                  | 104 | 67  | 59-75 | 149   | 97  | 68  | 60-76 |
| College Degree       | 247                                    | 80  | 33  | 26-39 | 119                                  | 89  | 79  | 71-86 | 117   | 80  | 69  | 60-78 |
| Income:              |  |     |     |       |                                      |     |     |       |   |     |     |       |
| <\$15,000            | 76                                     | 21  | 31  | 19-42 | 155                                  | 88  | 53  | 44-61 | 150   | 83  | 52  | 43-61 |
| \$15,000 to \$24,999 | 134                                    | 43  | 33  | 24-42 | 220                                  | 139 | 64  | 57-71 | 217   | 136 | 63  | 56-70 |
| \$25,000 to \$49,999 | 256                                    | 93  | 40  | 33-46 | 184                                  | 118 | 64  | 57-72 | 177   | 105 | 59  | 51-67 |
| \$50,000 to \$74,999 | 150                                    | 48  | 33  | 24-42 | 28                                   | #   |     |       | 27  | #   |     |       |
| \$75,000+            | 153                                    | 50  | 34  | 26-42 | 33                                   | #   |     |       | 31  | #   |     |       |
| Race:                |  |     |     |       |                                      |     |     |       |   |     |     |       |
| White, non-Hispanic  | 770                                    | 244 | 34  | 30-38 | 708                                  | 458 | 65  | 61-69 | 690   | 422 | 60  | 56-64 |
| Black, non-Hispanic  | 56                                     | 23  | 37  | 23-51 | 50                                   | 26  | 54  | 39-69 | 47  | #   |     |       |
| Hispanic             | 10                                     | #   |     |       | 6                                    | #   |     |       | 6   | #   |     |       |

#Data not reported due to N<50

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

# HYPERTENSION AWARENESS

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

- ◆ “Yes” replied 28 percent of Pennsylvania adults aged 18+ in response to the question “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure”.
- ◆ Each age group has a significantly higher percentage compared to younger age groups.
- ◆ Adults with a high school education or less (37 and 33 percent for less than a high school education and a high school education respectively) had significantly higher percentage of adults who had been told that they had high blood pressure compared to adults with some college education (25 percent) or a college degree (20 percent).
- ◆ Significantly higher percentages of adults with household income of less than \$25,000 indicated that they had been told that they had high blood pressure compared to the adults with household incomes of \$50,000 or more.
- ◆ No significant differences were seen for sex or race.

## Are you taking medication for your high blood pressure?

- ◆ 77 percent of Pennsylvania adults who were ever told they had high blood pressure reported in 2001 that they were taking blood pressure medication.
- ◆ Females have a significantly higher percentage of taking blood pressure medication (82 percent) compared to males (70 percent)
- ◆ Significantly higher percentages are seen in each older age group compared to their younger counterparts.
- ◆ Adults with household incomes of \$15,000-\$24,999 are significantly more likely to take medication for high blood pressure (83 percent) than adults with household incomes of \$25,000-\$49,999 (71 percent).
- ◆ No significant differences were seen for education or race.

# HYPERTENSION AWARENESS

FIGURE 14A  
Percent Ever Told Blood Pressure Was High  
Pennsylvania Adults, 1995-1997, 1999, and 2001

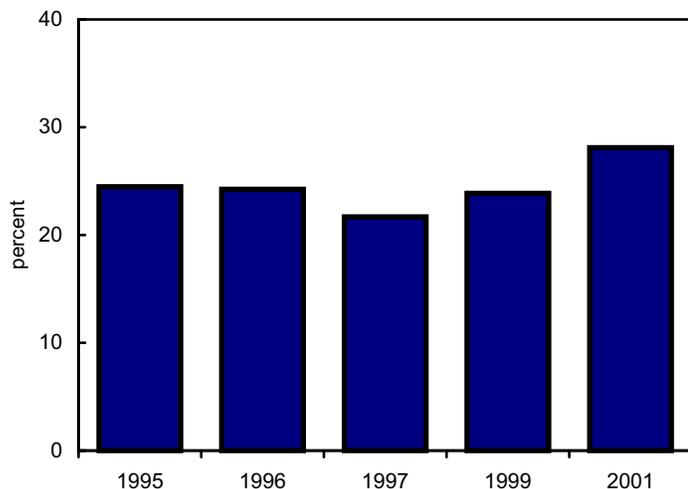


FIGURE 14B  
Percent With High Blood Pressure Taking Medication  
Pennsylvania Adults by Sex and Age, 2001

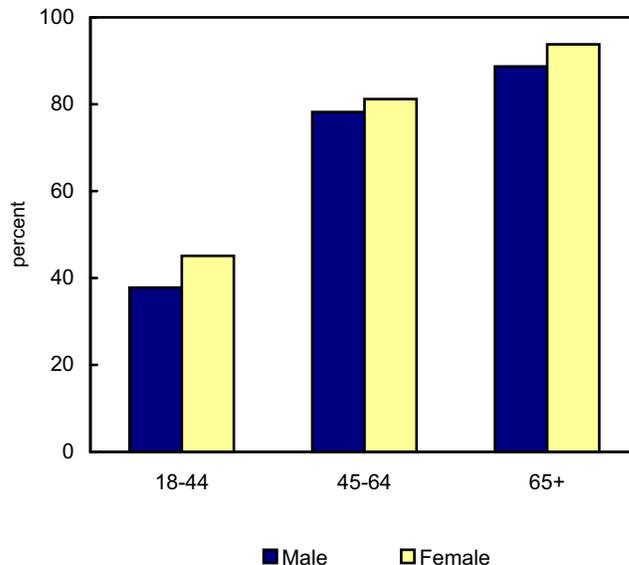


TABLE 14  
Hypertension Awareness  
Pennsylvania Adults, 2001 (with 95% confidence intervals)

|                      | Ever told blood pressure was high* |      |    |       | Taking medication for high blood pressure* |     |    |       |
|----------------------|------------------------------------|------|----|-------|--|-----|----|-------|
|                      | Total No.                          | No.  | %  | CI    | Total No.                                  | No. | %  | CI    |
| All Adults           | 3657                               | 1059 | 28 | 26-30 | 1058                                       | 826 | 77 | 74-80 |
| Male                 | 1480                               | 415  | 27 | 25-30 | 415  | 292 | 70 | 65-75 |
| Female               | 2177                               | 644  | 29 | 27-31 | 643  | 534 | 82 | 79-85 |
| Age:                 |                                    |      |    |       |  |     |    |       |
| 18-29                | 540                                | 42   | 8  | 5-11  | 42   | #   |    |       |
| 30-44                | 1069                               | 156  | 15 | 13-18 | 156  | 81  | 53 | 44-62 |
| 45-64                | 1231                               | 416  | 35 | 32-38 | 416  | 334 | 80 | 76-84 |
| 65+                  | 788                                | 435  | 56 | 52-59 | 434  | 398 | 92 | 89-95 |
| Education:           |                                    |      |    |       |  |     |    |       |
| <High School         | 381                                | 153  | 37 | 32-43 | 152  | 128 | 81 | 73-89 |
| High School          | 1432                               | 479  | 33 | 30-36 | 479  | 383 | 79 | 74-83 |
| Some College         | 852                                | 223  | 25 | 22-29 | 223  | 167 | 71 | 64-78 |
| College Degree       | 987                                | 203  | 20 | 17-22 | 203  | 148 | 76 | 70-82 |
| Income:              |                                    |      |    |       |  |     |    |       |
| <\$15,000            | 378                                | 152  | 34 | 28-40 | 152  | 130 | 83 | 75-90 |
| \$15,000 to \$24,999 | 634                                | 227  | 35 | 31-40 | 227  | 189 | 83 | 78-88 |
| \$25,000 to \$49,999 | 1150                               | 306  | 27 | 24-30 | 306  | 223 | 71 | 65-76 |
| \$50,000 to \$74,999 | 541                                | 116  | 22 | 18-26 | 116  | 86  | 75 | 67-84 |
| \$75,000+            | 541                                | 119  | 23 | 19-27 | 119  | 81  | 73 | 65-81 |
| Race:                |                                    |      |    |       |  |     |    |       |
| White, non-Hispanic  | 3213                               | 923  | 28 | 26-30 | 922  | 719 | 77 | 74-80 |
| Black, non-Hispanic  | 247                                | 90   | 32 | 26-39 | 90   | 72  | 80 | 72-89 |
| Hispanic             | 77                                 | 14   | 23 | 11-35 | 14   | #   |    |       |

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

# CHOLESTEROL AWARENESS

## Have you ever had your blood cholesterol checked?

- ◆ In 2001, 79 percent of Pennsylvania adults responded “Yes” to ever having had their blood cholesterol checked.
- ◆ 51 percent of adults aged 18-29 said that their blood cholesterol had ever been checked. This was significantly lower than for any of the other age groups. Also, the 76 percent for those aged 30-44 checked was significantly lower than the 91 percent for adults aged 45-64 and the 94 percent for those aged 65+.
- ◆ Adults with a college degree had significantly higher percentages (84) compared to adults with less than a high school education (72 percent).
- ◆ 87 percent of adults with household incomes of \$75,000+ had had their blood cholesterol checked –significantly higher than the \$25,000-\$49,999 (78 percent) and <\$15,000 (70 percent) household income groups.
- ◆ There was no significant difference associated with race.

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

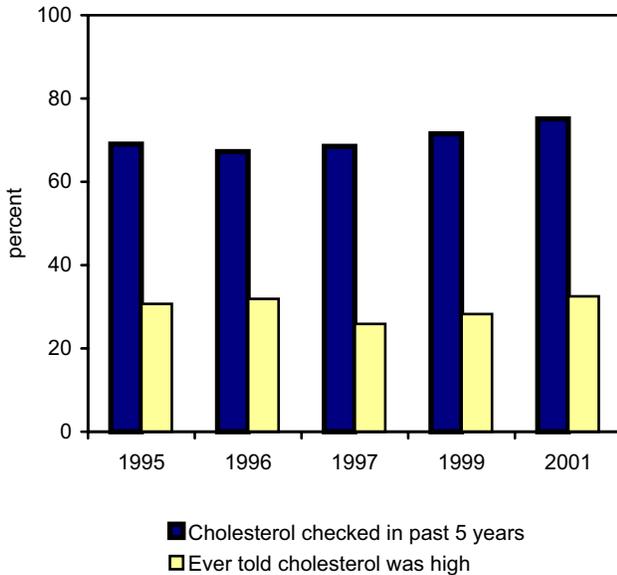
- ◆ 75 percent of Pennsylvania adults said in 2001 that they had had their blood cholesterol checked in the past 5 years.
- ◆ Each older age group is significantly higher in percentage compared to its younger counterparts.
- ◆ A much higher percentage of adults who had had their cholesterol checked in the past 5 years was observed for those with household incomes of \$75,000+ (81 percent) compared to the \$25,000-\$49,999 (74 percent) and the <\$15,000 (67 percent) household income groups.
- ◆ No significant difference was seen for education or race.

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

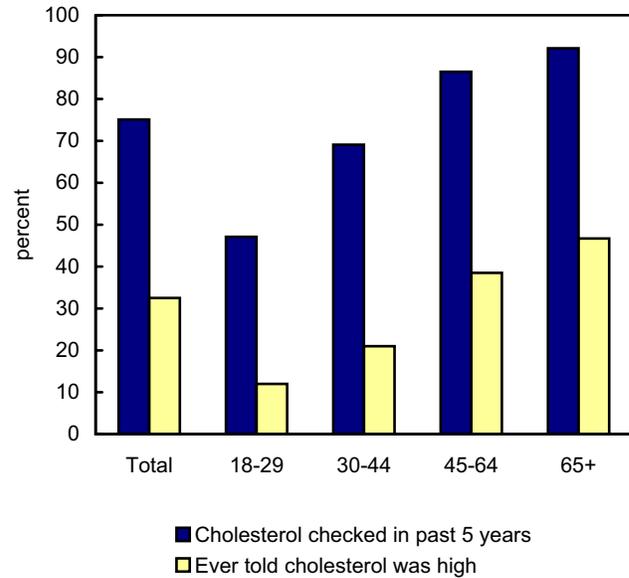
- ◆ 33 percent of Pennsylvania adults reported in 2001 that they had ever been told by a medical professional that their blood cholesterol was high.
- ◆ Each age group, beginning with the aged 18-29, was significantly lower in percentage compared to older age groups.
- ◆ Adults with less than a high school education had a significantly higher percentage of ever being told their cholesterol was high (43 percent) compared to adults with some college education (30 percent) or a college degree (27 percent).
- ◆ Adults with household incomes of \$15,000-\$24,999 had a significantly higher percentage of high cholesterol (38 percent) compared to adults with household incomes of \$75,000+ (26 percent).
- ◆ White, non-Hispanic adults had a significantly higher percentage (34) compared to Hispanic adults (13 percent).

# CHOLESTEROL AWARENESS

**FIGURE 15A**  
Cholesterol Awareness, Percent by Type  
Pennsylvania Adults, 1995-97, 1999 and 2001



**FIGURE 15B**  
Cholesterol Awareness, Percent by Type and Age  
Pennsylvania Adults, 2001



**TABLE 15**  
Cholesterol Awareness  
Pennsylvania Adults, 2001 (with 95% confidence intervals)

|                      | Ever had cholesterol checked* |      |    |       | Cholesterol checked in past 5 years* |      |    |       | Ever told cholesterol was high* |     |    |       |
|----------------------|-------------------------------|------|----|-------|--------------------------------------|------|----|-------|---------------------------------|-----|----|-------|
|                      | Total No.                     | No.  | %  | CI    | Total No.                            | No.  | %  | CI    | Total No.                       | No. | %  | CI    |
| All Adults           | 3594                          | 2918 | 79 | 78-81 | 3561                                 | 2728 | 75 | 73-77 | 2903                            | 951 | 33 | 31-34 |
| Male                 | 1456                          | 1178 | 79 | 77-82 | 1445                                 | 1111 | 76 | 73-78 | 1171                            | 396 | 34 | 31-37 |
| Female               | 2138                          | 1740 | 80 | 77-82 | 2116                                 | 1617 | 75 | 72-77 | 1732                            | 555 | 31 | 29-34 |
| Age:                 |                               |      |    |       |                                      |      |    |       |                                 |     |    |       |
| 18-29                | 513                           | 262  | 51 | 45-56 | 506                                  | 237  | 47 | 42-53 | 261                             | 31  | 12 | 7-17  |
| 30-44                | 1056                          | 797  | 76 | 73-78 | 1051                                 | 725  | 69 | 66-72 | 795                             | 164 | 21 | 18-24 |
| 45-64                | 1224                          | 1112 | 91 | 89-93 | 1219                                 | 1051 | 87 | 84-89 | 1105                            | 410 | 39 | 35-42 |
| 65+                  | 772                           | 722  | 94 | 93-96 | 759                                  | 695  | 92 | 90-94 | 717                             | 338 | 47 | 43-51 |
| Education:           |                               |      |    |       |                                      |      |    |       |                                 |     |    |       |
| <High School         | 364                           | 275  | 72 | 66-77 | 359                                  | 258  | 69 | 63-75 | 272                             | 120 | 43 | 36-50 |
| High School          | 1410                          | 1124 | 79 | 76-81 | 1400                                 | 1068 | 75 | 73-78 | 1116                            | 399 | 35 | 32-39 |
| Some College         | 840                           | 691  | 79 | 76-83 | 833                                  | 642  | 74 | 70-78 | 690                             | 211 | 30 | 26-34 |
| College Degree       | 975                           | 823  | 84 | 81-87 | 965                                  | 756  | 78 | 75-81 | 820                             | 219 | 27 | 23-30 |
| Income:              |                               |      |    |       |                                      |      |    |       |                                 |     |    |       |
| <\$15,000            | 367                           | 280  | 70 | 63-78 | 359                                  | 261  | 67 | 60-75 | 280                             | 110 | 36 | 29-43 |
| \$15,000 to \$24,999 | 623                           | 499  | 79 | 75-83 | 619                                  | 470  | 75 | 71-79 | 496                             | 191 | 38 | 33-43 |
| \$25,000 to \$49,999 | 1137                          | 898  | 78 | 75-81 | 1130                                 | 848  | 74 | 71-77 | 894                             | 273 | 31 | 28-34 |
| \$50,000 to \$74,999 | 531                           | 436  | 81 | 77-85 | 530                                  | 398  | 75 | 71-79 | 435                             | 133 | 33 | 28-38 |
| \$75,000+            | 536                           | 472  | 87 | 83-90 | 534                                  | 440  | 81 | 78-85 | 470                             | 121 | 26 | 22-31 |
| Race:                |                               |      |    |       |                                      |      |    |       |                                 |     |    |       |
| White, non-Hispanic  | 3153                          | 2580 | 81 | 79-82 | 3125                                 | 2403 | 76 | 74-78 | 2566                            | 859 | 34 | 32-36 |
| Black, non-Hispanic  | 245                           | 199  | 78 | 71-85 | 244                                  | 193  | 76 | 69-83 | 198                             | 61  | 29 | 22-36 |
| Hispanic             | 77                            | 56   | 73 | 61-84 | 76                                   | 54   | 71 | 59-82 | 56                              | 8   | 13 | 3-22  |

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

# ORAL HEALTH

## Visited dentist in past year:

- ◆ 71 percent of Pennsylvania adults said in 2001 that they had visited a dentist or a dental clinic in the past year.
- ◆ Females had a significantly higher percentage of dental visits in the past year (75 percent) compared to males (67 percent).
- ◆ Adults aged 45-64 had a significantly higher percentage (77) compared to adults aged 18-29 (68 percent) and adults aged 65+ (59 percent).
- ◆ All groups with more education were significantly higher in percentages compared to less educated groups.
- ◆ Adults with household incomes of \$50,000+ had significantly higher percentages compared to the household income groups that are below \$50,000.
- ◆ White, non-Hispanic adults had a significantly higher percentage of dental visits in the past year (73 percent) compared to Hispanics (56 percent).

## Had 0-5 permanent teeth removed:

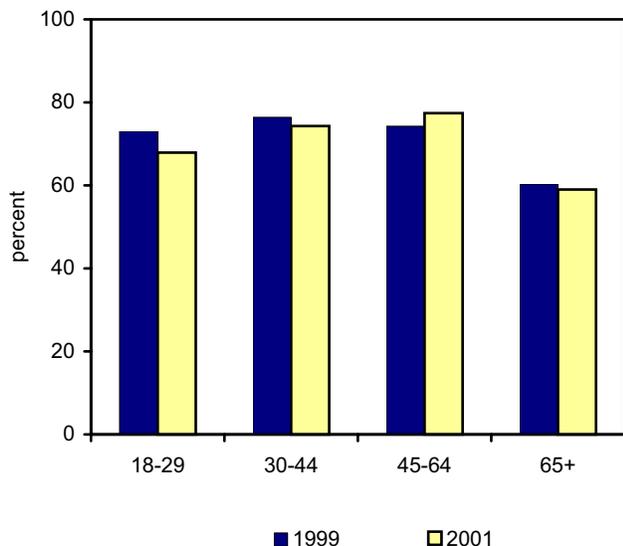
- ◆ In the 2001 survey, 77 percent of Pennsylvania adults responded that they had had less than six permanent teeth removed due to tooth decay or gum disease.
- ◆ There were significant differences between every age group and between every educational level. Percentages declined significantly with advancing age (99 percent for 18-29 year-olds to 40 percent for those 65+) and increased significantly with each higher educational attainment (54 percent for adults without a high school education to 93 percent for college graduates)
- ◆ Higher household income groups were significantly higher in percentages compared to lower household income groups. This was true for all adjacent household income groups, except for the lowest two household income groups (<\$15,000 and \$15,000-\$24,999).
- ◆ No significant differences were seen for sex or race.

## Have had all permanent teeth removed:

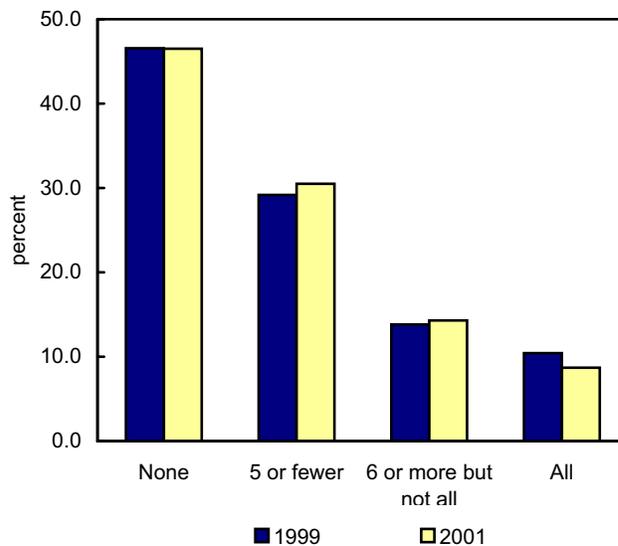
- ◆ 9 percent of Pennsylvania adults have had all of their permanent teeth removed due to tooth decay or gum disease, according to the 2001 survey.
- ◆ A significantly higher percentage of women had all their teeth removed (10 percent) compared to men (7 percent).
- ◆ There were significant higher percentages with increased age. 29 percent of residents aged 65+ had all of their permanent teeth removed, compared to 9 percent aged 45-64; 1 percent aged 30-44. No Pennsylvania adults, aged 18-29, responded that all their permanent teeth were removed in the 2003 BRFSS survey.
- ◆ 24 percent of adults with less than a high school education had all their teeth removed – significantly higher than for all the other more educated groups.
- ◆ Adults with household incomes under \$25,000 had significantly higher percentages of having had all teeth removed compared to all adults with household incomes of \$25,000+.
- ◆ No significant difference was seen for race.

# ORAL HEALTH

**FIGURE 16A**  
**Percent Having Last Visit to Dentist in the Past Year**  
**Pennsylvania Adults by Age, 1999 & 2001**



**FIGURE 16B**  
**Permanent Teeth Removed\*\*, Percent by Number**  
**Pennsylvania Adults, 1999 & 2001**



**TABLE 16**  
**Oral Health**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Visited dentist in past year* |      |    |       | Have had 0-5 permanent teeth removed* ** |      |    |        | Have had all permanent teeth removed* ** |     |    |       |
|----------------------|-------------------------------|------|----|-------|--|------|----|--------|--|-----|----|-------|
|                      | Total No.                     | No.  | %  | CI    | Total No.                                | No.  | %  | CI     | Total No.                                | No. | %  | CI    |
| All Adults           | 3568                          | 2573 | 71 | 69-73 | 3507                                     | 2655 | 77 | 75-79  | 3507                                     | 327 | 9  | 8-10  |
| Male                 | 1446                          | 992  | 67 | 64-70 | 1428                                     | 1104 | 78 | 76-81  | 1428                                     | 104 | 7  | 6-8   |
| Female               | 2122                          | 1581 | 75 | 73-77 | 2079                                     | 1551 | 76 | 74-78  | 2079                                     | 223 | 10 | 9-12  |
| Age:                 |                               |      |    |       |  |      |    |        |  |     |    |       |
| 18-29                | 528                           | 361  | 68 | 63-73 | 529                                      | 524  | 99 | 99-100 | 529                                      | 0   | 0  | 0-0   |
| 30-44                | 1049                          | 806  | 74 | 71-78 | 1042                                     | 967  | 93 | 91-95  | 1042                                     | 11  | 1  | 0-1   |
| 45-64                | 1206                          | 932  | 77 | 75-80 | 1180                                     | 854  | 72 | 69-75  | 1180                                     | 108 | 9  | 7-11  |
| 65+                  | 763                           | 456  | 59 | 55-63 | 734                                      | 295  | 40 | 36-44  | 734                                      | 207 | 29 | 25-32 |
| Education:           |                               |      |    |       |  |      |    |        |  |     |    |       |
| <High School         | 362                           | 174  | 49 | 43-55 | 356                                      | 171  | 54 | 49-60  | 356                                      | 97  | 24 | 19-29 |
| High School          | 1392                          | 952  | 67 | 64-70 | 1366                                     | 926  | 69 | 66-72  | 1366                                     | 157 | 11 | 9-13  |
| Some College         | 833                           | 624  | 74 | 71-77 | 818                                      | 668  | 83 | 80-86  | 818                                      | 56  | 6  | 5-8   |
| College Degree       | 977                           | 820  | 83 | 80-86 | 964                                      | 887  | 93 | 91-94  | 964                                      | 17  | 2  | 1-2   |
| Income:              |                               |      |    |       |  |      |    |        |  |     |    |       |
| <\$15,000            | 367                           | 202  | 61 | 54-67 | 361                                      | 180  | 61 | 55-67  | 361                                      | 85  | 18 | 14-23 |
| \$15,000 to \$24,999 | 622                           | 354  | 53 | 49-58 | 617                                      | 384  | 63 | 59-68  | 617                                      | 101 | 15 | 12-18 |
| \$25,000 to \$49,999 | 1129                          | 827  | 71 | 67-74 | 1104                                     | 877  | 78 | 75-81  | 1104                                     | 71  | 8  | 6-9   |
| \$50,000 to \$74,999 | 532                           | 437  | 81 | 77-85 | 528                                      | 464  | 88 | 85-91  | 528                                      | 16  | 3  | 1-4   |
| \$75,000+            | 537                           | 479  | 88 | 85-91 | 532                                      | 503  | 94 | 92-97  | 532                                      | 5   | 1  | 0-3   |
| Race:                |                               |      |    |       |  |      |    |        |  |     |    |       |
| White, non-Hispanic  | 3144                          | 2305 | 73 | 71-75 | 3090                                     | 2359 | 77 | 76-79  | 3090                                     | 279 | 9  | 8-10  |
| Black, non-Hispanic  | 239                           | 153  | 65 | 58-72 | 237                                      | 159  | 71 | 64-77  | 237                                      | 26  | 9  | 5-13  |
| Hispanic             | 75                            | 44   | 56 | 43-69 | 71                                       | 60   | 81 | 69-93  | 71                                       | 6   | 9  | 1-17  |

\*Excludes missing, don't know, and refused. \*\*Due to decay or gum disease.

# OSTEOPOROSIS

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

- ◆ 40 percent of Pennsylvania women responded in 2001 that they received counseling from a health care professional about osteoporosis and its prevention.
- ◆ Women aged 45+ had significantly higher percentages of counseling compared to women less than age 45.
- ◆ White non-Hispanic women had a significantly higher percentage (41) compared to black non-Hispanic women (28 percent).
- ◆ No significant differences were found in the categories of education or income.

## How often do you eat dairy products?

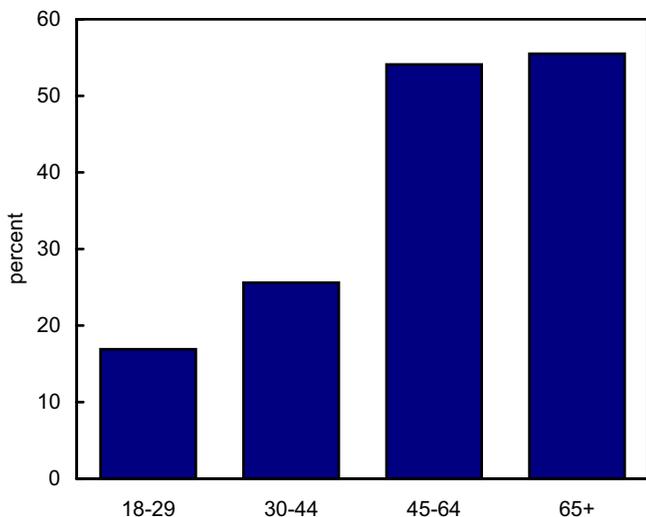
- ◆ 74 percent of Pennsylvania women reported eating dairy products on a daily basis, 37 percent of women ate dairy products two or more times a day and 17 percent ate dairy three or more time daily.
- ◆ A significantly higher percentage of women aged 18-29 ate dairy products two or more times a day (50 percent) compared to women aged 45-64 (33 percent) and women 65+ (27 percent).
- ◆ Women with a high school education or more had significantly higher percentages of having dairy two or more time daily (38 percent) compared to women with less than a high school education (21 percent).
- ◆ Women with household incomes of \$50,000+ had significantly higher percentages compared to women with household incomes of \$15,000-\$24,999 (28 percent).
- ◆ The percentage of white, non-Hispanic women that ate dairy two or more times daily (38 percent) was significantly higher compared to black, non-Hispanic women (24 percent).

## Do you take a calcium supplement?

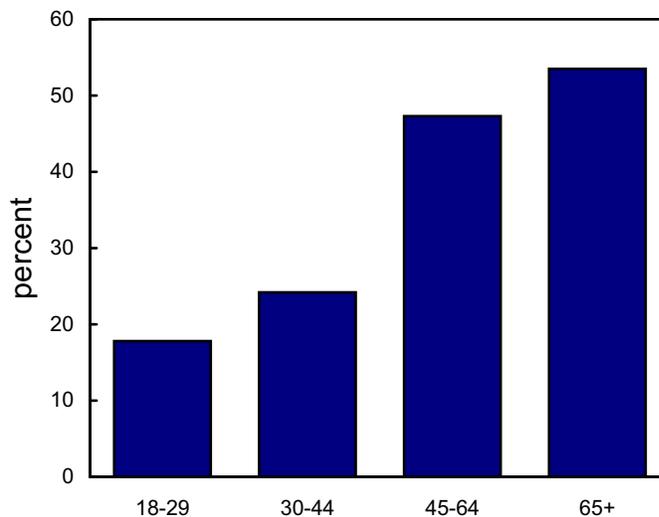
- ◆ 37 percent of Pennsylvania women in 2001 said that they take a calcium supplement (not including a multiple vitamin).
- ◆ Women aged 45+ had significantly higher percentages compared to women less than age 45.
- ◆ A significantly higher percentage of white, non-Hispanic women (39 percent) said that they take a calcium supplement compared to black, non-Hispanic women (27 percent).
- ◆ There were no significant differences seen for education or income.

# OSTEOPOROSIS

**FIGURE 17A**  
**Percent of Women Counseled About Osteoporosis**  
**Pennsylvania Women by Age, 2001**



**FIGURE 17B**  
**Percent of Women Taking Calcium Supplements\*\***  
**Pennsylvania Women by Age, 2001**



**TABLE 17**  
**Osteoporosis**  
**Pennsylvania Women, 2001 (with 95% confidence intervals)**

|                      | Counseled about Osteoporosis* |     |    |       | Eat dairy 2+ times daily* |     |    |       | Taking Calcium Supplements** |     |    |       |
|----------------------|-------------------------------|-----|----|-------|---------------------------|-----|----|-------|------------------------------|-----|----|-------|
|                      | Total No.                     | No. | %  | CI    | Total No.                 | No. | %  | CI    | Total No.                    | No. | %  | CI    |
| <b>Females</b>       | 2105                          | 854 | 40 | 37-42 | 2077                      | 730 | 37 | 34-39 | 2109                         | 792 | 37 | 34-39 |
| <b>Age:</b>          |                               |     |    |       |                           |     |    |       |                              |     |    |       |
| 18-29                | 291                           | 44  | 17 | 10-24 | 288                       | 128 | 50 | 43-57 | 291                          | 42  | 18 | 11-25 |
| 30-44                | 600                           | 153 | 26 | 22-29 | 597                       | 226 | 39 | 35-43 | 600                          | 157 | 24 | 21-28 |
| 45-64                | 699                           | 384 | 54 | 50-58 | 690                       | 236 | 33 | 30-37 | 700                          | 328 | 47 | 43-52 |
| 65+                  | 499                           | 269 | 56 | 51-60 | 486                       | 133 | 27 | 23-31 | 501                          | 260 | 54 | 49-58 |
| <b>Education:</b>    |                               |     |    |       |                           |     |    |       |                              |     |    |       |
| <High School         | 229                           | 70  | 30 | 23-37 | 219                       | 45  | 21 | 15-27 | 227                          | 85  | 34 | 27-40 |
| High School          | 807                           | 323 | 39 | 36-43 | 795                       | 252 | 33 | 29-37 | 808                          | 280 | 35 | 32-39 |
| Some College         | 525                           | 231 | 41 | 36-46 | 517                       | 209 | 42 | 37-48 | 528                          | 194 | 35 | 30-40 |
| College Degree       | 543                           | 229 | 42 | 37-47 | 544                       | 222 | 42 | 37-47 | 544                          | 232 | 42 | 38-47 |
| <b>Income:</b>       |                               |     |    |       |                           |     |    |       |                              |     |    |       |
| <\$15,000            | 250                           | 91  | 36 | 27-45 | 246                       | 79  | 37 | 28-47 | 248                          | 81  | 35 | 25-45 |
| \$15,000 to \$24,999 | 393                           | 158 | 38 | 33-44 | 385                       | 107 | 28 | 23-34 | 394                          | 136 | 33 | 28-38 |
| \$25,000 to \$49,999 | 651                           | 264 | 40 | 36-44 | 648                       | 225 | 36 | 32-40 | 652                          | 240 | 36 | 32-40 |
| \$50,000 to \$74,999 | 276                           | 98  | 35 | 29-41 | 274                       | 113 | 42 | 36-49 | 276                          | 102 | 36 | 30-42 |
| \$75,000+            | 264                           | 125 | 45 | 39-52 | 264                       | 119 | 47 | 40-53 | 264                          | 113 | 40 | 34-47 |
| <b>Race:</b>         |                               |     |    |       |                           |     |    |       |                              |     |    |       |
| White, non-Hispanic  | 1843                          | 775 | 41 | 39-44 | 1820                      | 667 | 38 | 36-41 | 1846                         | 717 | 39 | 36-41 |
| Black, non-Hispanic  | 155                           | 46  | 28 | 20-36 | 152                       | 32  | 24 | 16-33 | 156                          | 45  | 27 | 19-35 |
| Hispanic             | 50                            | 16  | 37 | 21-53 | 50                        | 13  | 27 | 14-41 | 50                           | 11  | 25 | 10-40 |

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

# CARDIOVASCULAR DISEASE

## To lower your risk, has a doctor advised you to ... ?

- ◆ 24 percent of Pennsylvania adults' aged 35+ had been told by a health professional in the past twelve months to eat fewer high fat or high cholesterol foods, 33 percent had been told to eat more fruits and vegetables and 31 percent had been told to be more physically active.
- ◆ 42 percent of Pennsylvania adults aged 35+ had been told by a health professional in the past twelve months that they should do either one or a combination of these behaviors.
- ◆ Significantly higher percentages of adults aged 55+ had been told by a health professional in the past twelve months that they should eat fewer high fat or high cholesterol foods, eat more fruits and vegetables, or be more physically active compared to adults aged 35-44 (33 percent).
- ◆ Percentages of adults aged 35+ with a high school education or less were significantly more likely to be told (46 percent) compared to adults aged 35+ with a college degree (37 percent).
- ◆ Adults aged 35+ with household incomes less than \$15,000 had a significantly higher percentage (54) compared to adults aged 35+ with household incomes of \$25,000+ (41 percent).
- ◆ Black, non-Hispanic adults aged 35+ had a significantly higher percentage of being told by a health professional in the past twelve months that they should eat fewer high fat or high cholesterol foods, eat more fruits and vegetables, or be more physically active (57 percent) compared to white, non-Hispanic adults aged 35+ (41 percent).

## To lower risk of cardiovascular disease, are you ... ?

- ◆ In order to lower their risk of developing heart disease or stroke, 71 percent of Pennsylvania adults' aged 35+ are eating fewer high fat or high cholesterol foods, 81 percent are eating more fruits and vegetables and 64 percent are more physically active.
- ◆ 93 percent of Pennsylvania adults aged 35+ did either one or a combination of these behaviors in order to reduce their risk of developing heart disease or stroke.
- ◆ A significantly higher percentage of females ate fewer high fat or cholesterol foods, ate more fruits and vegetable or were more physically active in order to reduce their risk of heart disease or stroke (95 percent) compared to males (90 percent).
- ◆ Adults age 65+ had a significantly higher percentage (95) compared to adults aged 35-44 (89 percent).
- ◆ Black, non-Hispanic adults aged 35+ had a significantly higher percentage (97) compared to white non-Hispanic adults (92 percent).

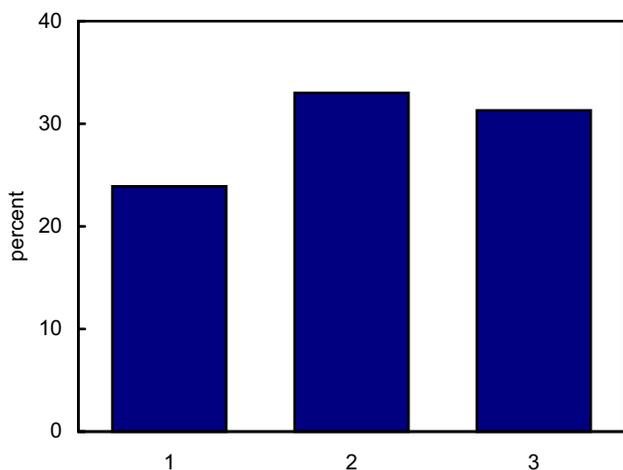
## Has a doctor ever told you that you had a heart attack, heart disease or a stroke?

- ◆ According to the 2001 survey, 6 percent of Pennsylvania adults' aged 35+ had been told by a doctor that they had a heart attack, 7 percent had been told that they had angina or heart disease and 3 percent were told that they had a stroke.
- ◆ 11 percent of Pennsylvania adults aged 35+ had either one or a combination of these cardiovascular conditions.
- ◆ As age increased, each age group had a significantly higher percentage of being told they had a heart attack, heart disease, or a stroke compared to younger age groups.
- ◆ Adults aged 35+ with less than a high school education had a significantly higher percentage of having been told they had a heart attack, heart disease, or a stroke (24 percent) compared to aged 35+ adults with a high school education or higher (10 percent).
- ◆ Significantly higher percentages of adults aged 35+ with household incomes less than \$50,000 had been told they had a heart attack, heart disease, or a stroke compared to adults aged 35+ with household incomes of \$50,000+.
- ◆ No significant differences were seen for sex or race.

# CARDIOVASCULAR DISEASE

FIGURE 18A

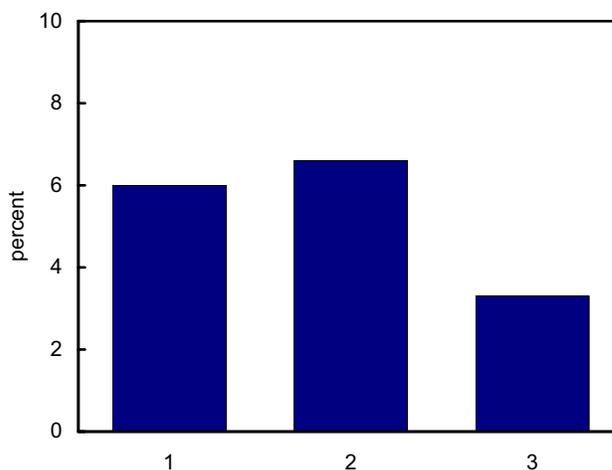
Advice from a Health Professional, Percent by Type  
Pennsylvania Adults Age 35+, 2001



- 1 - Eat fewer high fat or high cholesterol foods
- 2 - Eat more fruits and vegetables
- 3 - Be more physically active

FIGURE 18B

Cardiovascular Disease, Percent by Type  
Pennsylvania Adults Age 35+, 2001



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

TABLE 18

Cardiovascular Disease  
Pennsylvania Adults Age 35+, 2001 (with 95% confidence intervals)

|                      | Dr. advised less fat/cholest., more fruits/veg., more physical activity* |      |    |       | Eating less fat/cholest. or more fruits/veg., more physical activity* |      |    |        | Ever told they had heart attack, heart disease, or stroke* |     |    |       |
|----------------------|--|------|----|-------|---|------|----|--------|--|-----|----|-------|
|                      | Total No.  | No.  | %  | CI    | Total No.   | No.  | %  | CI     | Total No.  | No. | %  | CI    |
| All Adults           | 2750   | 1144 | 42 | 40-45 | 2665  | 2471 | 93 | 92-94  | 2665   | 290 | 11 | 10-13 |
| Male                 | 1096   | 434  | 41 | 38-44 | 1058  | 950  | 90 | 88-92  | 1063   | 145 | 14 | 11-16 |
| Female               | 1654   | 710  | 44 | 41-46 | 1607  | 1521 | 95 | 94-96  | 1602   | 145 | 9  | 8-11  |
| Age:                 |  |      |    |       |   |      |    |        |  |     |    |       |
| 35-44                | 729  | 227  | 33 | 29-37 | 708   | 633  | 89 | 87-92  | 708  | 14  | 2  | 1-3   |
| 45-54                | 717  | 301  | 43 | 39-47 | 698   | 650  | 93 | 91-95  | 695  | 37  | 5  | 4-7   |
| 55-64                | 515  | 246  | 51 | 46-56 | 505   | 472  | 94 | 92-96  | 506  | 58  | 12 | 9-16  |
| 65+                  | 789  | 370  | 46 | 42-50 | 754   | 716  | 95 | 93-96  | 756  | 181 | 25 | 21-28 |
| Education:           |  |      |    |       |   |      |    |        |  |     |    |       |
| <High School         | 300  | 150  | 49 | 42-55 | 278   | 254  | 91 | 87-95  | 283  | 65  | 24 | 18-30 |
| High School          | 1138   | 498  | 45 | 42-48 | 1098  | 1012 | 92 | 90-94  | 1097   | 129 | 12 | 10-15 |
| Some College         | 598  | 235  | 40 | 36-44 | 586   | 543  | 92 | 90-95  | 581  | 50  | 8  | 6-11  |
| College Degree       | 711  | 259  | 37 | 33-41 | 701   | 660  | 95 | 93-96  | 703  | 46  | 7  | 5-9   |
| Income:              |  |      |    |       |   |      |    |        |  |     |    |       |
| <\$15,000            | 302  | 156  | 54 | 47-60 | 288   | 269  | 93 | 90-96  | 287  | 63  | 22 | 17-28 |
| \$15,000 to \$24,999 | 484  | 216  | 46 | 41-51 | 471   | 443  | 94 | 91-96  | 472  | 78  | 18 | 14-22 |
| \$25,000 to \$49,999 | 822  | 337  | 41 | 38-45 | 802   | 731  | 91 | 89-93  | 801  | 80  | 11 | 9-14  |
| \$50,000 to \$74,999 | 380  | 135  | 38 | 33-44 | 372   | 350  | 94 | 92-97  | 372  | 16  | 5  | 2-7   |
| \$75,000+            | 434  | 169  | 41 | 36-46 | 432   | 397  | 91 | 89-94  | 431  | 10  | 2  | 1-4   |
| Race:                |  |      |    |       |   |      |    |        |  |     |    |       |
| White, non-Hispanic  | 2442   | 986  | 41 | 39-43 | 2376  | 2198 | 92 | 91-94  | 2373   | 260 | 12 | 10-13 |
| Black, non-Hispanic  | 185  | 102  | 57 | 49-65 | 178   | 173  | 97 | 95-100 | 179  | 17  | 8  | 4-13  |
| Hispanic             | 47   | #    |    |       | 43  | #    |    |        | 43   | #   |    |       |

#Data not reported due to N<50

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

# WEIGHT CONTROL

## Are you trying to lose weight?

- ◆ In the 2001 survey, 47 percent of Pennsylvania adults responded that they were trying to lose weight. This included 61 percent of overweight adults and 73 percent of obese adults in Pennsylvania.
- ◆ Significantly higher percentages of females (54 percent) compared to males (38 percent) were trying to lose weight in 2001.
- ◆ Adults between the ages of 45-64 were trying to lose weight at a significantly higher percentage (56) compared to adults less than age 45 (43 percent) and adults aged 65+ (42 percent).
- ◆ A significantly higher percentage of adults with some college education were trying to lose weight (50 percent) compared to adults with less than a high school education (39 percent).
- ◆ Pennsylvania adults with household incomes of \$75,000+ had a significantly higher percentage of trying to lose weight (51 percent) compared to those with household incomes less than \$25,000 (41 percent).
- ◆ No significant differences were seen for race.

## Eating fewer calories to lose weight?

- ◆ 87 percent of Pennsylvania adults trying to lose weight were doing so by eating fewer calories.
- ◆ Females had a percentage significantly higher for trying to lose weight by eating fewer calories (91 percent) compared to males (83 percent).
- ◆ No significant differences were seen for age, education, income, or race.

## Using physical activity to lose weight?

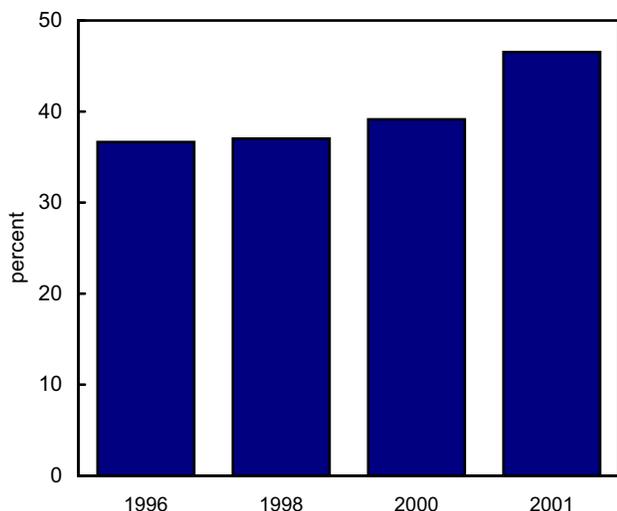
- ◆ 72 percent of Pennsylvania adults who were trying to lose weight responded “Yes” to the question “Are you using physical activity or exercise to lose weight?”.
- ◆ Adults aged 18-29 had a significantly higher percentage of using physical activity to lose weight (84 percent) compared to adults aged 45+ (66 percent).
- ◆ A significantly higher percentage of adults with a college degree were using physical activity to lose weight (78 percent) compared to adults with a high school education or less (66 percent).
- ◆ No significant differences were seen for sex, income, or race.

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

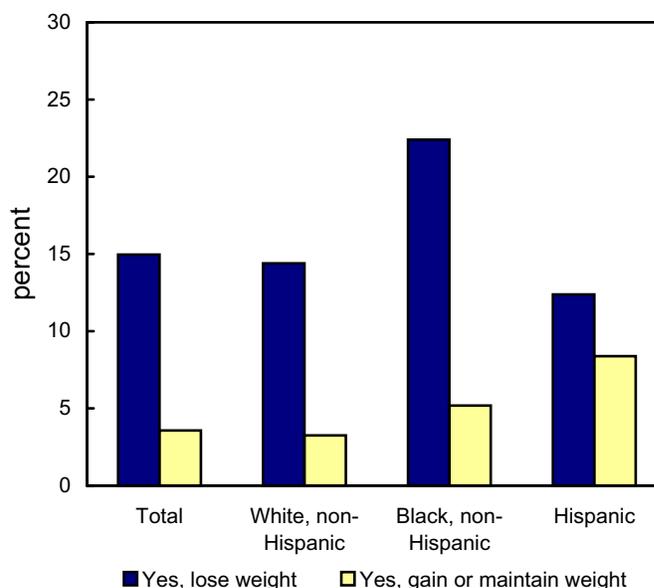
- ◆ In the 2001 survey, 18 percent of Pennsylvania adults said that they had received advice from a doctor in the past year. Of those receiving advice, 80 percent were told they should lose weight, 7 percent to gain weight and 13 percent to maintain their current weight.
- ◆ Females had a significantly higher percentage of receiving advice from a doctor to lose weight in the past year (17 percent) compared to males (12 percent).
- ◆ Adults aged 45-64 had a significantly higher percentage of being advised to lose weight (21 percent) compared to all the other age groups.
- ◆ No significant differences were seen for education, income or race.

# WEIGHT CONTROL

**FIGURE 19A**  
**Percent Trying to Lose Weight**  
**Pennsylvania Adults, 1996, 1998, 2000, and 2001**



**FIGURE 19B**  
**Percent Given Professional Advice**  
**About Weight in the Past Year by Race**  
**Pennsylvania Adults, 2001**



**TABLE 19**  
**Weight Control**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Trying to lose weight* |      |    |       | Trying to lose weight eating fewer calories* ** |      |    |       | Trying to lose weight using physical activity* ** |      |    |       |
|----------------------|------------------------|------|----|-------|---|------|----|-------|---|------|----|-------|
|                      | Total No.              | No.  | %  | CI    | Total No.                                       | No.  | %  | CI    | Total No.   | No.  | %  | CI    |
| All Adults           | 3578                   | 1723 | 47 | 45-48 | 1707  | 1504 | 87 | 86-89 | 1721  | 1218 | 72 | 69-74 |
| Male                 | 1452                   | 560  | 38 | 35-41 | 555   | 461  | 83 | 79-86 | 560   | 405  | 72 | 68-76 |
| Female               | 2126                   | 1163 | 54 | 52-57 | 1152  | 1043 | 91 | 89-92 | 1161  | 813  | 71 | 68-74 |
| Age:                 |                        |      |    |       |   |      |    |       |   |      |    |       |
| 18-29                | 529                    | 222  | 38 | 33-43 | 221   | 182  | 82 | 76-88 | 222   | 182  | 84 | 78-89 |
| 30-44                | 1050                   | 497  | 46 | 43-49 | 496   | 443  | 89 | 86-92 | 497   | 384  | 76 | 72-80 |
| 45-64                | 1211                   | 683  | 56 | 52-59 | 679   | 606  | 89 | 87-92 | 683   | 473  | 71 | 67-74 |
| 65+                  | 766                    | 311  | 42 | 38-46 | 303   | 266  | 87 | 82-91 | 309   | 173  | 57 | 52-63 |
| Education:           |                        |      |    |       |   |      |    |       |   |      |    |       |
| <High School         | 367                    | 151  | 39 | 34-45 | 150   | 126  | 82 | 75-89 | 151   | 90   | 63 | 54-71 |
| High School          | 1393                   | 660  | 46 | 43-49 | 652   | 572  | 87 | 84-90 | 660   | 444  | 67 | 63-71 |
| Some College         | 836                    | 433  | 50 | 46-54 | 428   | 380  | 88 | 84-92 | 432   | 317  | 74 | 70-79 |
| College Degree       | 979                    | 477  | 47 | 43-50 | 475   | 424  | 89 | 86-92 | 476   | 365  | 78 | 75-82 |
| Income:              |                        |      |    |       |   |      |    |       |   |      |    |       |
| <\$15,000            | 370                    | 159  | 39 | 32-46 | 157   | 137  | 89 | 83-94 | 159   | 90   | 63 | 54-72 |
| \$15,000 to \$24,999 | 626                    | 271  | 42 | 37-46 | 267   | 234  | 86 | 82-91 | 271   | 175  | 66 | 60-72 |
| \$25,000 to \$49,999 | 1128                   | 580  | 49 | 46-53 | 578   | 522  | 90 | 87-92 | 579   | 420  | 73 | 69-77 |
| \$50,000 to \$74,999 | 533                    | 262  | 49 | 44-54 | 260   | 229  | 89 | 85-93 | 262   | 205  | 77 | 72-83 |
| \$75,000+            | 538                    | 289  | 51 | 47-56 | 288   | 251  | 85 | 81-90 | 289   | 222  | 77 | 72-83 |
| Race:                |                        |      |    |       |   |      |    |       |   |      |    |       |
| White, non-Hispanic  | 3151                   | 1527 | 47 | 45-49 | 1515  | 1333 | 87 | 86-89 | 1525  | 1083 | 72 | 69-74 |
| Black, non-Hispanic  | 241                    | 118  | 50 | 42-57 | 118   | 107  | 87 | 79-95 | 118   | 79   | 71 | 62-80 |
| Hispanic             | 74                     | 39   | 48 | 35-61 | 38  | #    |    |       | 39  | #    |    |       |

#Data not reported due to N<50. \*Excludes missing, don't know, and refused. \*\* Denominator is persons who are trying to lose weight.

# VITAMIN and FOLIC ACID USE

## Do you take any vitamin pills or supplements?

- ◆ 55 percent of Pennsylvania adults responded “Yes” to taking vitamin pills or supplements in 2001.
- ◆ A significantly higher percentage of females (62 percent) compared to males (48 percent) said that they take vitamins or supplements.
- ◆ Significantly higher percentages of vitamin use were recorded for adults aged 45+ (63 percent) compared to adults less than age 45 (47 percent).
- ◆ All adults with a high school education or more had significantly higher percentages of vitamin or supplement use (57 percent) compared to adults with less than a high school education (43 percent).
- ◆ White, non-Hispanic adults had a higher percentage of vitamin use (57 percent) compared to Hispanic adults (35 percent).
- ◆ No significant differences were seen for income.
- ◆ Of those adults who take vitamin pills or supplements, 81 percent said that they take multivitamins.

## Do you take folic acid?

- ◆ 50 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 a high school education or less had significantly lower percentages of taking folic acid compared to college-educated women (62 percent).
- ◆ White, non-Hispanic women aged 18-44 had a significantly higher percentage of taking folic acid (53 percent) compared to black, non-Hispanic women aged 18-44 (36 percent).
- ◆ There were no significant differences by age or income in the percentages of women aged 18-44 who reported taking folic acid.

## Do you take vitamin pills or supplements daily?

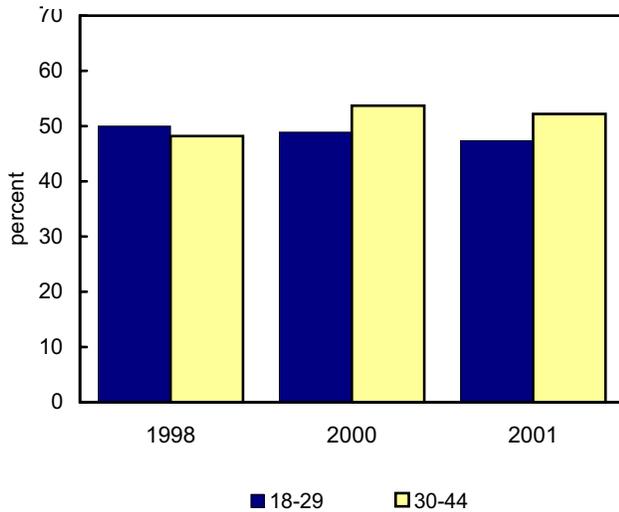
- ◆ 89 percent of the Pennsylvania women aged 18-44 who uses vitamin pills or supplements containing folic acid take them on a daily basis.
- ◆ No significant differences were observed for age, education, income or race.

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

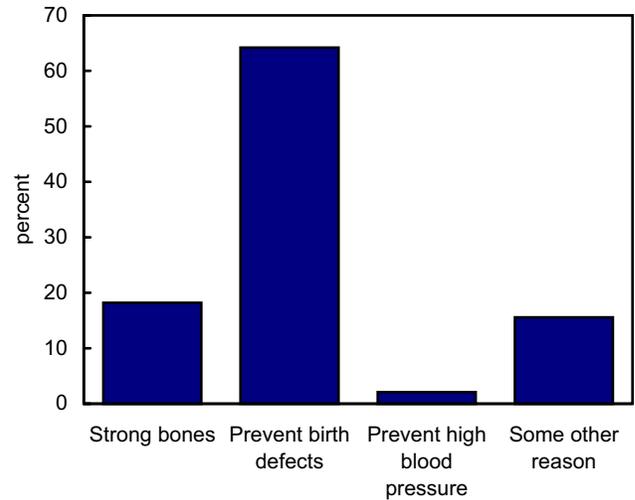
- ◆ 64 percent of Pennsylvania women aged 18-44 in 2001 believed that taking folic acid would help pregnant women to prevent birth defects.
- ◆ Other major reasons identified by women aged 18-44 for taking folic acid included making strong bones (18 percent) and preventing high blood pressure (2 percent).

# VITAMIN and FOLIC ACID USE

**FIGURE 20A**  
**Percent Taking Folic Acid**  
**Pennsylvania Women Age 18-44 by Age**  
**1998, 2000, and 2001**



**FIGURE 20B**  
**Reasons for Taking Folic Acid, Percent by Type**  
**Pennsylvania Women Age 18-44, 2001**



**TABLE 20**  
**Vitamin and Folic Acid Use**  
**Pennsylvania Adults, 2001 (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           | 3573                          | 2057 | 55 | 53-57 | 883  | 446 | 50  | 47-54 |
| Male                 | 1451                          | 729  | 48 | 45-51 | N/A  | N/A | N/A | N/A   |
| Female               | 2122                          | 1328 | 62 | 59-64 | 883  | 446 | 50  | 47-54 |
| Age:                 |                               |      |    |       |  |     |     |       |
| 18-29                | 529                           | 241  | 44 | 39-49 | 284  | 133 | 47  | 40-55 |
| 30-44                | 1050                          | 529  | 49 | 45-52 | 599  | 313 | 52  | 48-57 |
| 45-64                | 1210                          | 758  | 61 | 58-64 | N/A  | N/A | N/A | N/A   |
| 65+                  | 762                           | 517  | 67 | 63-70 | N/A  | N/A | N/A | N/A   |
| Education:           |                               |      |    |       |  |     |     |       |
| <High School         | 366                           | 174  | 43 | 37-49 | 61   | 23  | 39  | 25-53 |
| High School          | 1391                          | 749  | 53 | 50-56 | 284  | 122 | 43  | 36-49 |
| Some College         | 834                           | 501  | 57 | 53-61 | 251  | 123 | 50  | 42-58 |
| College Degree       | 979                           | 631  | 62 | 59-66 | 287  | 178 | 62  | 55-68 |
| Income:              |                               |      |    |       |  |     |     |       |
| <\$15,000            | 368                           | 196  | 51 | 44-59 | 67   | 27  | 48  | 28-68 |
| \$15,000 to \$24,999 | 625                           | 352  | 53 | 49-58 | 142  | 58  | 43  | 33-52 |
| \$25,000 to \$49,999 | 1126                          | 659  | 57 | 54-60 | 317  | 159 | 50  | 44-56 |
| \$50,000 to \$74,999 | 533                           | 310  | 56 | 51-60 | 154  | 91  | 57  | 49-66 |
| \$75,000+            | 538                           | 321  | 58 | 53-62 | 129  | 77  | 57  | 48-67 |
| Race:                |                               |      |    |       |  |     |     |       |
| White, non-Hispanic  | 3146                          | 1843 | 57 | 55-59 | 746  | 391 | 53  | 49-57 |
| Black, non-Hispanic  | 241                           | 129  | 52 | 45-60 | 73   | 28  | 36  | 24-48 |
| Hispanic             | 74                            | 25   | 35 | 22-48 | 38   | #   |     |       |

#Data not reported due to N<50

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

\*\*Denominator is women 18-44

# ARTHRITIS

## Have you had pain, aching, stiffness or swelling of joints?

- ◆ 43 percent of Pennsylvania adults indicated that they had pain, aching, stiffness or swelling in or around a joint during the past 12 months.
- ◆ Adults aged 45+ had significantly higher percentages of joint problems (53 percent) compared to adults less than age 45 (33 percent).
- ◆ Pennsylvania adults with a college degree had a significantly lower percentage (36) compared to adults with less than a college degree (46 percent).
- ◆ Adults with household incomes less than \$15,000 had a significantly higher percentage (56) compared to adults earning \$25,000+ (40 percent).
- ◆ White, non-Hispanic adults had a significantly higher percentage (44) compared to Hispanic adults (28 percent).
- ◆ No significant difference was seen for sex.

## Are you now limited in activities because of joint symptoms?

- ◆ 28 percent of Pennsylvania adults reported that they were limited in activities because of joint symptoms.
- ◆ Adults 45+ had significantly higher percentages of limitations due to joint symptoms (32 percent) compared to adults under age 30 (14 percent).
- ◆ Pennsylvania adults with a college degree had a significantly lower percentage (20) compared to adults with a high school education or less (32 percent).
- ◆ Adults with household incomes of less than \$15,000 and of \$15,000-\$24,000 had significantly higher percentages (41 and 35 respectively) compared to adults with household incomes of \$25,000+ (23 percent).
- ◆ No significant differences were seen for sex or race.

## Have you ever been told you have arthritis?

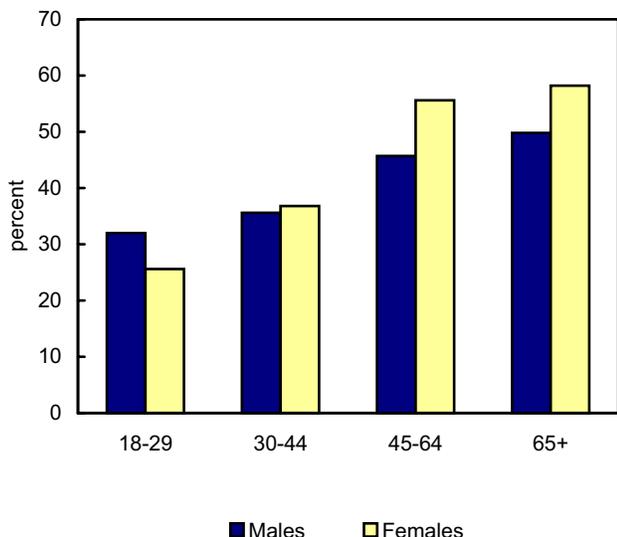
- ◆ 26 percent of Pennsylvania adults responded in the 2001 survey that a doctor had told them that they have arthritis.
- ◆ A significantly higher percentage of females had been told they have arthritis (31 percent) compared to males (21 percent).
- ◆ According to the 2001 BRFSS survey, significantly higher percentages of adults being told they have arthritis were seen in each consecutive age group.
- ◆ Adults with less than a high school education or a high school diploma had a significantly higher percentage (38 and 30 respectively) compared to adults with some college education or higher (21 percent).
- ◆ Adults with incomes less than \$25,000 had significantly higher percentages of being told they have arthritis (37 percent) compared to adults with incomes of \$25,000+ (21 percent).
- ◆ There were no significant differences for race.

## Are you currently being treated for arthritis?

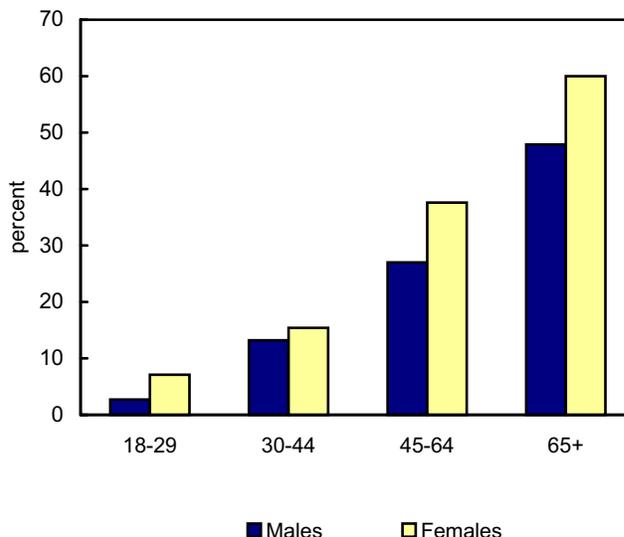
- ◆ Of those ever told that they have arthritis, 41 percent said in the 2001 survey that they received treatment from a doctor for their arthritis.
- ◆ A significantly higher percentage of females were treated (47 percent) compared to males (32 percent).
- ◆ No significant differences were seen for age, education, income, or race.

# ARTHRITIS

**FIGURE 21A**  
**Percent Having Joint Symptoms in the Past Year**  
**Pennsylvania Adults by Age and Sex, 2001**



**FIGURE 21B**  
**Percent Ever Told They Have Arthritis**  
**Pennsylvania Adults by Age and Sex, 2001**



**TABLE 21**  
**Arthritis**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Ever told had arthritis* |      |    |       | Being treated for arthritis* ** |     |    |       |
|----------------------|--------------------------|------|----|-------|---------------------------------|-----|----|-------|
|                      | Total No.                | No.  | %  | CI    | Total No.                       | No. | %  | CI    |
| All Adults           | 3650                     | 1037 | 26 | 25-28 | 1033                            | 424 | 41 | 38-44 |
| Male                 | 1481                     | 340  | 21 | 19-24 | 340                             | 103 | 32 | 26-37 |
| Female               | 2169                     | 697  | 31 | 29-33 | 693                             | 321 | 47 | 42-51 |
| Age:                 |                          |      |    |       |                                 |     |    |       |
| 18-29                | 539                      | 29   | 5  | 3-7   | 29                              | #   |    |       |
| 30-44                | 1069                     | 149  | 14 | 12-17 | 148                             | 52  | 33 | 25-42 |
| 45-64                | 1232                     | 418  | 33 | 30-35 | 418                             | 157 | 39 | 34-44 |
| 65+                  | 781                      | 433  | 55 | 51-59 | 430                             | 208 | 47 | 42-52 |
| Education:           |                          |      |    |       |                                 |     |    |       |
| <High School         | 377                      | 162  | 38 | 33-44 | 161                             | 66  | 42 | 33-51 |
| High School          | 1433                     | 450  | 30 | 27-33 | 450                             | 198 | 44 | 39-50 |
| Some College         | 849                      | 236  | 25 | 22-29 | 234                             | 87  | 37 | 30-43 |
| College Degree       | 987                      | 188  | 17 | 15-20 | 187                             | 73  | 38 | 30-45 |
| Income:              |                          |      |    |       |                                 |     |    |       |
| <\$15,000            | 373                      | 166  | 37 | 31-43 | 164                             | 74  | 47 | 38-56 |
| \$15,000 to \$24,999 | 634                      | 238  | 37 | 33-41 | 238                             | 105 | 44 | 36-51 |
| \$25,000 to \$49,999 | 1150                     | 291  | 25 | 22-28 | 290                             | 107 | 37 | 31-44 |
| \$50,000 to \$74,999 | 539                      | 98   | 17 | 14-20 | 98                              | 31  | 31 | 21-41 |
| \$75,000+            | 541                      | 93   | 17 | 13-20 | 92                              | 32  | 37 | 26-49 |
| Race:                |                          |      |    |       |                                 |     |    |       |
| White, non-Hispanic  | 3207                     | 911  | 27 | 25-28 | 908                             | 364 | 40 | 36-43 |
| Black, non-Hispanic  | 246                      | 79   | 28 | 21-34 | 78                              | 36  | 45 | 32-58 |
| Hispanic             | 77                       | 16   | 21 | 10-33 | 16                              | #   |    |       |

#Data not reported due to N<50.

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

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

# EXERCISE

## No physical activity:

- ◆ 25 percent of Pennsylvania adults responded in 2001 that they were physically inactive.
- ◆ Pennsylvania adults aged 65+ has a significantly higher percentage (36) of being inactive compared to the adults aged less than 65 (22 percent).
- ◆ Adults with a high school education or less had significantly higher percentages compared to adults with some college (19 percent) or a college degree (14 percent).
- ◆ Adults with household incomes less than \$25,000 had significantly higher percentages of no physical activity (37 percent) compared to adults with household incomes of \$25,000+ (18 percent).
- ◆ No significant differences were found in the categories of sex or race.

## Moderate physical activity:

**Note: The definition of moderate activity has changed from previous years of the survey. This makes the 2001 percentages not comparable to the previous years percentages for moderate activity. The definition for moderate activity for the 2001 survey is as follows:**

**In a usual week, activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate.**

- ◆ 84 percent of Pennsylvania adults reported engaging in moderate physical activity during 2001.
- ◆ Adults with a high school education or more had significantly higher percentages of moderate activity (86 percent) compared to adults with less than a high school education (70 percent).
- ◆ A significantly higher percentage of adults with household incomes of \$50,000-\$74,999 were moderately active (94 percent) compared to all other household income groups. These include household incomes of less than \$15,000 with 72 percent, \$15,000-\$24,999 with 80 percent, \$25,000-\$49,999 with 86 percent, and \$75,000+ with 85 percent.
- ◆ White, non-Hispanics had a significantly higher percentage of moderately active adults (86 percent) compared to black, non-Hispanics (76 percent).
- ◆ No significant difference was seen for sex.

## Vigorous physical activity:

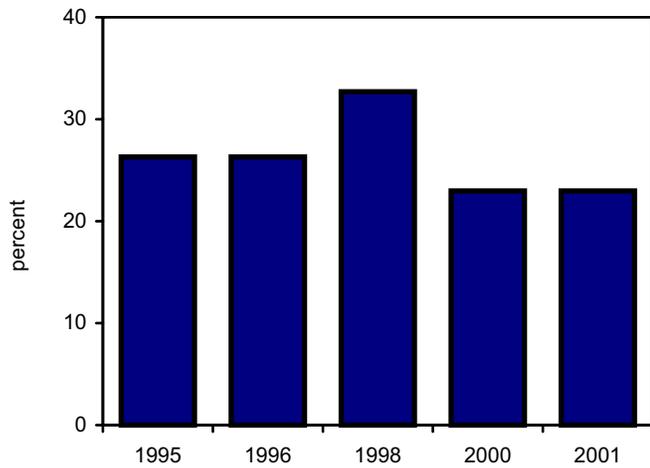
**Note: The definition of vigorous activity has changed from previous years of the survey. This makes the 2001 percentage not comparable to the previous years percentages for moderate activity. The definition for vigorous activity for the 2001 survey is as follows:**

**In a usual week, vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate.**

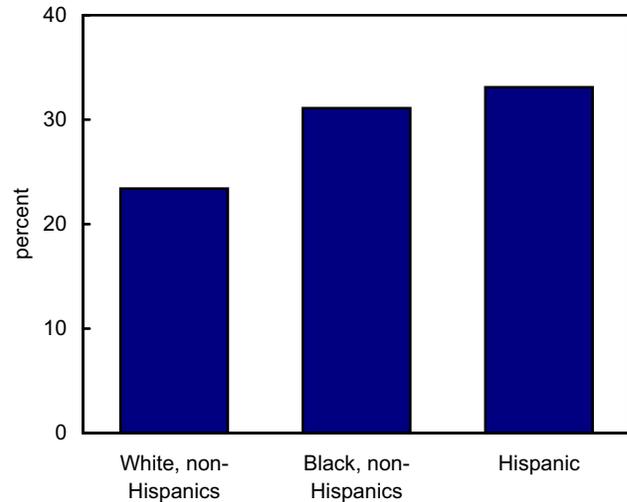
- ◆ 44 percent of Pennsylvania adults in 2001 said that they were involved in vigorous physical activity.
- ◆ Males had a significantly higher percentage of vigorous activity (54 percent) compared to females (34 percent).
- ◆ Adults aged 18-29 had a significantly higher percentage (62) compared to all other age groups.
- ◆ The percentage for adults with some college education or more was significantly higher (45 percent) compared to adults with a high school education or less (37 percent).
- ◆ A significantly higher percentage was also seen in household income levels of \$25,000+ (44 percent) compared to household incomes below \$25,000 (32 percent).
- ◆ There were no significant differences for adults engaging in vigorous physical activity by race.

# EXERCISE

**FIGURE 22A**  
**Percent No Physical Activity**  
**Pennsylvania Adults, 1995, 96, 98, 2000, 01**



**FIGURE 22B**  
**Percent No Physical Activity**  
**Pennsylvania Adults by Race, 2001**



**TABLE 22**  
**Exercise**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | No activity* |     |    |       | Moderate activity* |      |    |       | Vigorous activity* |      |    |       |
|----------------------|--------------|-----|----|-------|--------------------|------|----|-------|--------------------|------|----|-------|
|                      | Total No.    | No. | %  | CI    | Total No.          | No.  | %  | CI    | Total No.          | No.  | %  | CI    |
| All Adults           | 3659         | 917 | 25 | 23-26 | 3631               | 3062 | 84 | 83-86 | 3621               | 1507 | 44 | 42-45 |
| Male                 | 1481         | 316 | 22 | 20-25 | 1467               | 1233 | 84 | 81-86 | 1467               | 800  | 54 | 51-57 |
| Female               | 2178         | 601 | 27 | 25-29 | 2164               | 1829 | 85 | 84-87 | 2154               | 707  | 34 | 32-36 |
| Age:                 |              |     |    |       |                    |      |    |       |                    |      |    |       |
| 18-29                | 540          | 93  | 18 | 14-22 | 538                | 482  | 88 | 84-91 | 536                | 330  | 62 | 57-67 |
| 30-44                | 1069         | 212 | 21 | 18-24 | 1065               | 954  | 89 | 86-91 | 1062               | 552  | 51 | 48-54 |
| 45-64                | 1232         | 306 | 24 | 22-27 | 1226               | 1058 | 87 | 85-89 | 1223               | 440  | 37 | 34-40 |
| 65+                  | 788          | 296 | 36 | 33-40 | 3628               | 3060 | 84 | 83-86 | 3618               | 1506 | 44 | 42-45 |
| Education:           |              |     |    |       |                    |      |    |       |                    |      |    |       |
| <High School         | 380          | 190 | 47 | 41-53 | 377                | 258  | 70 | 64-75 | 374                | 97   | 30 | 25-36 |
| High School          | 1432         | 411 | 29 | 26-31 | 1422               | 1175 | 83 | 80-85 | 1417               | 515  | 38 | 35-41 |
| Some College         | 853          | 171 | 19 | 16-22 | 845                | 740  | 88 | 85-90 | 845                | 388  | 47 | 43-51 |
| College Degree       | 988          | 142 | 14 | 12-17 | 3231               | 2759 | 86 | 84-87 | 3223               | 1386 | 45 | 43-47 |
| Income:              |              |     |    |       |                    |      |    |       |                    |      |    |       |
| <\$15,000            | 378          | 173 | 41 | 35-48 | 376                | 261  | 72 | 67-77 | 376                | 89   | 31 | 23-38 |
| \$15,000 to \$24,999 | 633          | 213 | 34 | 30-39 | 632                | 512  | 80 | 76-84 | 628                | 193  | 32 | 28-37 |
| \$25,000 to \$49,999 | 1151         | 264 | 24 | 21-27 | 1144               | 992  | 86 | 84-88 | 1142               | 540  | 48 | 45-51 |
| \$50,000 to \$74,999 | 541          | 84  | 15 | 12-18 | 541                | 507  | 94 | 92-96 | 539                | 264  | 50 | 45-54 |
| \$75,000+            | 541          | 54  | 9  | 6-11  | 3514               | 2970 | 85 | 84-86 | 3505               | 1467 | 44 | 42-46 |
| Race:                |              |     |    |       |                    |      |    |       |                    |      |    |       |
| White, non-Hispanic  | 3216         | 773 | 23 | 22-25 | 3191               | 2724 | 86 | 85-87 | 3183               | 1355 | 45 | 43-47 |
| Black, non-Hispanic  | 247          | 85  | 31 | 25-38 | 246                | 186  | 76 | 70-82 | 245                | 83   | 35 | 28-43 |
| Hispanic             | 77           | 27  | 33 | 21-46 | 77                 | 60   | 79 | 69-89 | 77                 | 29   | 37 | 25-49 |

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

# DISABILITY

## **Limited in activity because of an impairment or health problem:**

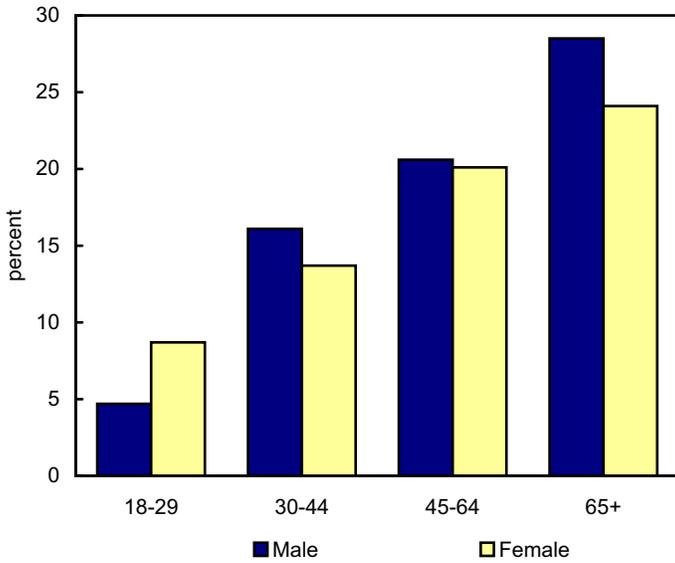
- ◆ 17 percent of Pennsylvania adults said in 2001 that they were limited in activity because of physical, mental, or emotional problems.
- ◆ Significantly higher percentages of adults aged 45+ were limited in activity compared to adults aged less than 45.
- ◆ A significantly higher percentage of adults with less than a high school education were limited in activity (26 percent) compared to adults with a high school education (18 percent) or a college degree (12 percent).
- ◆ Adults with a household incomes less than \$25,000 had a significantly higher percentage (29 percent) compared to household income of \$25,000+ (12 percent).
- ◆ No significant difference was seen for sex or race.

## **Health problem requires use of special equipment:**

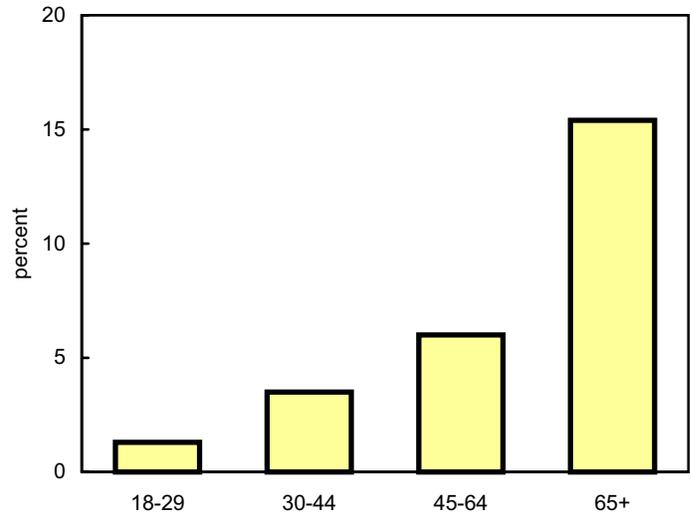
- ◆ 6 percent of Pennsylvania adults responded that they had health problems, which required them to use special equipment such as a cane, a wheelchair, a special bed, or a special telephone.
- ◆ Significantly higher percentages of adults age 65+ indicate requiring equipment use (15 percent) compared to all other age groups.
- ◆ Adults with less than a high school education had a significantly higher percentage of required equipment use for a health problem (12 percent) compared to all other educational groups.
- ◆ Adults with household incomes less than \$25,000 had a significantly higher percentage (12 percent) compared to adults with household income of \$25,000+ (3 percent).
- ◆ No significant differences were seen for sex or race.

# DISABILITY

**FIGURE 23A**  
**Percent Indicating They Are Limited**  
**Due to Health Problems**  
**Pennsylvania Adults by Age and Sex, 2001**



**FIGURE 23B**  
**Percent With Health Problem**  
**Requiring Use of Special Equipment**  
**Pennsylvania Adults by Age, 2001**



**TABLE 23**  
**Disability**  
**Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Limited due to health problems* |     |    |       | Health problem requiring use of special equipment** |     |    |       |
|----------------------|---------------------------------|-----|----|-------|---|-----|----|-------|
|                      | Total No.                       | No. | %  | CI    | Total No.   | No. | %  | CI    |
| Total                | 3640                            | 651 | 17 | 16-19 | 3647  | 251 | 6  | 5-7   |
| Males                | 1473                            | 268 | 17 | 15-19 | 1475  | 94  | 6  | 4-7   |
| Females              | 2167                            | 383 | 17 | 15-19 | 2172  | 157 | 7  | 6-8   |
| Age:                 |                                 |     |    |       |   |     |    |       |
| 18-29                | 539                             | 37  | 7  | 4-9   | 539   | 6   | 1  | 0-2   |
| 30-44                | 1067                            | 157 | 15 | 13-17 | 1068  | 38  | 4  | 2-5   |
| 45-64                | 1227                            | 251 | 20 | 18-23 | 1230  | 71  | 6  | 5-7   |
| 65+                  | 781                             | 202 | 26 | 23-29 | 785   | 134 | 15 | 13-18 |
| Education:           |                                 |     |    |       |   |     |    |       |
| <High School         | 379                             | 107 | 26 | 21-31 | 379   | 56  | 12 | 9-15  |
| High School          | 1425                            | 259 | 18 | 15-20 | 1429  | 97  | 7  | 5-8   |
| Some College         | 848                             | 159 | 18 | 15-21 | 849   | 53  | 5  | 4-7   |
| College Degree       | 985                             | 125 | 12 | 10-15 | 987   | 45  | 5  | 3-6   |
| Income:              |                                 |     |    |       |   |     |    |       |
| <\$15,000            | 377                             | 143 | 36 | 29-43 | 378   | 74  | 17 | 13-21 |
| \$15,000 to \$24,999 | 630                             | 157 | 25 | 22-29 | 633   | 60  | 9  | 7-11  |
| \$25,000 to \$49,999 | 1148                            | 161 | 14 | 12-16 | 1149  | 48  | 5  | 3-6   |
| \$50,000 to \$74,999 | 541                             | 63  | 11 | 8-13  | 541   | 12  | 2  | 1-3   |
| \$75,000+            | 541                             | 53  | 10 | 7-12  | 540   | 12  | 2  | 1-3   |
| Race:                |                                 |     |    |       |   |     |    |       |
| White, non-Hispanic  | 3196                            | 565 | 17 | 16-19 | 3204  | 216 | 6  | 5-7   |
| Black, non-Hispanic  | 247                             | 56  | 20 | 14-25 | 247   | 27  | 9  | 5-12  |
| Hispanic             | 77                              | 9   | 10 | 2-18  | 77  | 1   | 1  | 0-3   |

\*Excludes missing, don't know, and refused. \*\*Includes all PA adults in the denominator.

# ORGAN DONOR

## Do you plan to be an organ donor?

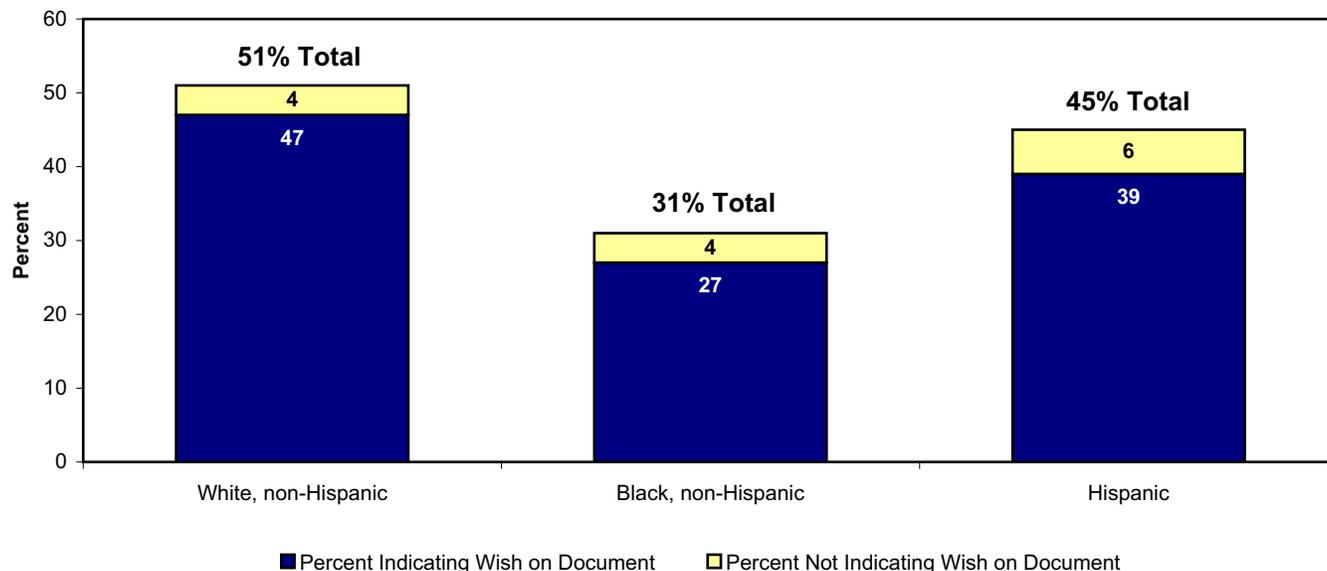
- ◆ 11 percent of adults responded that they did not know if they planned on being an organ donor in the 2001 Pennsylvania BRFSS survey. 49 percent of Pennsylvania adults said that they do plan on being an organ donor.
- ◆ A significantly higher percentage of adults less than age 45 planned on being organ donors (58 percent) compared to adults aged 45+ (41 percent). Also, adults aged 45-64 had a significantly higher percentage (48) compared to adults aged 65+ (29 percent).
- ◆ For all education levels, adults with more education had significantly higher percentages of planned organ donation compared to those with less education – college degree with 62 percent, some college with 54 percent, high school graduate with 43 percent and less than high school education with 26 percent.
- ◆ Adults with a household income of \$25,000-\$49,999 had a significantly higher percentage (48) compared to the household income group below \$25,000 (38 percent). Also, adults with a household income of \$50,000+ had a significantly higher percentage (61 percent) compared to adults with a household income below \$50,000 (43 percent).
- ◆ White, non-Hispanic adults had a significantly higher percentage of planned organ donation (51 percent) compared to black, non-Hispanic adults (31 percent).
- ◆ No significant difference was seen between males and females.

## Indicate organ donation on card or document:

- ◆ 92 percent of Pennsylvania adults who plan on being organ donors responded that they have indicated their wish to be an organ donor on a Pennsylvania photo driver's license or photo ID card, another organ donor card, by advanced directive, or on another type of document.
- ◆ Of Pennsylvania adults who indicated their wish to be organ donors on documentation, 93 percent indicated their wishes on a Pennsylvania photo driver's license or photo ID card, 4 percent on another card or document, and 4 percent indicated their wish on both a photo driver's license and another card or document.
- ◆ No significant difference was seen in sex, age, education, household income, or race for Pennsylvania adults indicating their wish to be organ donors on documentation.

# ORGAN DONOR

FIGURE 24  
**Percent Planning to be an Organ Donor  
 By Adults Indicating and Adults Not Indicating  
 Their Wish to Be an Organ Donor on Documentation  
 Pennsylvania Adults by Race, 2001**



**TABLE 24  
 Organ Donor  
 Pennsylvania Adults, 2001 (with 95% confidence intervals)**

|                      | Planning on being organ donors* |      |    |       | Don't know if planning to be organ donors* |     |    |       | Indicating wish to be organ donors** *** |      |    |       |
|----------------------|---------------------------------|------|----|-------|--|-----|----|-------|--|------|----|-------|
|                      | Total No.                       | No.  | %  | CI    | Total No.                                  | No. | %  | CI    | Total No.                                | No.  | %  | CI    |
| Total                | 3554                            | 1708 | 49 | 47-51 | 3554                                       | 415 | 11 | 10-13 | 1695                                     | 1574 | 92 | 90-94 |
| Males                | 1440                            | 673  | 47 | 44-50 | 1440                                       | 172 | 11 | 10-13 | 667                                      | 618  | 92 | 90-95 |
| Females              | 2114                            | 1035 | 50 | 48-53 | 2114                                       | 243 | 12 | 10-13 | 1028                                     | 956  | 92 | 89-94 |
| Age:                 |                                 |      |    |       |  |     |    |       |  |      |    |       |
| 18-29                | 527                             | 298  | 60 | 55-65 | 527  | 51  | 8  | 5-10  | 296                                      | 264  | 88 | 82-93 |
| 30-44                | 1042                            | 606  | 57 | 53-60 | 1042                                       | 118 | 12 | 10-14 | 603                                      | 565  | 93 | 90-96 |
| 45-64                | 1205                            | 594  | 48 | 45-51 | 1205                                       | 146 | 12 | 10-14 | 590                                      | 550  | 94 | 92-96 |
| 65+                  | 760                             | 202  | 29 | 26-33 | 760  | 95  | 13 | 10-15 | 198                                      | 188  | 94 | 90-98 |
| Education:           |                                 |      |    |       |  |     |    |       |  |      |    |       |
| <High School         | 362                             | 85   | 26 | 21-32 | 362  | 55  | 16 | 12-20 | 84                                       | 76   | 89 | 80-97 |
| High School          | 1378                            | 574  | 43 | 40-46 | 1378                                       | 176 | 12 | 11-14 | 566                                      | 519  | 91 | 88-94 |
| Some College         | 833                             | 436  | 54 | 50-58 | 833  | 94  | 10 | 8-12  | 436                                      | 405  | 91 | 87-96 |
| College Degree       | 978                             | 612  | 62 | 59-66 | 978  | 89  | 9  | 7-11  | 608                                      | 573  | 94 | 92-96 |
| Income:              |                                 |      |    |       |  |     |    |       |  |      |    |       |
| <\$15,000            | 363                             | 104  | 37 | 30-44 | 363  | 38  | 8  | 5-11  | 102                                      | 88   | 82 | 68-96 |
| \$15,000 to \$24,999 | 621                             | 237  | 38 | 33-42 | 621  | 87  | 14 | 11-17 | 236                                      | 216  | 88 | 82-94 |
| \$25,000 to \$49,999 | 1119                            | 551  | 48 | 45-52 | 1119                                       | 139 | 13 | 11-15 | 547                                      | 511  | 93 | 91-96 |
| \$50,000 to \$74,999 | 533                             | 306  | 57 | 53-62 | 533  | 59  | 11 | 8-14  | 303                                      | 281  | 93 | 90-96 |
| \$75,000+            | 538                             | 360  | 66 | 61-70 | 538  | 43  | 8  | 6-11  | 359                                      | 344  | 96 | 93-98 |
| Race:                |                                 |      |    |       |  |     |    |       |  |      |    |       |
| White, non-Hispanic  | 3134                            | 1562 | 51 | 49-53 | 3134                                       | 357 | 11 | 10-12 | 1550                                     | 1444 | 92 | 91-94 |
| Black, non-Hispanic  | 238                             | 72   | 31 | 24-38 | 238  | 34  | 16 | 10-22 | 72                                       | 65   | 87 | 77-97 |
| Hispanic             | 72                              | 32   | 45 | 32-58 | 72   | 10  | 15 | 5-25  | 32                                       | #    |    |       |

\*Excludes refused. \*\*Excludes missing, don't know, and refused. \*\*\*Includes PA adults planning on being organ donors.

**Year 2010 Health Objectives for the Nation:  
Pennsylvania State Summary of BRFSS Data, 2001**

| Healthy People 2010 Objective <sup>1</sup>   | Year 2010<br>Objective | Pennsylvania<br>2001 | Objective Met <sup>2</sup> |
|--|------------------------|----------------------|----------------------------|
| <b>01-01: Percent of adults aged 18-64 with health insurance</b><br>(age-adjusted to 2000 std population)  | 100%                   | 89 ± 1               | No                         |
| <b>01-04c: Percent of adults with specific source of ongoing care</b><br>(age-adjusted to 2000 std population)   | 96%                    | 88 ± 1               | No                         |
| <b>02-02: Percent of adults with chronic joint symptoms who have activity limitations</b><br>(age-adjusted to 2000 std population)   | 21%                    | 26 ± 3               | No                         |
| <b>03-11a: Percent of women aged 18+ who have ever received a Pap test</b><br>(age-adjusted to 2000 std population)  | 97%                    | 95 ± 2               | Yes                        |
| <b>03-11b: Percent of women aged 18+ who received a Pap test within past 3 years</b><br>(age-adjusted to 2000 std population)  | 90%                    | 85 ± 2               | No                         |
| <b>03-12a: Percent of adults aged 50+ who received a fecal occult blood test (FOBT) for colorectal cancer within the past 2 years</b><br>(age-adjusted to 2000 std population) | 50%                    | 36 ± 3               | No                         |
| <b>03-12b: Percent of adults aged 50+ who ever received a sigmoidoscopy for colorectal cancer</b><br>(age-adjusted to 2000 std population)                                     | 50%                    | 47 ± 3               | Yes                        |
| <b>03-13: Percent of women aged 40+ with a mammogram in last 2 years</b><br>(age-adjusted to 2000 std population)  | 70%                    | 76 ± 2               | Yes <sup>+</sup>           |
| <b>12-15: Percent of adults who had their blood cholesterol checked within the last 5 years</b><br>(age-adjusted to 2000 std population)                                       | 80%                    | 74 ± 2               | No                         |
| <b>14-29a: Percent of adults 65+ with flu shot in past year</b><br>(age-adjusted to 2000 std population)   | 90%                    | 64 ± 4               | No                         |
| <b>14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease</b><br>(age-adjusted to 2000 std population)   | 90%                    | 60 ± 4               | No                         |
| <b>19-02: Percent of obese adults (age 20+)</b><br>(age-adjusted to 2000 std population)   | 15%                    | 22 ± 2               | No                         |
| <b>21-03: Percent of adults (aged 35-44) who have no permanent tooth extraction due to dental caries or periodontal disease</b>  | 42%                    | 55 ± 4               | Yes <sup>+</sup>           |
| <b>21-04: Percent of older adults (aged 65-74) who had all their natural teeth extracted</b>   | 20%                    | 27 ± 5               | No                         |
| <b>22-01: Percent of adults who engage in no leisure-time physical activity</b><br>(age-adjusted to 2000 std population)   | 20%                    | 24 ± 2               | No                         |
| <b>26-11c: Percent adults who engaged in binge drinking in past month</b>  | 6%                     | 16 ± 2               | No                         |
| <b>27-01a: Percent of adults who smoke cigarettes</b><br>(age-adjusted to 2000 std population)   | 12%                    | 25 ± 2               | No                         |

1 Public Health Service. Healthy People 2010: National Health Promotion and Disease Prevention Objectives. Washington, DC: U.S. Department of Health and Human Services, 2000.

2 The "Yes<sup>+</sup>" designation refers Pennsylvania's 2001 percentage being significantly better compared to the Healthy People 2010 goal percentage.

# **TECHNICAL NOTES**

## **Survey Management**

The Behavioral Risk Factor Surveillance System (BRFSS) is a cooperative effort of the Centers for Disease Control and Prevention (CDC) and participating states. The CDC develops the core questionnaire and provides training, technical assistance, standardized data analyses and funding. The Pennsylvania Department of Health develops supplemental questions (or modules), performs additional analyses and responds to requests for data. Sampling and interviewing in 2001 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 three 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 2000 BRFSS survey. All items new to the 2001 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 oral health, asthma history, weight control, folic acid, tobacco indicators, women's health, cardiovascular disease, osteoporosis, and organ donor cards. This 2001 questionnaire appears on pages 57-66.

## **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 3,661 completed interviews. The CASRO response rate for 2001 was 43 percent.

**Disposition of All Telephone Numbers  
2001 Pennsylvania Behavioral Risk Factor Survey Sample**

|  | <u>Number</u> | <u>Percent</u> |
|--|---------------|----------------|
| Completed Interview .....                          | 3,661         | 10.1           |
| Refused Interview After Selection .....            | 955           | 2.6            |
| Non-Working Telephone Number .....                 | 20,046        | 55.2           |
| No Answer (Multiple Times).....                    | 1,941         | 5.3            |
| Not a Private Residence .....                      | 4,910         | 13.5           |
| No Eligible Respondent .....                       | 39            | 0.1            |
| Selected Respondent Not Available                  |               |                |
| During Interview Period.....                       | 1,097         | 3.0            |
| Language Barrier.....                              | 105           | 0.3            |
| Terminated During Interview .....                  | 75            | 0.2            |
| Line Busy (Multiple Times).....                    | 175           | 0.5            |
| Respondent Had Physical or Mental Impairment ..... | 144           | 0.4            |
| Technical Barrier.....                             | 707           | 1.9            |
| Hang-up Before Selection .....                     | 2,495         | 6.9            |
| TOTAL.....   | 36,350        | 100.0          |

**Sample Characteristics**

The following table compares the final interview sample for the 2001 BRFSS to the 2001 Population estimates for the adult population of Pennsylvania. The weighted sample counts represent estimates of the total adult population by sex, race, Hispanic origin, and age.

| <b>Distribution of 2001 Pennsylvania BRFSS Survey Sample and<br/>2001 Pennsylvania Adult Population For Selected Characteristics</b> |                       |                                 |         |                                  |         |
|--|-----------------------|---------------------------------|---------|----------------------------------|---------|
|  |                       | <u>2001 BRFSS Survey Sample</u> |         | <u>2001 Population Estimates</u> |         |
|  |                       | Number                          | Percent | Number                           | Percent |
| All Adults .....   |                       | 3,661                           | 100.0   | 9,436,899                        | 100.0   |
| Sex .....  | Males .....           | 1,482                           | 40.5    | 4,453,854                        | 47.2    |
|  | Females.....          | 2,179                           | 59.5    | 4,983,045                        | 52.8    |
| Race .....   | White .....           | 3,271                           | 89.4    | 7,970,974                        | 87.1    |
|  | Black .....           | 256                             | 7.0     | 698,420                          | 7.9     |
|  | Other.....            | 111                             | 3.0     | 405,964                          | 4.4     |
|  | Unknown/Refused ..... | 23                              | 0.6     |                                  |         |
| Hispanic .....   | Yes.....              | 77                              | 2.1     | 278,151                          | 3.0     |
| Origin   | No.....               | 3,571                           | 97.5    | 9,125,105                        | 96.7    |
|  | Unknown/Refused ..... | 13                              | 0.4     |                                  |         |
| Age.....   | 18-29.....            | 540                             | 14.8    | 1,827,830                        | 19.4    |
|  | 30-44.....            | 1,070                           | 29.2    | 2,715,748                        | 28.8    |
|  | 45-64 .....           | 1,232                           | 33.7    | 2,898,881                        | 30.7    |
|  | 65+.....              | 789                             | 21.6    | 1,932,031                        | 20.5    |
|  | Unknown/Refused ..... | 30                              | 0.8     |                                  |         |

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 2001. 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 3,661 records included in the data analysis, 30 records did not contain information on age. To avoid discarding records with age values that were unknown or refused, the mean age of all respondents in the same sex and race group was used to weight the records with unknown age for the analysis conducted by the CDC.

# Synthetic Estimation Process for Local Data

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

On the state level, data from the BRFSS serve several purposes. BRFSS data help to identify subgroups, which should be targeted for health promotion and disease prevention programs due to elevated risks. Multiple years of BRFSS data are useful for tracking Pennsylvania’s progress in achieving selected Healthy People 2010 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 2001, 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 2000 (latest available) Dauphin County census population of 35,590 for ages 18-29 by the Fair or Poor Health prevalence of 5% (0.05) for that age group at the state level. The 2001 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 1,780.

## 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 | 2000 Dauphin County<br>Census Population |   | Fair or Poor Health<br>from 2001 Pa. BRFSS | = | Estimate of Dauphin County Adults<br>Indicating Fair or Poor Health, 2001 |
|-----------|--|---|--|---|---|
| 18-29     | 35,590                                   | x | 5  | = | 1,780   |
| 30-44     | 59,218                                   | x | 9  | = | 5,330   |
| 45-64     | 60,033                                   | x | 16   | = | 9,605   |
| 65+       | 35,844                                   | x | 28   | = | 10,036  |
|           |  |   |  |   | Total 26,751  |

## 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.

# 2001 Behavioral Health Risk Questionnaire

## Health Status:

1. Would you say that in general your health is excellent, very good, good, fair, or poor?
  - 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. 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
7. Do you have one person you think of as your personal doctor or health care provider?
  - a. Yes, only one
  - b. More than one
  - c. No
  - d. Don't Know/Not Sure
  - e. Refused

## Exercise:

8. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

## Hypertension Awareness:

9. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused
10. Are you currently taking medicine for your high blood pressure?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

## Cholesterol Awareness:

11. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused
12. About how long has it been since you last had your blood cholesterol checked?  
Read only if necessary
  - a. Within the Past Year
  - b. Within the Past 2 Years
  - c. Within the Past 5 Years
  - d. 5 or More Years Ago
  - e. Don't Know/Not Sure
  - f. Refused

13. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

## Asthma:

14. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused
15. Do you still have asthma?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

Diabetes:

16. 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

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

- a. Code age in years
- b. 97 and older
- c. Don't Know/Not Sure
- d. Refused

18. Are you now taking insulin?

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

19. Are you now taking diabetes pills?

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

20. 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

21. 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. Times per year
- e. Never
- f. Don't Know/Not Sure
- g. Refused

22. 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

23. 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

24. A test for hemoglobin "A one C" measures the average level of blood sugar over the past three months. About how many times in

the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?

- a. Number of times
- b. 76 or more
- c. None
- d. Never Heard of Hemoglobin "A one C" Test
- e. Don't Know/Not Sure
- f. Refused

25. 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

26. 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
- b. Within the past year
- c. Within the past 2 years
- d. 2 or more years ago
- e. Never
- f. Don't Know/Not Sure
- g. Refused

27. 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

28. 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

Arthritis:

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

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

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

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

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

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

32. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

33. Have you ever been told by a doctor that you have arthritis?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

34. Are you currently being treated by a doctor for arthritis?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

Immunization:

35. During the past 12 months, have you had a flu shot?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

36. Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

Tobacco Use:

37. Have you smoked at least 100 cigarettes in your entire life?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

38. Do you now smoke cigarettes every day, some days, or not at all?
- a. Every day
  - b. Some days
  - c. Not at all
  - d. Refused

39. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

Alcohol Consumption:

40. A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?
- a. Days per week
  - b. Days in past 30

- c. No drinks in past 30 days
- d. Don't Know/Not Sure
- e. Refused

41. On the days when you drank, about how many drinks did you drink on the average?
- a. Number of drinks
  - b. Don't Know/Not Sure
  - c. Refused

42. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?
- a. Number of times
  - b. None
  - c. Don't Know/Not Sure
  - d. Refused

Firearms:

The next question is about firearms, including weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire.

43. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

Demographics:

44. What is your age?
- a. Age in years
  - b. Don't Know/Not Sure
  - c. Refused

45. Are you Hispanic or Latino?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

46. Which one or more of the following would you say is your race?
- a. White
  - b. Black or African American
  - c. Asian
  - d. Native Hawaiian or Other Pacific Islander
  - e. American Indian, Alaska Native
  - f. Other
  - g. No additional choices
  - h. Don't Know/Not sure
  - i. Refused

47. Which one of these groups would you say best represents your race?
- a. White
  - b. Black or African American
  - c. Asian
  - d. Native Hawaiian or Other Pacific Islander
  - e. American Indian, Alaska Native
  - f. Other
  - g. Don't Know/Not Sure

h. Refused

48. Are you: married, divorced, widowed, separated, never married, or a member of an unmarried couple?

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

49. How many children less than 18 years of age live in your household/

- a. Number of children
- b. None
- c. Refused

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

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

51. Are you currently: employed for wages, self-employed, out of work for more than 1 year, out of work for less than 1 year, a homemaker, a student, retired, or unable to work?

- 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. A Homemaker
- f. A Student
- g. Retired
- h. Unable to work
- i. Refused

52. Is your annual household income from all sources:

- a. Less than \$10,000
- b. Less than \$15,000 (\$10,000 to less than \$15,000)
- c. Less than \$20,000 (\$15,000 to less than \$20,000)
- d. Less than \$25,000 (\$20,000 to less than \$25,000)
- e. Less than \$35,000 (\$25,000 to less than \$35,000)
- f. Less than \$50,000 (\$35,000 to less than \$50,000)
- g. Less than \$75,000 (\$50,000 to less than \$75,000)
- h. \$75,000 or more
- i. Don't Know/Not Sure
- j. Refused

53. About how much do you weigh without shoes?

- a. Weight in pounds
- b. Don't Know/Not Sure
- c. Refused

54. About how tall are you without shoes?

- a. Height ft/inches
- b. Don't Know/Not Sure
- c. Refused

55. What county do you live in?

- a. FIPS county code
- b. Don't Know/Not Sure

c. Refused

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

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

57. How many of these are residential numbers?

- a. Total residential telephone numbers
- b. 6 or more
- c. Don't Know/Not Sure
- d. Refused

58. How many adult members of your household currently use a cell phone for any purpose?

- a. One
- b. Two
- c. Three
- d. Four
- e. Five
- f. Six or more
- g. Don't Know/Not Sure
- h. None
- i. Refused

59. Indicate sex of respondent. Ask only if necessary.

- a. Male
- b. Female

60. To your knowledge, are you now pregnant?

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

Disability:

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

61. Are you limited in any way in any activities because of physical, mental, or emotional problems?

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

62. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

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

Physical Activity:

63. When you are at work, which of the following best describes what you do?

- a. Mostly sitting or standing
- b. Mostly walking
- c. Mostly heavy labor or physically demanding work

- d. Don't Know/Not Sure
- e. Refused

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

64. Now, thinking about the moderate physical activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

65. How many days per week do you do these moderate activities for at least 10 minutes at a time?
- a. Days per week
  - b. Don't Know/Not Sure
  - c. Refused

66. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- a. Hours and minutes per day
  - b. Don't Know/Not Sure
  - c. Refused

67. Now thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

68. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- a. Days per week
  - b. Don't Know/Not Sure
  - c. Refused

69. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- a. Hours and minutes per day
  - b. Don't Know/Not Sure
  - c. Refused

Prostate Cancer Screening:

70. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

71. How long has it been since you had your last PSA test?
- a. Within the past year
  - b. Within the past 2 years

- c. Within the past 3 years
- d. Within the past 5 years
- e. 5 or more years ago
- f. Don't Know
- g. Refused

72. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

73. How long has it been since your last digital rectal exam?
- a. Within the past year
  - b. Within the past 2 years
  - c. Within the past 3 years
  - d. Within the past 5 years
  - e. 5 or more years ago
  - f. Don't Know/Not Sure
  - g. Refused

74. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

75. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

Colorectal Cancer Screening:

76. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

77. How long has it been since you had your last blood stool test using a home kit?
- a. Within the past year
  - b. Within the past 2 years
  - c. Within the past 5 years
  - d. 5 or more years ago
  - e. Don't Know/Not Sure
  - f. Refused

78. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?
- a. Yes
  - b. No
  - c. Don't Know/Not Sure

d. Refused

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

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 5 years
- d. Within the past 10 years
- e. 10 or more years ago
- f. Don't Know/Not Sure
- g. Refused

HIV/AIDS:

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

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

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

- a. True
- b. False
- c. Don't Know/Not Sure
- d. Refused

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

- a. True
- b. False
- c. Don't Know/Not Sure
- d. Refused

82. How effective do you think these treatments are helping persons with HIV to live longer?

Would you say very effective, somewhat effective, or not at all effective?

- a. Very effective
- b. Somewhat effective
- c. Not at all effective
- d. Don't Know/Not Sure
- e. Refused

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

Would you say very important, somewhat important, or not at all important?

- a. Very important
- b. Somewhat important
- c. Not at all important
- d. Don't Know/Not Sure
- e. Refused

84. As far as you know, have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

Include saliva tests

- a. Yes
- b. No

c. Don't Know/Not Sure

d. Refused

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

Include saliva tests

- a. Month and year
- b. Don't Know/Not Sure
- c. Refused

86. What was the main reason you had your 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. For routine check-up
- m. Because of occupational exposure
- n. Because of illness
- o. Because I am at risk for HIV
- p. Other
- q. Don't Know/Not Sure
- r. Refused

87. Where did you have the HIV test in [fill in date from Q18.6]?

- 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

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

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

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

Oral Health:

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

Include visits to dental specialist, such as orthodontists.

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 5 years
- d. 5 or more years ago
- e. Never
- f. Don't Know/Not Sure
- g. Refused

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

- a. 1 to 5
- b. 6 or more but not all
- c. All
- d. None
- e. Don't Know/Not Sure
- f. Refused

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

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 5 years
- d. 5 or more years ago
- e. Never
- f. Don't Know/Not Sure
- g. Refused

92. What is the main reason you have not visited the dentist in the past year?

- a. Fear, apprehension, nervousness, pain, dislike going
- b. Cost
- c. Do not have/know a dentist
- d. Cannot get to the office/clinic
- e. No reason to go
- f. Other priorities
- g. Have not thought of it
- h. Other
- i. Don't Know/Not Sure
- j. Refused

93. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

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

Asthma History:

94. Previously you said you were told by a doctor, nurse, or other health professional that you had asthma.

How old were you when you were first told by a doctor, nurse, or other health professional that you had asthma?

- a. Age in years 11 or older
- b. Age 10 or Younger
- c. Don't Know/Not Sure

d. Refused

95. During the past 12 months, have you had an episode of asthma or an asthma attack?

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

96. During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?

- a. Number of visits
- b. None
- c. Don't Know/Not Sure
- d. Refused

97. During the past 12 months, how many times did you see a doctor, nurse, or other health professional for urgent treatment of worsening asthma symptoms?

- a. Number of visits
- b. None
- c. Don't Know/Not Sure
- d. Refused

98. During the past 12 months, how many times did you see a doctor, nurse, or other health professional for a routine checkup for your asthma?

- a. Number of visits
- b. None
- c. Don't Know/Not Sure
- d. Refused

99. During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma?

- a. Number of days
- b. None
- c. Don't Know/Not Sure
- d. Refused

100. Symptoms of asthma include cough, wheezing, shortness of breath, chest tightness and phlegm production when you don't have a cold or respiratory infection. During the past 30 days, how often did you have any symptoms of asthma?

Would you say not at any time; less than once a week; once or twice a week; more than 2 times a week, but not every day; every day, but not all the time; or every day, all the time?

- a. Less than once a week
- b. Once or twice a week
- c. More than 2 times a week, but not every day
- d. Every day, but not all the time
- e. Every day, all the time
- f. Not at any time
- g. Don't Know/Not Sure
- h. Refused

101. During the past 30 days, how many days did symptoms of asthma make it difficult for you to stay asleep?

Would you say none, one or two, three to five, six to ten, or more than ten?

- a. One or two
- b. Three to five
- c. Six to ten
- d. More than ten
- e. None

- f. Don't Know/Not Sure
- g. Refused

102. During the past 30 days how often did you take asthma medication that was prescribed or given to you by doctor? This includes using an inhaler.

Would you say didn't take any; less than once a week; once or twice a week; more than 2 times a week, but not every day; once every day; or 2 or more times every day?

- a. Less than once a week
- b. Once or twice a week
- c. More than 2 times a week, but not every day
- d. Once every day
- e. 2 or more times every day
- f. Didn't take any
- g. Don't Know/Not Sure
- h. Refused

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

- a. Number of children
- b. None
- c. Don't Know
- d. Refused

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

- a. Number of children
- b. None
- c. Don't Know
- d. Refused

Weight Control:

105. Are you now trying to lose weight?

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

106. 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

107. 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

108. 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

109. How much would you like to weigh?

- a. Weight in pounds
- b. Don't Know/Not Sure
- c. Refused

110. 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

Folic Acid:

111. Do you currently take any vitamin pills or supplements?

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

112. Are any of these a multivitamin?

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

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

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

114. How often do you take this vitamin pill or supplement?

- a. Times per day
- b. Times per week
- c. Times per month
- d. Don't Know/Not Sure
- e. Refused

115. Some health experts recommend that women take 400 micrograms of the B vitamin folic acid, for which one of the following reasons...

- a. To make strong bones
- b. To prevent birth defects
- c. To prevent high blood pressure
- d. Some other reason
- e. Don't Know/Not Sure
- f. Refused

Tobacco Indicators:

Said they smoked cigarettes.

116. How old were you the first time you smoked a cigarette, even one or two puffs?

- a. Age in years
- b. Don't Know/Not Sure

c. Refused

117. How old were you when you first started smoking cigarettes regularly?

- a. Age in years
- b. Never smoked regularly
- c. Don't Know/Not Sure
- d. Refused

118. About how long has it been since you last smoked cigarettes regularly?

- a. Within the past month
- b. Within the past 3 months
- c. Within the past 6 months
- d. Within the past year
- e. Within the past 5 years
- f. Within the past 10 years
- g. 10 or more years ago
- h. Don't Know/Not Sure
- i. Refused

119. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

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

120. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?

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

121. Which statement best describes the rules about smoking inside your home?

- a. Smoking is not allowed anywhere inside your home
- b. Smoking is allowed in some places or at some times
- c. Smoking is allowed anywhere inside the home
- d. There are no rules about smoking inside the home
- e. Don't Know/Not Sure
- f. Refused

122. While working at your job, are you indoors most of the time?

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

123. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunch rooms?

- a. Not allowed in any public areas
- b. Allowed in some public areas
- c. Allowed in all public areas
- d. No official policy
- e. Don't Know/Not Sure
- f. Refused

124. Which of the following best describes your place of work's official smoking policy for work areas?

- a. Not allowed in any work areas
- b. Allowed in some work areas
- c. Allowed in all work areas
- d. No official policy

e. Don't Know/Not Sure

f. Refused

Women's Health:

125. 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

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

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 3 years
- d. Within the past 5 years
- e. 5 or more years ago
- f. Don't Know/Not Sure
- g. Refused

127. 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

128. How long has it been since you had your last breast exam?

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 3 years
- d. Within the past 5 years
- e. 5 or more years ago
- f. Don't Know/Not Sure
- g. Refused

129. 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

130. How long has it been since you had your last pap smear?

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 3 years
- d. Within the past 5 years
- e. 5 or more years ago
- f. Don't Know/Not Sure
- g. Refused

131. Have you had a hysterectomy?

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

Cardiovascular Disease:

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

- A. Eating fewer high fat or high cholesterol foods?
- B. Eating more fruits and vegetables?
- C. More physically active?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

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

- A. Eating fewer high fat or high cholesterol foods?
- B. Eating more fruits and vegetables?
- C. Be more physically active?
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

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

- A. A heart attack, also called a myocardial infarction
- B. Angina or coronary heart disease
- C. A stroke
  - a. Yes
  - b. No
  - c. Don't Know/Not Sure
  - d. Refused

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

- a. Age in years
- b. Don't Know/Not Sure
- c. Refused

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

- a. Age in years
- b. Don't Know/Not Sure
- c. Refused

Osteoporosis:

137. Has a doctor or other health care professional talked to you or counseled you about osteoporosis (os-tee-oh-poor-oh-sis) and how to prevent it?

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

138. Since the age of 35, 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

139. 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

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

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

141. Do you have a family history of osteoporosis (os-tee-oh-poor-oh-sis)?

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

Organ Donor Cards:

142. Do you plan to be an organ donor at the time of your death?

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

143. Do you indicate your wishes on a Pennsylvania photo driver's license or photo ID card, another organ donor card, advanced directive, or other document?

- a. Yes, PA Photo Driver's License or Photo ID Card
- b. Yes, Other Card or Document
- c. Yes, Both PA License or ID Card and Other Card or Document
- d. No
- e. Don't Know/Not Sure
- f. Refused

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Closing Statement  
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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.

## References

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# Notes

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