

# 2003 Behavioral Health Risks



# Of Pennsylvania Adults

DEPARTMENT OF  
**HEALTH**

**Bureau of Health Statistics and Research**

Edward G. Rendell, Governor  
Calvin B. Johnson, M.D., M.P.H., Secretary of Health

**2003**  
**BEHAVIORAL HEALTH RISKS**  
**of PENNSYLVANIA ADULTS**

**A Report of Data Collected During 2003 for the  
Behavioral Risk Factor Surveillance System**

February 2005

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

# Introduction

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

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

The BRFSS now includes all fifty states, three territories and the District of Columbia, comprising the largest ongoing telephone health survey in the world. The Pennsylvania Department of Health has been participating in the BRFSS since 1989.

In 2003, a total of 3,671 Pennsylvania adults completed interviews for the Pennsylvania BRFSS statewide survey. Clearwater Research, Inc. conducted the interviewing and processed the data under a contract administered by the Pennsylvania Department of Health for the statewide sample.

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 samples. **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 2003 Pennsylvania BRFSS survey. It consists of 28 Healthy People 2010 objectives, each with goal or baseline information, comparable percentage data, and an indication if Pennsylvania met the goal.

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

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

**Bureau of Health Statistics and Research  
Pennsylvania Department of Health  
555 Walnut Street, 6th Floor  
Harrisburg, PA 17101-1914  
Telephone: 717-783-2548  
FAX: 717-772-3258**

This report and many other health statistics are available on the Health Statistics web pages at

*[www.health.state.pa.us/stats/](http://www.health.state.pa.us/stats/)*

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# General Health

## How would you say your general health is?

- ◆ “Fair” or “poor” responded 15 percent of Pennsylvania adults in 2003; “good” said 28 percent; and, “excellent” or “very good” responded 57 percent.
- ◆ Percentages of “fair” or “poor” health were significantly higher for adults 45 years and greater, when compared to those adults who were less than 45 years of age. Twenty-seven percent of adults age 65+, 18 percent ages 45-64, 8 percent ages 30-44, and 7 percent ages 18-29 indicated having fair or poor health.
- ◆ Adults with less than a high school education have significantly higher percentages of fair or poor health compared to adults with a high school education or higher (41 percent, less than a high school education; 17 percent, high school diploma; 11 percent, some college education; 7 percent, a college degree).
- ◆ Significantly higher percentages of fair or poor health were seen for adults with household incomes lower than \$50,000 (40 percent, less than \$15,000 in household income; 25 percent, \$15,000-\$24,999 income; 13 percent, \$25,000-\$49,999 income) compared to higher income adults (6 percent, \$50,000-\$74,999 income, and 5 percent, \$75,000+). The percentage for household incomes of \$50,000-\$74,999 and \$75,000+ were statistically similar.
- ◆ No significant differences were seen for sex or race/ethnicity.

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

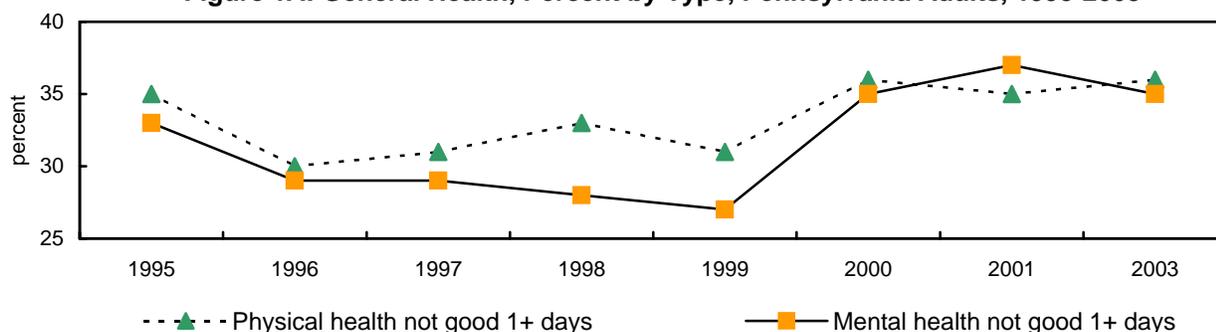
- ◆ Thirty-six percent of Pennsylvania adults in 2003 indicated that their physical health was not good at least one day in the past month.
- ◆ Adults with less than a high school education had a significantly higher percentage (52) compared to adults with a high school education or higher (high school diploma, 35 percent; some college education, 38 percent; and a college degree, 30 percent).
- ◆ The poorest adults (household incomes below \$25,000) had significantly higher percentages (less than \$15,000, 54 percent, and \$15,000-\$24,999, 43 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 29 percent; and \$75,000, 30 percent).
- ◆ No significant differences were seen for sex, age, or race/ethnicity.

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

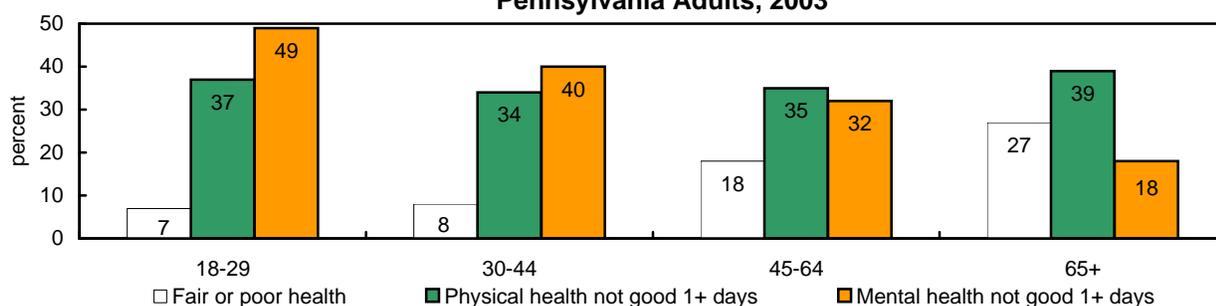
- ◆ In the 2003 survey, 35 percent of Pennsylvania adults reported that there was at least one day in the past month when their mental health was not good.
- ◆ Women had a significantly higher percentage (39) compared to men (30 percent) for having at least one day in the past month where their mental health was not good.
- ◆ Younger adults had significantly higher percentages compared to adults in every older age group (18-29, 49 percent; 30-44, 40 percent; 45-64, 32 percent; and 65+, 18 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage (42) compared to adults with a high school diploma (31 percent).
- ◆ The percentage of adults with a household income of less than \$15,000 was significantly higher (49 percent) compared to adults with household incomes \$15,000+ (\$15,000-\$24,999, 36 percent; \$25,000-\$49,999, 33 percent; \$50,000-\$74,999, 29 percent; and \$75,000, 34 percent).
- ◆ No significant difference was seen for race/ethnicity.

# General Health

**Figure 1A: General Health, Percent by Type, Pennsylvania Adults, 1995-2003**



**Figure 1B: General Health, Percent by Type and Age Pennsylvania Adults, 2003**



**Table 1: General Health, Pennsylvania Adults, 2003 (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	3,664	566	15	14-16	3,588	1,273	36	34-38	3,604	1,225	35	33-36
Male	1,455	236	16	14-18	1,429	470	34	31-36	1,437	419	30	28-33
Female	2,209	330	14	13-16	2,159	803	38	35-40	2,167	806	39	36-41
Age:												
18-29	482	32	7	5-10	478	172	37	32-42	476	231	49	44-54
30-44	1,037	84	8	7-10	1,025	345	34	31-37	1,022	427	40	36-43
45-64	1,318	227	18	16-21	1,295	452	35	32-38	1,303	416	32	29-34
65+	827	223	27	24-30	790	304	39	35-43	803	151	18	15-21
Education:												
<High School	308	126	41	35-48	288	142	52	46-59	301	115	42	35-48
High School	1,374	249	17	15-19	1,343	478	35	32-38	1,353	424	31	29-34
Some College	868	108	11	9-13	850	317	38	34-42	854	308	37	33-41
College Degree	1,109	81	7	6-9	1,103	335	30	27-33	1,092	377	35	32-38
Income:												
<\$15,000	316	126	40	34-47	303	165	54	47-61	307	143	49	42-55
\$15,000 to \$24,999	664	163	25	21-29	634	267	43	38-47	647	227	36	31-40
\$25,000 to \$49,999	1,064	135	13	11-15	1,051	343	35	31-38	1,049	336	33	30-36
\$50,000 to \$74,999	554	34	6	4-9	550	157	28	24-32	549	165	29	25-34
\$75,000+	613	28	5	3-7	610	181	30	26-34	609	208	34	30-38
Race:												
White, non-Hispanic	3,224	472	14	13-16	3,165	1,121	36	34-38	3,173	1,052	34	32-35
Black, non-Hispanic	239	50	21	15-27	234	85	35	28-42	238	90	39	32-47
Hispanic	78	17	18	9-27	75	27	40	26-53	77	35	47	34-60

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

## Health Care Access

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

- ◆ “No” responded 13 percent of Pennsylvania adults ages 18-64 in 2003.
- ◆ Significantly more young adults (21 percent of those ages 18-29) reported having no health insurance compared to older adults (12 percent for ages 30-44 and 9 percent for ages 45-64).
- ◆ Adults with less than a high school education recorded a significantly higher percentage with no health care coverage (35 percent) compared to adults with a high school education or more. Adults with a high school diploma had a significantly higher percentage (16) compared to adults with a college degree (6 percent).
- ◆ Significantly higher percentages were seen for adults reporting household incomes of less than \$25,000 (30 percent for <\$15,000 and 28 percent for \$15,000-\$24,999) compared to adults with household incomes of \$25,000 or higher. Adults with household incomes of \$25,000-\$49,999 had significantly higher percentages (12 percent) compared to adults with incomes of \$50,000 or higher (6 percent for \$50,000-\$74,999 and 2 percent for \$75,000 or higher).
- ◆ No significant differences were seen for sex or race/ethnicity.

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

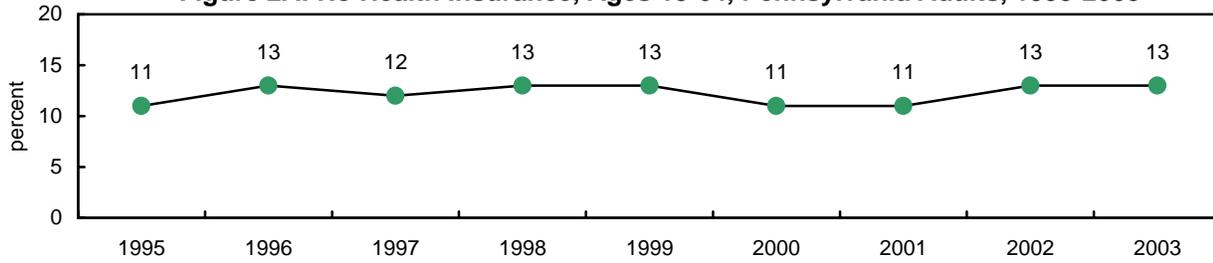
- ◆ 11 percent of Pennsylvania adults indicated that they do not have someone they consider a personal doctor or health care provider during the 2003 BRFSS survey.
- ◆ Males had a significantly higher percentage of no personal health care provider (15 percent) compared to females (7 percent).
- ◆ All age groups under 65 had percentages significantly higher than any older age group – i.e., ages 18-29 had 20 percent, ages 30-44 had 12 percent, ages 45-64 had 7 percent, and ages 65+ had 4 percent for not having a personal care provider.
- ◆ Adults with household incomes of less than \$25,000 had significantly higher percentages (less than \$15,000, 17 percent, and \$15,000-\$24,999, 15 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 7 percent, and \$75,000+, 5 percent).
- ◆ No significant differences were seen for education or race/ethnicity.

### Needed to see a doctor but could not because of cost

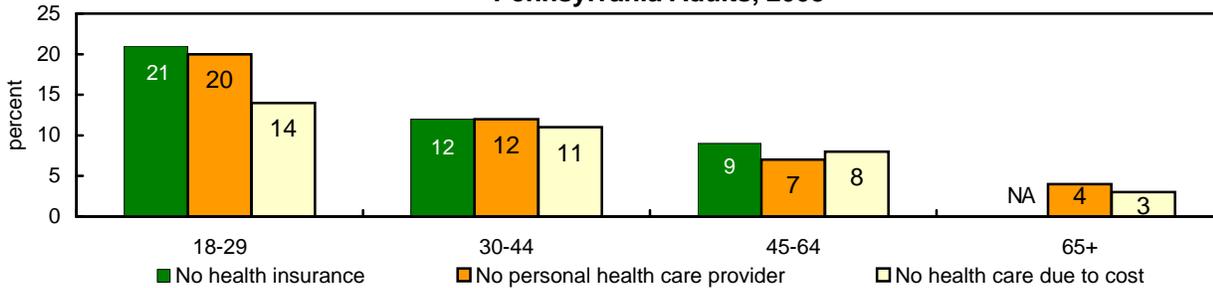
- ◆ 9 percent of Pennsylvania adults responded in 2003 that there was an instance where they needed to see a doctor but could not because of cost.
- ◆ Adults 18-29 had a significantly higher percentage for being unable to see a doctor due to cost (14 percent) compared to adults age 65+ (3 percent).
- ◆ A significantly higher percentage was seen for adults with less than a high school education (15 percent) compared to adults with a college degree (5 percent).
- ◆ Adults with lower household income had a significantly higher percentage than adults with higher household incomes for all income groups less than \$75,000 (less than \$15,000, 27 percent; \$15,000-\$24,999, 15 percent; \$25,000-\$49,999, 8 percent; and \$50,000-\$74,999, 2 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (15 percent) compared to non-Hispanic white adults (8 percent).
- ◆ No significant difference was seen for sex.

# Health Care Access

**Figure 2A: No Health Insurance, Ages 18-64, Pennsylvania Adults, 1995-2003**



**Figure 2B: Health Care Access, Percent by Health Risk Type and Age Pennsylvania Adults, 2003**



**Table 2: Health Care Access, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	No Health Insurance Ages 18-64*				Does Not Have a Personal Health Care Provider*				Couldn't Receive Care Due to Cost in Past Year*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	2,833	323	13	12-15	3,668	339	11	9-12	3,666	308	9	8-10
Male	1,163	151	14	12-17	1,457	202	15	13-17	1,456	113	8	7-10
Female	1,670	172	12	10-14	2,211	137	7	5-8	2,210	195	10	8-11
Age:												
18-29	478	96	21	17-25	481	97	20	16-24	481	67	14	10-18
30-44	1,037	109	12	10-14	1,037	116	12	10-15	1,038	109	11	9-13
45-64	1,318	118	9	8-11	1,318	94	7	6-9	1,315	111	8	7-10
65+	NA	NA	NA	NA	832	32	4	2-5	832	21	3	2-5
Education:												
<High School	170	58	35	27-44	312	39	15	10-20	312	44	15	11-20
High School	991	139	16	13-18	1,375	117	9	8-11	1,372	134	11	9-13
Some College	721	72	11	8-14	868	89	12	9-14	868	67	9	7-11
College Degree	947	54	6	5-8	1,108	94	10	8-12	1,109	63	5	4-7
Income:												
<\$15,000	191	55	30	22-37	317	48	17	12-22	316	71	27	21-34
\$15,000 to \$24,999	420	103	28	23-33	664	80	15	11-18	664	96	15	12-18
\$25,000 to \$49,999	859	94	12	10-15	1,062	100	11	9-14	1,063	83	8	7-11
\$50,000 to \$74,999	501	23	6	4-9	554	43	7	5-10	554	14	2	1-4
\$75,000+	573	10	2	1-5	613	30	5	4-8	613	13	3	2-5
Race:												
White, non-Hispanic	2,458	259	12	10-14	3,225	277	9	8-11	3,225	251	8	7-9
Black, non-Hispanic	209	39	19	13-26	240	35	17	11-22	239	32	15	10-20
Hispanic	66	7	13	3-23	78	11	17	7-27	78	9	12	4-19

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

## Exercise

### **No leisure time physical activity in past month:**

- ◆ Twenty-three percent of Pennsylvania adults responded in 2003 that they had not engaged in any leisure time physical activity in the past month.
- ◆ Pennsylvania adults aged 65+ has a significantly higher percentage (32) of not having engaged in leisure time physical activity in the past month compared to those adults under 65 (ages 18-29, 13 percent; ages 30-44, 20 percent; ages 45-64, 25 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage (47) compared to adults with a high school education or higher (high school diploma, 26 percent; some college education, 18 percent; a college degree, 14 percent). Also, adults with a high school diploma were significantly higher in percentage compared to adults with at least some college education.
- ◆ Adults with household incomes less than \$25,000 had significantly higher percentages of no leisure time physical activity (less than \$15,000, 38 percent, and \$15,000-\$24,999, 31 percent) compared to adults with household incomes of \$25,000+ (\$25,000-\$49,999, 22 percent; \$50,000-\$74,999, 16 percent; \$75,000+, 11 percent).
- ◆ No significant differences were found in the categories of sex or race/ethnicity.

### **Had enough moderate physical activity:**

**Definition:** For the purposes of this report, enough moderate physical activity is defined as engaging in moderate physical activity (brisk walking, bicycling, vacuuming, gardening, etc.) 5 or more days per week an average of 30 minutes per occasion.

- ◆ Forty-nine percent of Pennsylvania adults were determined to have had enough moderate physical activity during 2003.
- ◆ Pennsylvania adults ages 45+ had significantly lower percentages of having had enough moderate physical activity (age 45-64, 44 percent, and age 65+, 37 percent) compared to those adults under 45 years of age (age 18-29, 63 percent, and age 30-44, 54 percent).
- ◆ Adults with less than a high school education had a significantly lower percentage of enough moderate physical activity (35 percent) compared to those with at least some college education (some college education, 57 percent; and a college degree, 53 percent).
- ◆ Adults with household incomes less than \$25,000 had significantly lower percentages of moderate physical activity (less than \$15,000, 37 percent, and \$15,000-\$24,999, 45 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 55 percent, and \$75,000+, 58 percent).
- ◆ No significant differences were seen for sex or race/ethnicity.

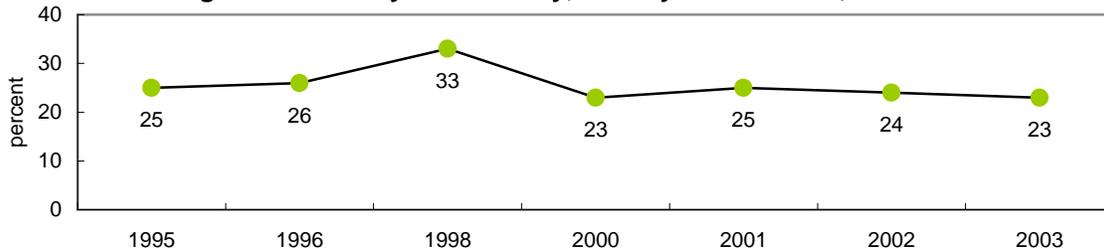
### **Had enough vigorous physical activity:**

**Definition:** For the purposes of this report, enough vigorous physical activity is defined as engaging in vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness 3 or more days per week for 20 or more minutes per occasion.

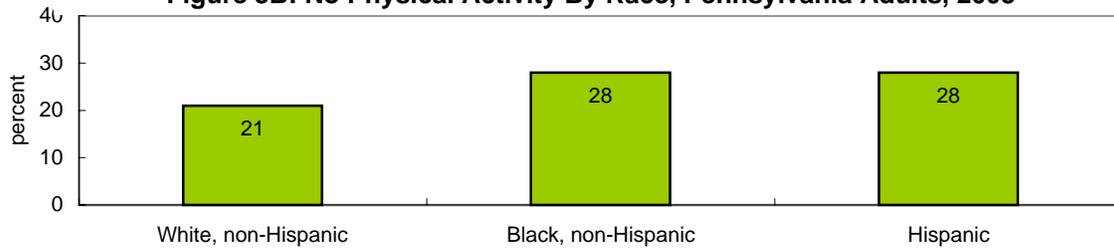
- ◆ Twenty-six percent of Pennsylvania adults in 2003 had enough vigorous physical activity.
- ◆ Males had a significantly higher percentage of having had enough vigorous activity (31 percent) compared to females (22 percent).
- ◆ Younger adults had significantly higher percentages compared to older adults for all age groups under 65 (age 18-29, 41 percent; age 30-44, 31 percent; age 45-64, 21 percent). The percentages for adults age 45-64 and age 65+ (15 percent) were statistically similar.
- ◆ The percentages for adults with a high school education or less were significantly lower (less than a high school education, 15 percent; high school diploma, 20 percent) compared to those adults with at least some college education (some college education, 34 percent; college degree, 32 percent).
- ◆ Adults with incomes over \$50,000 had significantly higher percentages of enough vigorous physical activity (\$50,000-\$74,999, 31 percent; \$75,000+, 38 percent) compared to all adults with household incomes less than \$50,000 (<\$15,000, 19 percent; \$15,000-\$24,999, 21 percent; \$25,000-\$49,999, 23 percent).
- ◆ There were no significant differences for adults engaging in vigorous physical activity by race/ethnicity.

# Exercise

**Figure 3A: No Physical Activity, Pennsylvania Adults, 1995-2003**



**Figure 3B: No Physical Activity By Race, Pennsylvania Adults, 2003**



**Table 3: Exercise, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	No Leisure Time Physical Activity During Past Month*				Had Enough Moderate Physical Activity*				Had Enough Vigorous Physical Activity*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,666	855	23	21-24	3,435	1,644	49	47-51	3,537	878	26	25-28
Male	1,456	296	21	18-23	1,381	686	51	48-54	1,399	418	31	28-34
Female	2,210	559	24	22-26	2,054	958	48	45-50	2,138	460	22	20-24
Age:												
18-29	482	65	13	10-17	459	284	63	58-68	468	197	41	36-46
30-44	1,038	198	20	17-23	989	536	54	51-58	1,011	316	31	28-34
45-64	1,317	323	25	22-28	1,240	557	44	41-47	1,269	263	21	18-23
65+	829	269	32	29-36	747	267	37	33-41	789	102	15	12-18
Education:												
<High School	310	147	47	41-54	278	94	35	29-42	291	41	15	10-20
High School	1,374	382	26	24-29	1,266	549	45	42-49	1,311	246	20	18-23
Some College	868	168	18	15-20	816	426	57	53-60	844	246	34	30-37
College Degree	1,109	156	14	12-16	1,070	574	53	49-56	1,086	345	32	29-35
Income:												
<\$15,000	317	122	38	32-45	292	102	37	31-44	302	46	19	13-24
\$15,000 to \$24,999	663	214	31	27-35	613	261	45	41-50	630	113	21	17-25
\$25,000 to \$49,999	1,062	241	22	19-25	1,008	461	47	44-51	1,034	234	23	20-26
\$50,000 to \$74,999	554	88	16	13-20	541	305	55	51-60	545	172	31	27-35
\$75,000+	613	65	11	8-14	596	345	58	54-63	606	220	38	34-42
Race:												
White, non-Hispanic	3,223	719	21	20-23	3,038	1,468	49	47-51	3,120	775	26	24-28
Black, non-Hispanic	240	69	28	21-34	218	92	46	38-54	226	49	24	17-31
Hispanic	78	25	28	17-39	72	35	52	39-66	76	23	30	18-42

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

# Diabetes

## Were you ever told you have diabetes?

- ◆ Eight percent of Pennsylvania adults responded “yes” in the 2003 survey to ever being told by a doctor that they have diabetes.
- ◆ The 19 percent of adults age 65+ who had ever been told that they have diabetes was significantly higher than for any of the other, younger age groups (ages 18-29, 2 percent; ages 30-44, 2 percent; and ages 45-64, 11 percent). Also, adults age 45-64 had a significantly higher percentage compared to adults under age 45.
- ◆ Fifteen percent of adults with less than a high school education reported having ever been told that they had diabetes – significantly higher than those with at least some college education (some college education, 7 percent; college degree, 5 percent).
- ◆ A significantly higher percentage was seen for adults reporting household incomes less than \$15,000 (17 percent) compared to adults with household incomes of \$25,000 or higher (8 percent for \$25,000-\$49,999; 6 percent for \$50,000-\$74,999; and 3 percent for \$75,000+).
- ◆ No significant differences were seen for sex or race/ethnicity.

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

- ◆ Of those ever told that they have diabetes
  - 4 percent were told when they were under age 18
  - 8 percent were between the ages of 18 and 29
  - 20 percent, between the ages 30 and 44
  - 45 percent, between the ages 45 and 64
  - 24 percent were age 65+.

## Are you currently taking insulin?

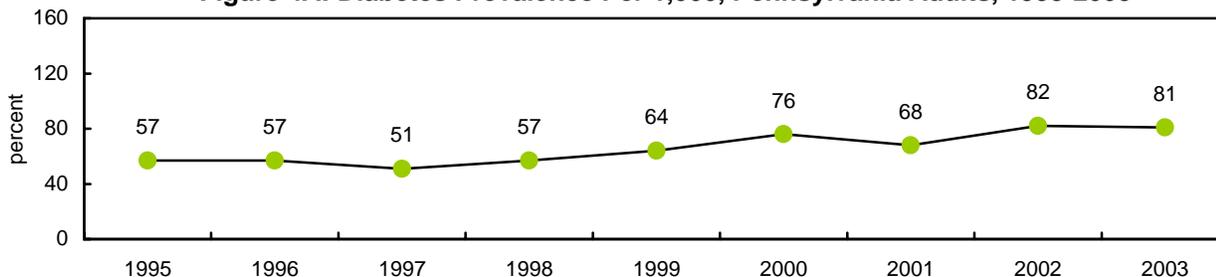
- ◆ Among Pennsylvania adults with diabetes, 28 percent were taking insulin in 2003.
- ◆ Adults ages 45-64 with diabetes had a significantly higher percentage (34) for taking insulin compared to diabetic adults age 65+ (17 percent).
- ◆ No significant differences were seen for sex, education, income, or race/ethnicity.

## Are you now taking diabetes pills?

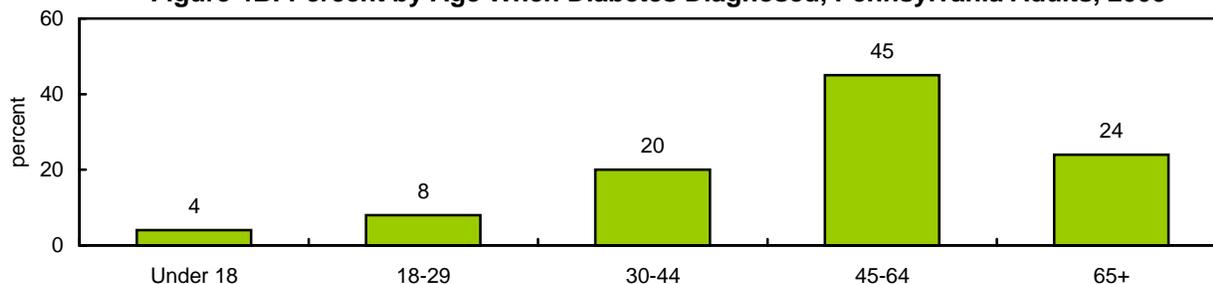
- ◆ Among Pennsylvania adults who had ever been told that they have diabetes by a doctor, 68 percent responded that they were taking diabetes pills.
- ◆ No significant differences were seen for sex, age, education, income, or race/ethnicity.

# Diabetes

**Figure 4A: Diabetes Prevalence Per 1,000, Pennsylvania Adults, 1995-2003**



**Figure 4B: Percent by Age When Diabetes Diagnosed, Pennsylvania Adults, 2003**



**Table 4: Diabetes, Pennsylvania Adults, 2003 (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	3,650	306	8	7-9	306	78	28	22-33	305	216	68	62-74
Male	1,457	126	9	7-11	126	29	27	18-36	125	83	63	54-73
Female	2,193	180	7	6-9	180	49	28	21-35	180	133	73	65-80
Age:												
18-29	476	10	2	1-3	10	#			10	#		
30-44	1,028	22	2	1-3	22	#			22	#		
45-64	1,314	131	11	9-13	131	38	34	24-44	130	89	64	54-74
65+	832	143	19	16-22	143	27	17	10-23	143	112	79	72-86
Education:												
<High School	308	57	15	11-19	57	13	24	12-37	57	46	79	67-91
High School	1,373	135	9	8-11	135	33	27	18-36	134	89	62	52-72
Some College	861	57	7	5-9	57	18	38	24-53	57	43	73	59-86
College Degree	1,103	56	5	4-7	56	14	20	9-31	56	37	65	50-80
Income:												
<\$15,000	314	57	17	12-21	57	17	34	17-51	57	40	62	45-79
\$15,000 to \$24,999	663	77	11	8-14	77	17	23	13-34	77	58	75	64-86
\$25,000 to \$49,999	1,055	83	8	6-10	83	18	23	13-33	82	56	66	54-77
\$50,000 to \$74,999	553	31	6	4-8	31	#			31	#		
\$75,000+	608	12	3	2-5	12	#			12	#		
Race:												
White, non-Hispanic	3,209	250	8	7-9	250	62	26	19-32	249	174	66	59-73
Black, non-Hispanic	240	37	13	9-18	37	#			37	#		
Hispanic	77	7	9	4-20	7	#			7	#		

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

\*\*Denominator is persons who have diabetes.

#Data not reported due to N<50.

# Hypertension Awareness

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

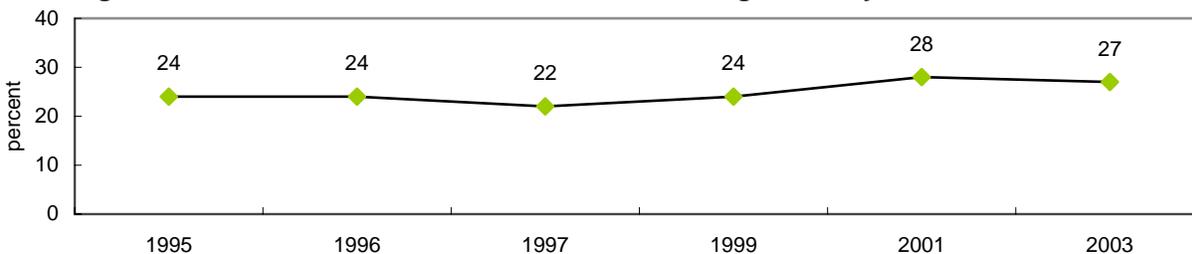
- ◆ 27 percent of Pennsylvania adults responded “Yes” to the question, “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.”
- ◆ All age groups 30 or older had a significantly higher percentage compared to a younger age group (age 65+, 54 percent; age 45-64, 34 percent; age 30-44, 14 percent; age 18-29, 5 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage of adults (40) who had been told that they had high blood pressure compared to adults with a high school diploma or higher (29 percent, high school diploma; 24 percent, some college; 22 percent, college degree). Also, adults with a high school diploma had a significantly higher percentage compared to adults with a college degree.
- ◆ Significantly higher percentages of adults with household incomes of less than \$25,000 (40 percent, <\$15,000; 34 percent, \$15,000-\$24,999) indicated that they had been told that they had high blood pressure compared to adults with household incomes of \$25,000 or more (26 percent, \$25,000-\$49,999; 20 percent, \$50,000-\$74,999; and 19 percent, \$75,000+).
- ◆ No significant differences were seen for sex or race/ethnicity.

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

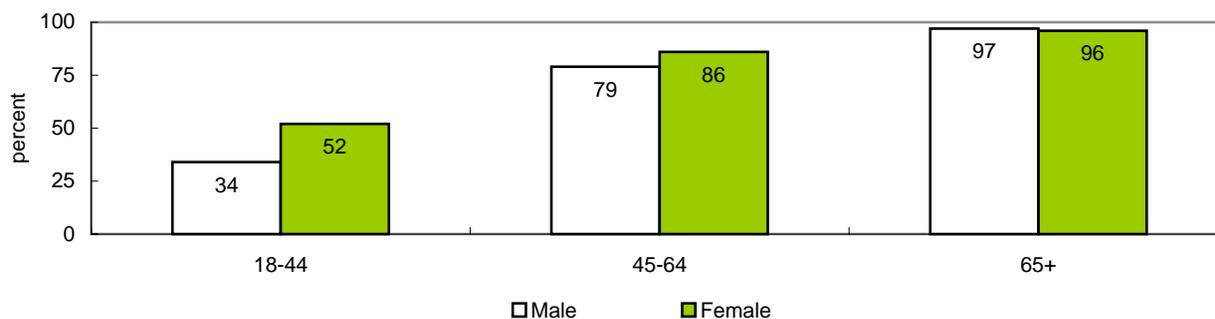
- ◆ Eighty percent of Pennsylvania adults, who were ever told that they had high blood pressure, reported in 2003 that they were taking blood pressure medication.
- ◆ Females had a significantly higher percentage of taking blood pressure medication (86 percent) compared to males (74 percent).
- ◆ Adults age 45+ (82 percent, age 45-64; and 96 percent, age 65+) had significantly higher percentages compared to adults less than 45 years of age (22 percent, age 18-29; and 45 percent, age 30-44). Adults age 65+ also had a significantly higher percentage compared to adults age 45-64.
- ◆ No significant differences were seen for education, income or race/ethnicity.

# Hypertension Awareness

**Figure 5A: Percent Ever Told Blood Pressure Was High, Pennsylvania Adults 1995-2003**



**Figure 5B: Percent With High Blood Pressure Taking Medication Pennsylvania Adults by Sex and Age, 2003**



**Table 5: Hypertension Awareness, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Ever Told Blood Pressure Was Too High*				Taking Medication For High Blood Pressure*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,637	1,053	27	25-28	1,051	864	80	77-83
Male	1,454	450	28	26-31	449	340	74	70-79
Female	2,183	603	25	23-27	602	524	86	83-89
Age:								
18-29	473	28	5	4-8	28	6	22	5-39
30-44	1,020	135	14	11-16	135	63	45	36-55
45-64	1,313	443	34	31-37	442	367	82	78-86
65+	831	447	54	51-58	446	428	96	94-98
Education:								
<High School	309	141	40	34-46	141	117	81	73-88
High School	1,365	436	29	26-32	435	361	81	76-85
Some College	858	222	24	21-27	221	176	77	70-84
College Degree	1,100	252	22	19-25	252	208	82	76-87
Income:								
<\$15,000	316	138	40	34-47	137	116	81	73-89
\$15,000 to \$24,999	660	243	34	30-38	243	207	83	77-88
\$25,000 to \$49,999	1,053	288	26	23-29	287	237	81	76-87
\$50,000 to \$74,999	549	121	20	17-24	121	91	73	64-82
\$75,000+	606	112	19	16-23	112	87	78	69-87
Race:								
White, non-Hispanic	3,202	901	26	25-28	899	739	80	77-83
Black, non-Hispanic	234	97	34	27-41	97	80	81	72-90
Hispanic	78	19	24	13-36	19	15	74	49-99

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

# Cholesterol Awareness

## Have you ever had your blood cholesterol checked?

- ◆ In 2003, 80 percent of Pennsylvania adults responded “Yes” to ever having had their blood cholesterol checked.
- ◆ Each age group under 65 had percentages significantly lower than any older age group – ages 18-29 with 49 percent, ages 30-44 with 76 percent, ages 45-64 with 90 percent, and ages 65+ with 96 percent ever having their blood cholesterol checked.
- ◆ Adults with a college degree had a significantly higher percentage (87 percent) compared to adults with some college or less (< high school education, 72 percent; high school diploma, 77 percent; and some college, 79 percent).
- ◆ Eighty-seven percent of adults with household incomes of \$75,000+ had had their blood cholesterol checked – significantly higher than for those households with an income of less than \$50,000 (<\$15,000, 73 percent; \$15,000-\$24,999, 77 percent; and \$25,000-\$49,999, 77 percent).
- ◆ No significant difference was seen for sex and race/ethnicity.

## Had blood cholesterol checked in the past 5 years:

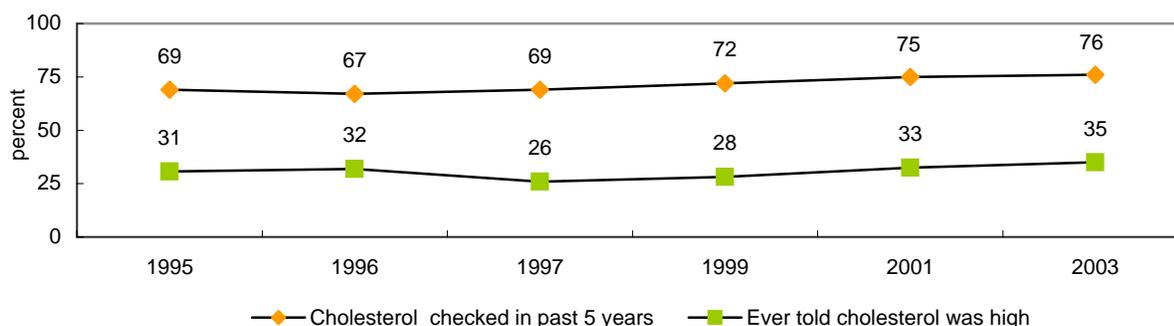
- ◆ Seventy-six percent of Pennsylvania adults said in 2003 that they had had their blood cholesterol checked in the past 5 years.
- ◆ Each older age group was significantly higher in percentage compared to its younger counterpart (age 65+, 94 percent; age 45-64, 86 percent; age 30-44, 70 percent; age 18-29, 45 percent).
- ◆ Adults with a college degree had significantly higher percentages (81 percent) compared to adults with some college or less (< high school, 69 percent; high school diploma, 74 percent; and some college, 75 percent).
- ◆ Significantly higher percentages of adults who had had their cholesterol checked in the past 5 years were observed for those with household incomes of \$50,000 or more (\$50,000-\$74,999, 80 percent; \$75,000+, 81 percent) compared to adults with a household income less than \$15,000 (68 percent).
- ◆ No significant difference was seen for sex or race/ethnicity.

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

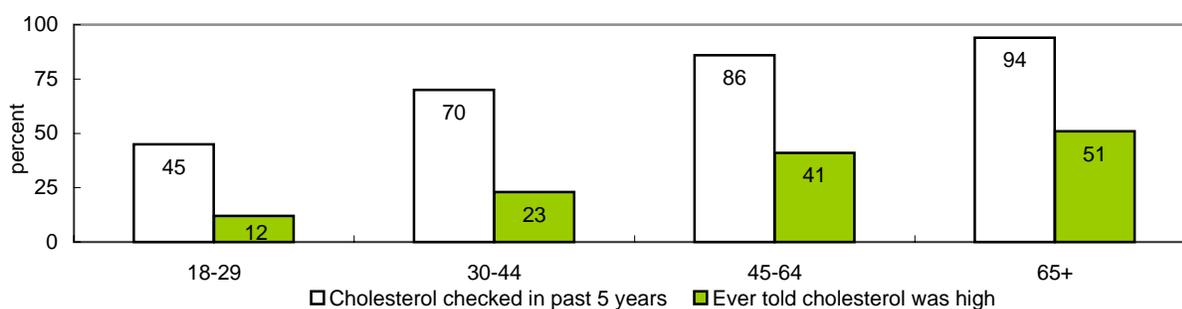
- ◆ Thirty-five percent of Pennsylvania adults reported in 2003 that they had ever been told by a medical professional that their blood cholesterol was high.
- ◆ Each age group, under 65, was significantly lower in percentage compared to older age groups (age 18-29, 12 percent; age 30-44, 23 percent; age 45-64, 41 percent; age 65+, 51 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage of ever being told their cholesterol was high (49 percent) compared to adults with a high school diploma or higher (high school diploma, 38 percent; some college, 35 percent; and a college degree, 28 percent). Also, the percentage of adults with a high school diploma was significantly higher than the percentage of adults with a college degree.
- ◆ No significant difference was seen for sex, income or race/ethnicity.

# Cholesterol Awareness

**Figure 6A: Cholesterol Awareness, Percent by Type Pennsylvania Adults, 1995-2003**



**Figure 6B: Cholesterol Awareness, Percent by Type and Age, Pennsylvania Adults, 2003**



**Table 6: Cholesterol Awareness, Pennsylvania Adults, 2003 (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	3,589	2,966	80	78-81	3,563	2,792	76	74-78	2,948	1,088	35	33-37
Male	1,424	1,138	77	75-80	1,417	1,076	73	71-76	1,131	434	37	34-40
Female	2,165	1,828	82	80-84	2,146	1,716	78	76-80	1,817	654	34	32-37
Age:												
18-29	438	226	49	44-55	436	206	45	40-50	226	33	12	8-16
30-44	1,019	776	76	73-79	1,014	707	70	67-73	773	185	23	20-26
45-64	1,310	1,185	90	88-92	1,302	1,125	86	84-88	1,177	474	41	38-44
65+	822	779	96	94-97	811	754	94	92-96	772	396	51	47-55
Education:												
<High School	297	229	72	65-78	295	220	69	63-76	225	116	49	41-56
High School	1,345	1,072	77	74-80	1,337	1,024	74	71-77	1,065	437	38	35-42
Some College	850	698	79	76-82	843	650	75	71-78	695	257	35	31-39
College Degree	1,093	963	87	84-89	1,085	895	81	79-84	959	276	28	25-31
Income:												
<\$15,000	310	238	73	67-79	304	218	68	62-74	234	103	40	32-47
\$15,000 to \$24,999	648	518	77	74-81	646	496	75	71-79	515	223	39	34-44
\$25,000 to \$49,999	1,040	833	77	74-80	1,034	798	75	72-78	829	294	33	30-37
\$50,000 to \$74,999	544	467	84	80-88	544	437	80	76-84	466	159	35	30-40
\$75,000+	605	536	87	83-90	601	495	81	77-84	534	179	34	30-39
Race:												
White, non-Hispanic	3,159	2,630	80	79-82	3,139	2,466	76	74-78	2,616	966	36	34-38
Black, non-Hispanic	236	193	81	75-87	233	189	80	74-86	191	67	31	23-38
Hispanic	75	57	70	58-82	74	54	67	55-80	57	27	44	28-59

\*Excludes missing, don't know, and refused. \*\* Includes adults who ever had their cholesterol checked.

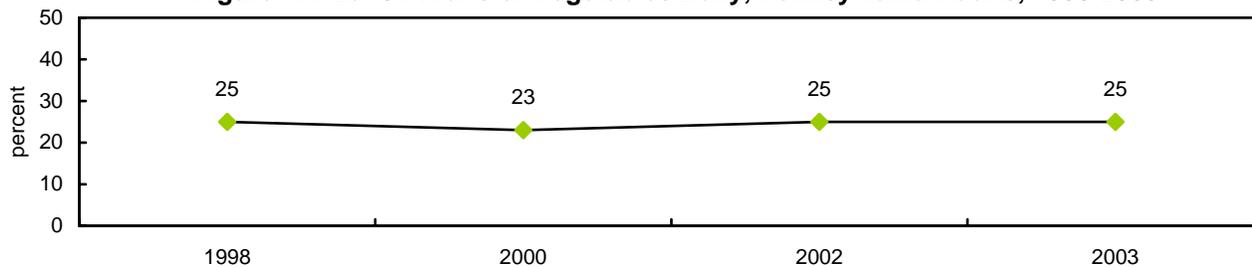
# Fruits & Vegetables

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

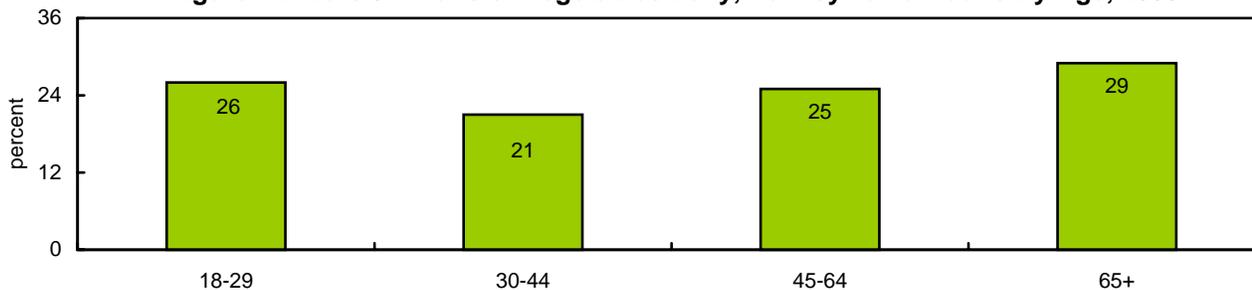
- ◆ Twenty-five percent of Pennsylvania adults said that they were eating fruits and vegetables 5 or more times a day.
- ◆ Females had a percentage significantly higher (31 percent) than males (18 percent) in the 2003 survey.
- ◆ A significantly higher percentage of adults aged 65+ (29 percent) said that they were eating fruits and vegetables 5 or more times each day compared to those ages 30-44 (21 percent).
- ◆ Thirty-three percent of college graduates were eating fruits and vegetables 5 or more times daily – significantly higher than those with a high school education or less (less than high school, 20 percent, and a high school diploma, 19 percent).
- ◆ Adults with household incomes of \$75,000+ had a significantly higher percentage of eating fruits and vegetables 5 or more times daily (30 percent) compared to adults with household incomes of \$25,000-\$49,999 (21 percent).
- ◆ No significant difference was seen for race/ethnicity.

# Fruits & Vegetables

**Figure 7A: Eat 5+ Fruits or Vegetables Daily, Pennsylvania Adults, 1998-2003**



**Figure 7B: Eats 5+ Fruits or Vegetables Daily, Pennsylvania Adults By Age, 2003**



**Table 7: Eat 5+ Fruits or Vegetables Daily\*  
Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Total No.	No.	%	CI
All Adults	3,670	925	25	23-26
Male	1,458	251	18	15-20
Female	2,212	674	31	29-33
Age:				
18-29	482	122	26	21-30
30-44	1,037	227	21	18-23
45-64	1,319	326	25	22-28
65+	832	250	29	26-33
Education:				
<High School	312	62	20	15-25
High School	1,376	280	19	17-21
Some College	869	220	26	23-30
College Degree	1,108	363	33	30-36
Income:				
<\$15,000	317	80	27	21-32
\$15,000 to \$24,999	665	166	25	21-29
\$25,000 to \$49,999	1,063	231	21	19-24
\$50,000 to \$74,999	554	142	25	21-29
\$75,000+	613	184	30	26-34
Race:				
White, non-Hispanic	3,228	809	25	23-26
Black, non-Hispanic	240	63	26	19-32
Hispanic	78	19	24	13-34

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

# Weight Control

## Are you trying to lose weight?

- ◆ In the 2003 survey, 40 percent of Pennsylvania adults responded that they were trying to lose weight.
- ◆ A significantly higher percentage of females (47 percent) was reported as trying to lose weight compared to males (32 percent) in 2003.
- ◆ Adults between the ages of 45 and 64 were trying to lose weight at a significantly higher percentage (48) compared to adults under age 45 (ages 18-29, 31 percent; ages 30-44, 39 percent) and adults age 65+ (36 percent).
- ◆ No significant differences were seen for education, income, or race/ethnicity.

## Eating fewer calories to lose or maintain weight?

- ◆ Forty-eight percent of Pennsylvania adults attempted to lose or maintain weight by eating fewer calories in 2003.
- ◆ Adults between the ages of 45 and 64 were trying to lose or maintain weight by eating fewer calories at a significantly higher percentage (54) compared to adults under age 45 (ages 18-29, 43 percent; ages 30-44, 45 percent).
- ◆ A significantly higher percentage of adults with a college degree were eating fewer calories to lose or maintain weight (54 percent) compared to adults with a high school diploma (45 percent).
- ◆ Pennsylvania adults with household incomes less than \$15,000 had a significantly lower percentage of trying to lose or maintain weight by eating fewer calories (38 percent) compared to those with household incomes of \$25,000-\$49,999 (49 percent) and \$50,000-\$74,999 (51 percent).
- ◆ No significant differences were seen for sex or race/ethnicity.

## Using physical activity to lose or maintain weight?

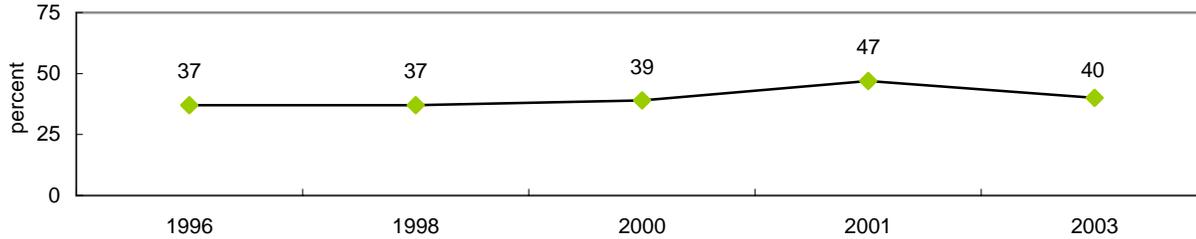
- ◆ Seventy percent of Pennsylvania adults engaged in physical activity to lose or maintain weight in 2003.
- ◆ Adults ages 18-29 had a significantly higher percentage of using physical activity to lose or maintain weight (84 percent) compared to adults age 30+ (ages 30-44, 73 percent; ages 45-64, 69 percent; ages 65+, 55 percent). Also, adults ages 30-64 had significantly higher percentages compared to adults age 65+.
- ◆ Significantly higher percentages of adults with some college education or higher (some college education, 75 percent; college degree, 78 percent) used physical activity to lose or maintain weight compared to those with a high school education or less (less than a high school education, 57 percent; high school diploma, 65 percent).
- ◆ Pennsylvania adults with household incomes of \$50,000 and greater had significantly higher percentages of engaging in physical activity to lose or maintain weight (\$50,000-\$74,999, 78 percent; \$75,000+, 77 percent) compared to adults with household incomes less than \$50,000 (<\$15,000, 58 percent; \$15,000-\$24,999, 66 percent; \$25,000-\$49,999, 68 percent).
- ◆ No significant difference was seen for sex or race/ethnicity.

## Received advice about your weight from a health professional in the past year?

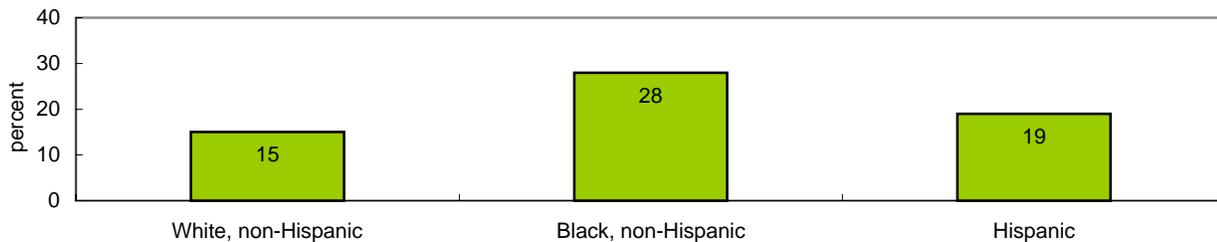
- ◆ 16 percent of Pennsylvania adults said that they had received advice about their weight from a health professional in the past year during 2003.
- ◆ A significantly higher percentage of adults ages 45-64 (23 percent) reported receiving advice about their weight from a health professional in the past year than adults from all other age categories (ages 18-29, 9 percent; ages 30-44, 14 percent; age 65+, 16 percent). Also, adults age 65+ had a significantly higher percentage compared to adults ages 18-29.
- ◆ Non-Hispanic black adults had a significantly higher percentage (28) compared to non-Hispanic white adults (15 percent).
- ◆ No significant differences were seen for sex, education, or income.

# Weight Control

**Figure 8A: Percent Trying to Lose Weight, Pennsylvania Adults, 1996-2003**



**Figure 8B: Percent Given Professional Advice About Weight by Race Pennsylvania Adults, 2003**



**Table 8: Weight Control, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Trying To Lose Weight*				Trying To Lose or Maintain Weight Eating Fewer Calories* **				Trying To Lose or Maintain Weight Using Physical Activity* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,663	1,531	40	38-42	2,921	1,446	48	46-50	2,939	2,022	70	68-72
Male	1,454	476	32	29-35	1,057	491	46	43-50	1,065	746	70	67-73
Female	2,209	1,055	47	45-50	1,864	955	50	47-52	1,874	1,276	70	68-73
Age:												
18-29	482	157	31	26-35	346	151	43	37-48	347	287	84	79-88
30-44	1,033	421	39	36-42	809	375	45	41-48	814	607	73	70-77
45-64	1,319	657	48	45-51	1,124	613	54	50-57	1,127	778	69	66-72
65+	829	296	36	33-40	642	307	48	44-52	651	350	55	51-59
Education:												
<High School	312	107	33	27-39	216	95	45	37-52	217	121	57	49-64
High School	1,371	583	40	37-43	1,089	511	45	42-49	1,100	687	65	61-68
Some College	867	372	42	39-46	686	338	47	43-52	690	490	75	71-78
College Degree	1,108	466	40	37-43	926	501	54	50-57	928	722	78	75-81
Income:												
<\$15,000	317	135	40	34-47	240	108	38	31-45	247	140	58	51-66
\$15,000 to \$24,999	664	257	38	34-42	501	233	47	42-53	506	318	66	62-71
\$25,000 to \$49,999	1,060	443	40	36-43	862	425	49	46-53	864	581	68	65-72
\$50,000 to \$74,999	554	248	42	38-47	451	235	51	46-56	452	357	78	74-83
\$75,000+	611	278	43	39-48	527	277	50	45-54	530	410	77	73-81
Race:												
White, non-Hispanic	3,220	1,362	40	39-42	2,602	1,287	49	46-51	2,615	1,810	70	68-72
Black, non-Hispanic	240	106	42	35-50	186	95	46	37-55	187	126	72	65-79
Hispanic	78	28	38	25-51	54	24	38	24-53	54	35	63	47-78

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

\*\*Denominator is persons who are either trying to lose or maintain weight.

# Asthma

## Were you ever told you have asthma?

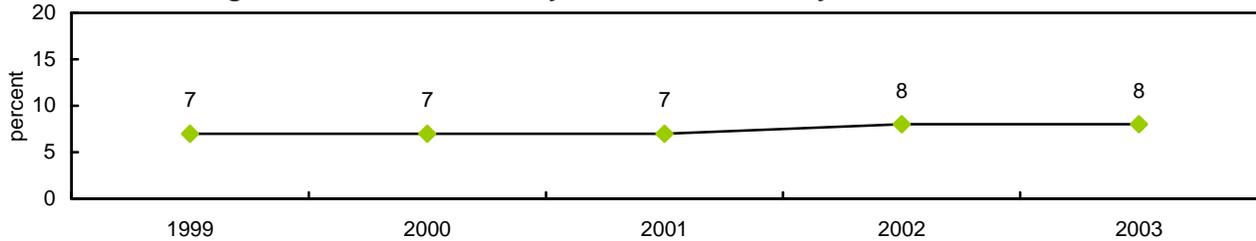
- ◆ Twelve percent of Pennsylvania adults responded in the 2003 survey that a health care professional had told them that they had asthma.
- ◆ A significantly higher percentage of adults with less than a high school diploma said that they had been diagnosed with asthma (20 percent) compared to adults with a high school diploma (11 percent) and adults with a college degree (10 percent).
- ◆ Those adults with household incomes less than \$15,000 had a significantly higher percentage (18 percent) compared to those adults with household incomes greater than \$75,000 (9 percent).
- ◆ No significant differences were seen for sex, age or race/ethnicity.

## Do you currently have asthma?

- ◆ Eight percent of Pennsylvania adults indicated in the 2003 survey that they currently have asthma.
- ◆ Women had a significantly higher percentage of currently having asthma (10 percent) compared to men (6 percent).
- ◆ A significantly higher percentage of adults with less than a high school education reported having asthma (16 percent) compared to adults with a high school education or higher (a high school diploma, 8 percent; some college education, 7 percent; college degree, 7 percent).
- ◆ Adults with household incomes less than \$15,000 had a significantly higher percentage (14 percent) compared to those adults with a household income \$75,000+ (6 percent).
- ◆ No significant differences were seen for age or race/ethnicity.

# Asthma

**Figure 9A: Percent Currently Has Asthma, Pennsylvania Adults, 1999-2003**



**Figure 9B: Percent Currently Has Asthma, Pennsylvania Adults by Age, 2003**



**Table 9: Asthma, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Ever Told Had Asthma*				Currently Has Asthma*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,665	441	12	11-13	3,652	306	8	7-9
Male	1,455	136	10	8-12	1,452	80	6	5-8
Female	2,210	305	14	12-15	2,200	226	10	9-12
Age:								
18-29	482	69	14	11-18	479	44	9	7-13
30-44	1,038	130	12	10-14	1,032	82	7	6-9
45-64	1,318	151	11	9-13	1,316	111	9	7-11
65+	827	91	11	9-13	825	69	9	7-11
Education:								
<High School	311	58	20	14-25	311	47	16	11-21
High School	1,372	152	11	9-13	1,365	109	8	7-10
Some College	869	109	12	10-15	866	69	7	6-10
College Degree	1,108	121	10	8-12	1,105	81	7	6-9
Income:								
<\$15,000	315	53	18	13-24	312	40	14	9-19
\$15,000 to \$24,999	663	88	13	10-16	661	67	10	7-12
\$25,000 to \$49,999	1,064	118	11	9-13	1,062	85	8	6-10
\$50,000 to \$74,999	554	64	10	8-13	550	42	7	5-10
\$75,000+	613	60	9	7-12	611	35	6	4-8
Race:								
White, non-Hispanic	3,224	366	11	10-13	3,215	252	8	7-9
Black, non-Hispanic	240	41	16	10-21	238	29	12	7-16
Hispanic	77	10	9	5-18	77	9	9	4-18

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

# Immunization

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

- ◆ Forty-five percent of Pennsylvanians ages 50-64 reported in 2003 that they had had a flu shot in the past year.
- ◆ There were no significant differences in sex, education, income or race/ethnicity in 2003.
- ◆ The percentage of adults ages 50-64 who had had a flu shot in the past year has steadily increased over time from 27 percent in 1995 to 45 percent in 2003.

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

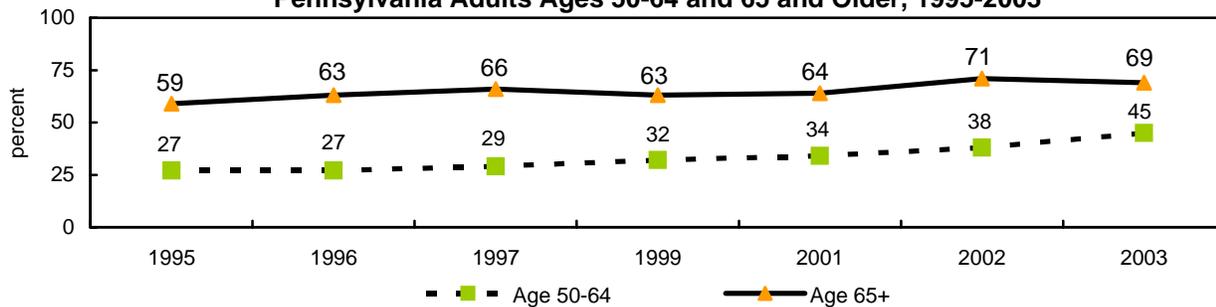
- ◆ Sixty-nine percent of Pennsylvanians age 65+ in 2003 reported that they had had a flu shot in the past year.
- ◆ Males age 65+ had a significantly higher percentage of having had a flu shot (75 percent) compared to females age 65+ (65 percent).
- ◆ There were no significant differences in education, income, or race/ethnicity.
- ◆ Adults age 65+ showed an increase over time of having had a flu shot in the past year from a percentage of 59 in 1995 to 69 percent in 2003.

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

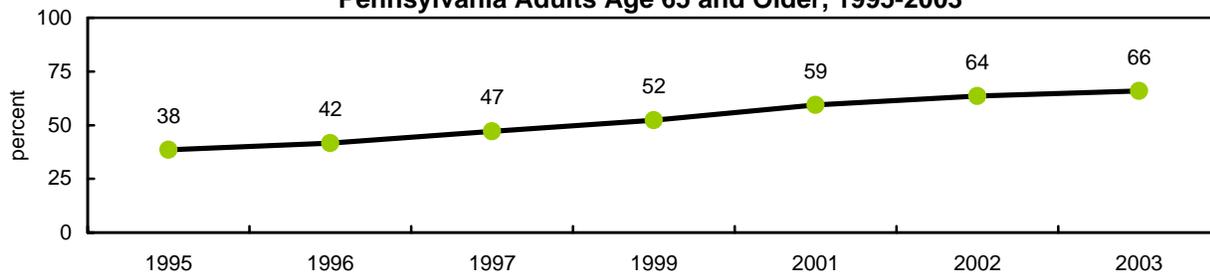
- ◆ Sixty-six percent of Pennsylvania adults age 65+ answered “yes” to ever having had a pneumonia vaccination in the 2003 survey.
- ◆ No significant differences were seen for adults age 65+ who had ever had a pneumonia vaccination by sex, education, or income.
- ◆ Adults age 65+ showed a steady increase over time of ever having had a pneumonia vaccination, with a percentage of 38 in 1995 to 66 in 2003.

# Immunization

**Figure 10A: Percent Who Had Flu Shots in the Past Year  
Pennsylvania Adults Ages 50-64 and 65 and Older, 1995-2003**



**Figure 10B: Percent Who Ever Had a Pneumonia Vaccination  
Pennsylvania Adults Age 65 and Older, 1995-2003**



**Table 10: Immunization, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Had Flu Shot in Past Year Age 50-64*				Had Flu Shot in Past Year Age 65+*				Ever had a Pneumonia Vaccination, Age 65+*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	929	413	45	41-48	831	572	69	66-73	811	540	66	63-70
Male	344	148	44	38-50	290	218	75	70-81	282	185	65	59-71
Female	585	265	45	40-49	541	354	65	60-69	529	355	67	63-72
Education:												
<High School	68	23	32	20-44	141	85	60	51-69	139	77	55	45-64
High School	335	144	45	39-51	382	265	70	66-75	375	258	69	64-74
Some College	219	95	42	35-49	148	105	71	62-79	145	103	70	62-78
College Degree	304	150	49	43-56	160	117	73	66-80	152	102	66	57-74
Income:												
<\$15,000	57	24	45	28-61	126	85	68	59-78	121	89	74	65-83
\$15,000 to \$24,999	144	79	56	47-65	245	163	66	60-73	243	157	64	57-71
\$25,000 to \$49,999	279	113	39	33-46	205	152	73	67-80	200	141	71	64-77
\$50,000 to \$74,999	155	68	46	37-54	52	40	78	66-89	48	#	#	#
\$75,000+	186	78	41	33-49	39	#	#	#	39	#	#	#
Race:												
White, non-Hispanic	824	369	45	41-48	765	532	71	67-74	747	504	68	64-71
Black, non-Hispanic	64	27	42	28-56	30	#	#	#	28	#	#	#
Hispanic	14	#	#	#	12	#	#	#	12	#	#	#

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

#Data not reported due to N<50.

# Cigarette Use

## Current cigarette smokers:

- ◆ Twenty-five percent of all Pennsylvania adults indicated that they were current cigarette smokers, smoking cigarettes everyday or some days, in 2003.
- ◆ Only 10 percent of adults age 65+ said that they were current smokers – significantly lower than the other age groups (ages 18-29, 36 percent; ages 30-44, 30 percent; ages 45-64, 24 percent).
- ◆ Only 14 percent of college graduates were current smokers. This is significantly lower than for the other educational groups (less than high school education, 37 percent; a high school diploma, 29 percent; some college education, 28 percent).
- ◆ Adults with a household income of less than \$75,000 had significantly higher percentages of smoking (less than \$15,000, 31 percent; \$15,000-\$24,999, 31 percent; \$25,000-\$49,999, 30 percent; and \$50,000-\$74,999, 24 percent) compared to adults with a household income of \$75,000+ (15 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage for being current cigarette smokers (35 percent) compared to non-Hispanic white adults (24 percent).
- ◆ No significant difference was seen for sex.

## Former cigarette smokers:

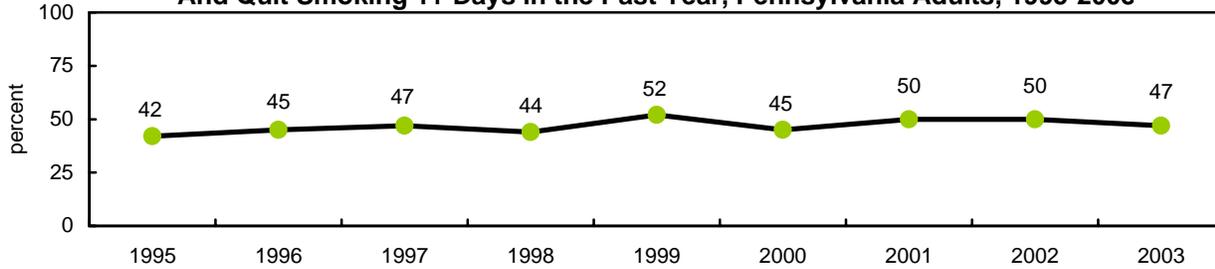
- ◆ In the 2003 survey, 25 percent of Pennsylvania adults responded that they were former cigarette smokers.
- ◆ A significantly higher percentage of males (29 percent) were former smokers than females (22 percent) in 2003.
- ◆ All younger adult age groups were significantly lower in percentages compared to older adult groups (ages 18-29, 11 percent; ages 30-44, 17 percent; ages 45-64, 32 percent; age 65+, 40 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage of former smokers (27 percent) compared to non-Hispanic black adults (18 percent).
- ◆ No significant differences were seen for education or income.

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

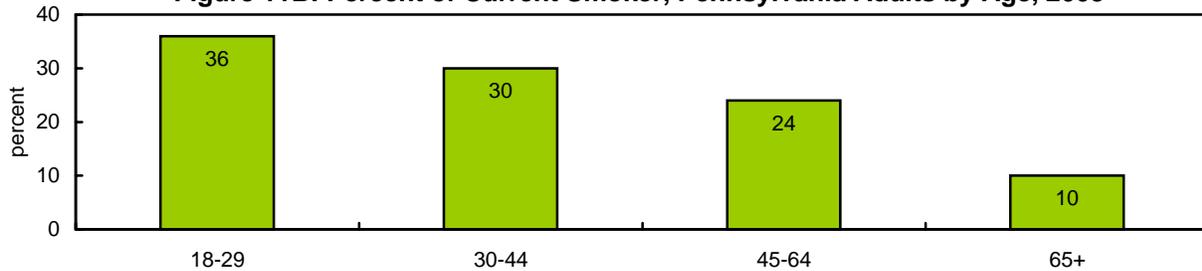
- ◆ Among those who were currently smoking everyday in 2003, 47 percent had quit for at least one day in the past year.
- ◆ Adults with a household income of less than \$15,000 had a significantly higher percentage (62) compared to adults with a household income of \$25,000-\$49,999 (40 percent) and those with a household income of \$50,000-\$74,999 (33 percent).
- ◆ No significant differences were seen in sex, age, education, or race/ethnicity.

# Cigarette Use

**Figure 11A: Current Smokers Who Smoke Everyday  
And Quit Smoking 1+ Days in the Past Year, Pennsylvania Adults, 1995-2003**



**Figure 11B: Percent of Current Smoker, Pennsylvania Adults by Age, 2003**



**Table 11: Cigarette Use, Pennsylvania Adults, 2003 (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	3,659	853	25	24-27	3,659	988	25	24-27	675	300	47	43-51
Male	1,452	360	27	24-30	1,452	455	29	26-31	293	131	47	41-54
Female	2,207	493	24	22-26	2,207	533	22	20-24	382	169	47	41-52
Age:												
18-29	481	170	36	31-41	481	62	11	8-14	119	60	52	42-62
30-44	1,037	299	30	27-33	1,037	177	17	15-20	230	109	49	42-56
45-64	1,314	309	24	22-27	1,314	420	32	29-34	265	101	40	33-47
65+	827	75	10	8-13	827	329	40	37-44	61	30	55	41-68
Education:												
<High School	311	103	37	31-43	311	91	27	21-32	84	38	47	35-59
High School	1,371	379	29	27-32	1,371	384	26	24-29	310	136	47	41-54
Some College	864	223	28	25-32	864	217	22	19-25	173	74	44	36-53
College Degree	1,108	147	14	12-16	1,108	295	26	23-29	107	52	52	42-63
Income:												
<\$15,000	315	88	31	25-37	315	90	27	21-33	69	39	62	49-74
\$15,000 to \$24,999	662	180	31	27-36	662	185	26	22-30	143	75	58	49-68
\$25,000 to \$49,999	1,062	293	30	27-33	1,062	271	24	21-27	238	92	40	33-48
\$50,000 to \$74,999	554	125	24	20-29	554	133	23	19-27	96	32	33	22-45
\$75,000+	611	89	15	12-18	611	184	29	25-33	70	35	53	40-67
Race:												
White, non-Hispanic	3,219	718	24	22-26	3,219	898	27	25-28	570	239	44	39-48
Black, non-Hispanic	239	77	35	27-42	239	52	18	13-24	60	36	62	48-77
Hispanic	78	23	33	20-47	78	18	22	12-33	17	#		

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

\*\*Includes adults who smoke cigarettes some days or everyday. \*\*\*Denominator is current smokers who smoke

## Other Tobacco Products

### Ever used smokeless tobacco:

- ◆ Fourteen percent of all Pennsylvania adults reported ever using smokeless tobacco in 2003.
- ◆ Men had a significantly higher percentage (27) compared to women (2 percent).
- ◆ Adults under age 45 had significantly higher percentages (ages 18-29, 20 percent; ages 30-44, 21 percent) compared to adults age 45+ (ages 45-64, 10 percent; age 65+, 7 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage of ever using smokeless tobacco (15 percent) compared to non-Hispanic black adults (4 percent).
- ◆ No significant differences were seen for education or income.

### Men who ever used smokeless tobacco:

- ◆ As stated before, 27 percent of Pennsylvania men reported ever using smokeless tobacco in 2003.
- ◆ Men under age 45 had significantly higher percentages (ages 18-29, 38 percent; ages 30-44, 37 percent) compared to men age 45+ (ages 45-64, 19 percent; age 65+, 15 percent).
- ◆ Non-Hispanic white men had a significantly higher percentage of ever using smokeless tobacco (30 percent) compared to non-Hispanic black men (6 percent).
- ◆ No significant differences were seen for education or income.

### Ever smoked a cigar:

- ◆ Forty-two percent of all Pennsylvania adults reported having ever smoked a cigar in 2003.
- ◆ Men had a significantly higher percentage (69) compared to women (18 percent).
- ◆ Adults ages 18-29 had a significantly higher percentage (51) compared to adults age 65+ (30 percent).
- ◆ Adults with a college degree had a significantly higher percentage (45) compared to adults with a high school diploma (38 percent).
- ◆ A significantly higher percentage was seen for adults with a household income of \$75,000+ (49 percent) compared to adults with a household income of \$15,000-\$24,999 (39 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage of having ever smoked a cigar (44 percent) compared to non-Hispanic black adults (28 percent).

### Men who ever smoked a cigar:

- ◆ Sixty-nine percent of Pennsylvania men reported in 2003 ever having smoked a cigar.
- ◆ Non-Hispanic white men had a significantly higher percentage (73) compared to non-Hispanic black men (49 percent).
- ◆ No significant differences were seen for age, education, or income.

### Men who currently use smokeless tobacco:

- ◆ Six percent of Pennsylvania men reported using smokeless tobacco someday or everyday in 2003.
- ◆ No significant differences were seen for age, education, income, or race/ethnicity.

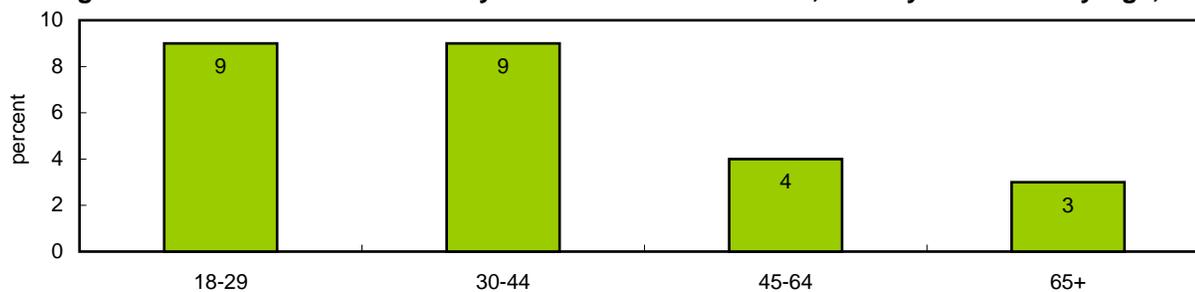
### Men who currently smoke a cigar:

- ◆ Eleven percent of Pennsylvania men reported smoking a cigar someday or everyday in 2003.
- ◆ Adults age 65+ had a significantly lower percentage (4) compared to adults ages 18-29 (14 percent) and adults ages 45-64 (12 percent).
- ◆ No significant differences were seen for education, income, or race/ethnicity.

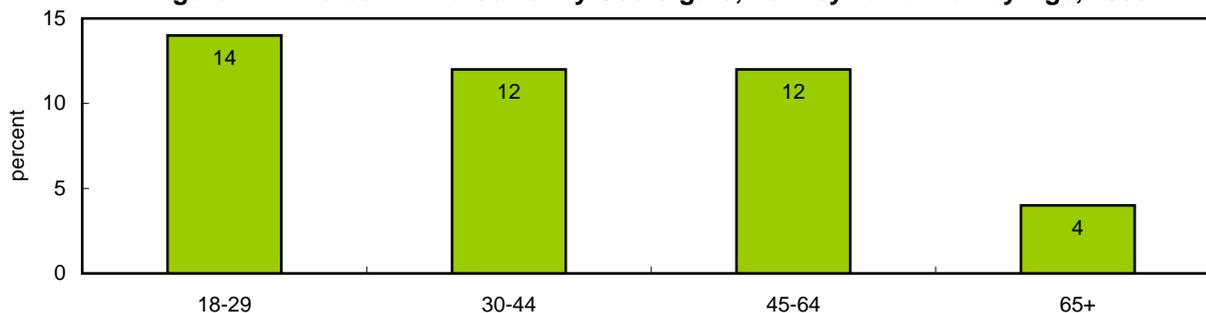
**Note:** Women were excluded from the calculations of current smokeless tobacco and current cigar use due to males accounting for the vast majority of respondents who indicated that they currently use either smokeless tobacco or cigars.

## Other Tobacco Products

**Figure 12A: Percent Who Currently Use Smokeless Tobacco, Pennsylvania Men by Age, 2003**



**Figure 12B: Percent Who Currently Use Cigars, Pennsylvania Men by Age, 2003**



**Table 12: Other Tobacco Products, Pennsylvania Men, 2003 (with 95% confidence intervals)**

	Men Who Currently Used Smokeless Tobacco* **				Men Who Currently Smoke Cigars* ***			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Men	1402	86	6	5-8	1,397	150	11	9-13
Age:								
18-29	202	19	9	6-15	202	33	14	9-19
30-44	429	40	9	6-12	427	45	12	8-16
45-64	487	19	4	2-7	487	60	12	9-15
65+	284	8	3	1-6	281	12	4	3-8
Education:								
<High School	129	9	8	4-17	129	14	11	5-17
High School	483	37	8	5-11	482	56	12	8-15
Some College	328	22	6	4-9	327	39	12	8-16
College Degree	461	18	4	2-6	458	41	10	7-13
Income:								
<\$15,000	82	9	14	4-24	82	10	12	5-19
\$15,000 to \$24,999	233	14	5	3-9	230	21	10	6-16
\$25,000 to \$49,999	439	30	7	5-10	439	38	9	6-12
\$50,000 to \$74,999	253	12	5	3-8	253	21	9	5-14
\$75,000+	275	11	4	2-7	274	44	16	11-21
Race:								
White, non-Hispanic	1247	78	7	5-8	1,244	133	11	9-13
Black, non-Hispanic	72	1	1	0-9	71	4	5	2-15
Hispanic	35	#			34	#		

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

\*\*Includes men who use smokeless tobacco some days or everyday.

\*\*\*Includes men who smoke cigars some days or everyday.

# Alcohol Consumption

## Binge drinking:

- ◆ Eighteen percent of Pennsylvania adults admitted in 2003 to binge drinking (five or more alcoholic drinks on one occasion) in the previous month.
- ◆ Eleven percent of female adults said that they had been binge drinking in the past month, a significantly lower percentage compared to the 26 percent of male adults.
- ◆ According to the 2003 survey, as age increased, the percentage of binge drinking significantly decreased (ages 18-29, 33 percent; ages 30-44, 23 percent; ages 45-64, 13 percent; age 65+, 4 percent).
- ◆ Adults with some college had a significantly higher percentage of binge drinking (21 percent) compared to adults with less than a high school education (12 percent).
- ◆ A significantly higher percentage of adults with household incomes of \$75,000+ were binge drinkers in the previous month (23 percent) compared to adults with a household income of \$15,000-\$24,999 (15 percent).
- ◆ No significant difference was seen for race/ethnicity.

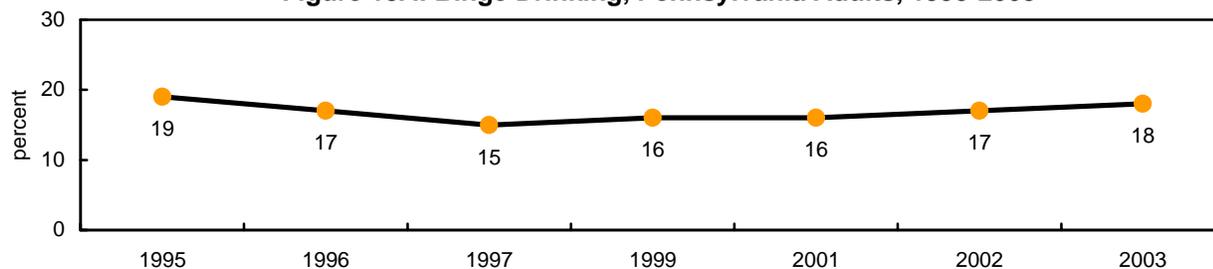
## At risk for problem drinking:

**Definition:** For the purposes of this report, being at risk for problem drinking is defined as having greater than 2 drinks per day for men and greater than 1 drink per day for women.

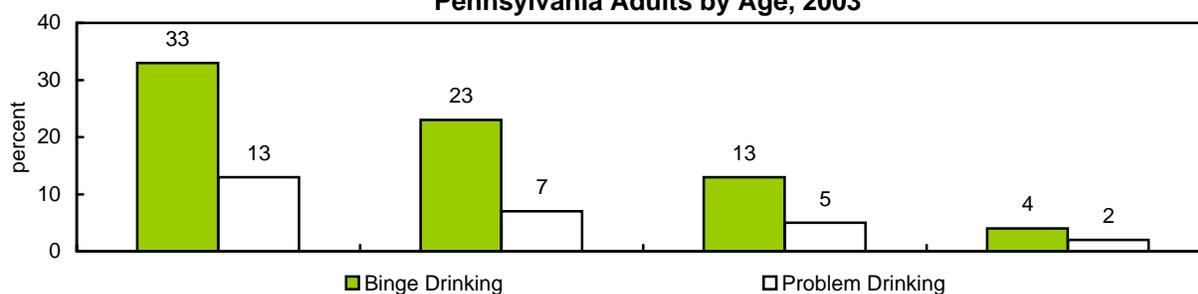
- ◆ During the 2003 survey, 7 percent of Pennsylvania adults were determined to be at risk for problem drinking.
- ◆ A significantly higher percentage of adults ages 18-29 were identified as being at risk for problem drinking (13 percent) compared to adults age 30+ (ages 30-44, 7 percent; ages 45-64, 5 percent; age 65+, 2 percent).
- ◆ No significant differences were seen for sex, education, income or race/ethnicity.

# Alcohol Consumption

**Figure 13A: Binge Drinking, Pennsylvania Adults, 1995-2003**



**Figure 13B: Binge Drinking and Problem Drinking Pennsylvania Adults by Age, 2003**



**Table 13: Alcohol Consumption, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Binge Drinking*				At Risk for Problem Drinking**			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,641	574	18	17-20	3,638	210	7	6-8
Male	1,443	374	26	24-29	1,442	95	7	6-9
Female	2,198	200	11	9-12	2,196	115	6	5-7
Age:								
18-29	479	155	33	29-38	476	58	13	10-17
30-44	1,030	235	23	20-26	1,034	67	7	5-9
45-64	1,310	162	13	11-15	1,306	72	5	4-7
65+	822	22	4	2-6	822	13	2	1-3
Education:								
<High School	305	27	12	7-16	303	13	5	3-8
High School	1,362	216	18	15-20	1,364	80	7	5-9
Some College	863	155	21	17-24	864	64	8	6-10
College Degree	1,106	175	18	16-21	1,102	52	6	4-8
Income:								
<\$15,000	311	41	18	13-24	313	23	9	6-15
\$15,000 to \$24,999	656	76	15	11-18	654	25	5	3-8
\$25,000 to \$49,999	1,058	181	19	16-22	1,059	67	7	5-9
\$50,000 to \$74,999	551	104	19	15-22	549	36	7	5-9
\$75,000+	613	122	23	19-26	612	34	6	4-9
Race:								
White, non-Hispanic	3,206	520	19	17-20	3,205	192	7	6-8
Black, non-Hispanic	238	32	15	9-20	236	7	4	2-9
Hispanic	77	12	17	7-27	77	7	11	3-18

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

\*\* Defined as having greater than 2 drinks per day for men and greater than 1 drink per day for women.

# Skin Cancer

## Do you always use sunscreen when outdoors?

- ◆ Fourteen percent of Pennsylvania adults in 2003 said that they used sunscreen or sun block when outside in the sun.
- ◆ Females had a significantly higher percentage (21 percent) compared to males (6 percent).
- ◆ Adults age 45+ had significantly higher percentages (ages 45-64 and age 65+, both 17 percent) compared to adults ages 18-29 (9 percent).
- ◆ Pennsylvania adults with some college education or higher had significantly higher percentages (some college education, 17 percent; college degree, 16 percent) compared to adults with less than a high school education (8 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage of using sunscreen or sun block (15 percent) compared to non-Hispanic black adults (5 percent).
- ◆ No significant difference was seen for income.

## Have you had a sunburn within the past 12 months?

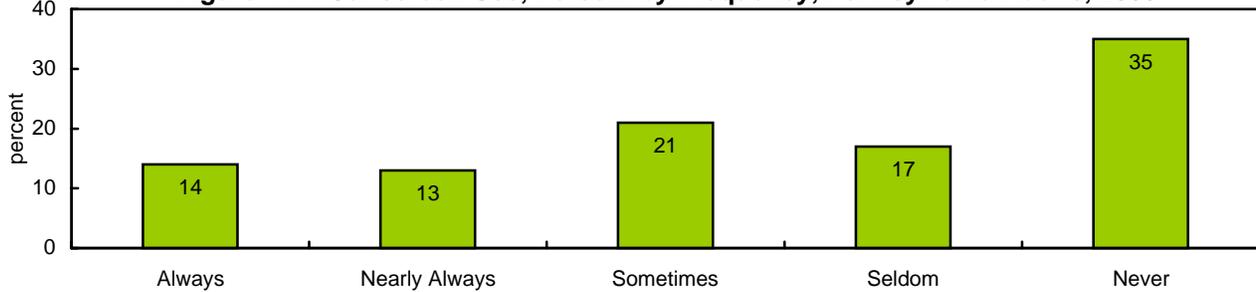
- ◆ Thirty-seven percent of Pennsylvania adults responded “Yes” to having had a sunburn in the past 12 months during the 2003 survey.
- ◆ A significantly higher percentage of males had a sunburn in the past 12 months (43 percent) compared to females (32 percent).
- ◆ Adults under 45 years of age had significantly higher percentages (ages 18-29, 55 percent; ages 30-44, 51 percent) compared to adults 45 years of age and older (ages 45-64, 29 percent; age 65+, 13 percent).
- ◆ Significantly higher percentages were seen for adults with some college education or higher (some college education, 42 percent; college degree, 41 percent) compared to adults with a high school diploma or less (less than a high school education, 27 percent; high school diploma, 34 percent).
- ◆ Adults with household incomes of less than \$25,000 had significantly lower percentages of sunburn in the past 12 months (less than \$15,000 and \$15,000-\$24,999, both 30 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 43 percent; \$75,000+, 51 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage (41) compared to both non-Hispanic black adults (4 percent) and Hispanic adults (24 percent). Also, Hispanic adults were significantly higher in percentage compared to non-Hispanic black adults.

## Sun exposure prevention by Pennsylvania adults:

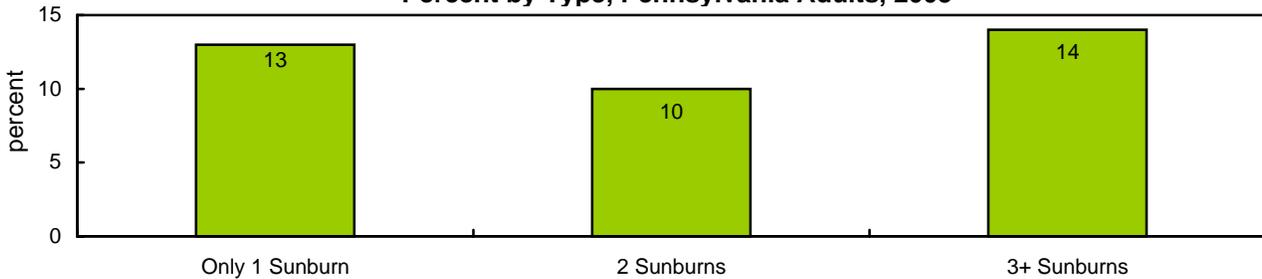
- ◆ Sixteen percent of Pennsylvania adults said that they always wore either a wide-brimmed hat or any other hat that shaded their face, ears, and neck when outdoors in the sun.
- ◆ Three percent of adults reported that they always wore a long-sleeved shirt when outdoors in the sun.

# Skin Cancer

**Figure 14A: Sunscreen Use, Percent by Frequency, Pennsylvania Adults, 2003**



**Figure 14B: Number of Sunburns in the Past 12 Months  
Percent by Type, Pennsylvania Adults, 2003**



**Table 14: Skin Cancer, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Always wears sunscreen when in the sun*				Had a sunburn in the past year*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,398	534	14	13-15	3,665	1,272	37	35-39
Male	1,384	92	6	5-8	1,454	616	43	40-46
Female	2,014	442	21	19-23	2,211	656	32	30-34
Age:								
18-29	456	49	9	7-12	482	258	55	50-60
30-44	992	139	13	11-15	1,035	539	51	48-55
45-64	1,224	217	17	14-19	1,316	377	29	27-32
65+	726	129	17	14-20	832	98	13	10-15
Education:								
<High School	276	21	8	5-12	312	75	27	21-33
High School	1,246	179	13	11-15	1,375	430	34	31-37
Some College	816	149	17	14-19	867	330	42	38-45
College Degree	1,055	184	16	14-19	1,106	437	41	38-44
Income:								
<\$15,000	276	34	10	6-14	316	79	30	24-37
\$15,000 to \$24,999	595	89	12	10-15	665	184	30	26-34
\$25,000 to \$49,999	1,005	155	14	12-17	1,064	364	36	32-39
\$50,000 to \$74,999	530	89	15	11-18	553	230	43	38-48
\$75,000+	591	103	15	12-19	612	295	51	46-55
Race:								
White, non-Hispanic	3,005	497	15	14-16	3,223	1,218	41	39-43
Black, non-Hispanic	210	11	5	3-9	240	11	4	2-8
Hispanic	74	13	17	7-27	78	17	24	13-35

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

# Overweight & Obese

## Overweight adults:

- ◆ Sixty percent of Pennsylvania adults were overweight according to the 2003 survey results.
- ◆ Males had a significantly higher percentage of being overweight (70 percent) compared to females (51 percent).
- ◆ Adults ages 18-29 had a significantly lower percentage of being overweight (42 percent) compared to the older age groups (ages 30-44, 61 percent; ages 45-64, 68 percent; age 65+, 64 percent). Also, adults ages 30-44 had a significantly lower percentage compare to adults ages 45-64.
- ◆ A significantly higher percentage of adults with a high school diploma were overweight (64 percent) compared to adults with a college degree (54 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (76) compared to non-Hispanic white adults (60 percent).
- ◆ No significant difference was seen for income.

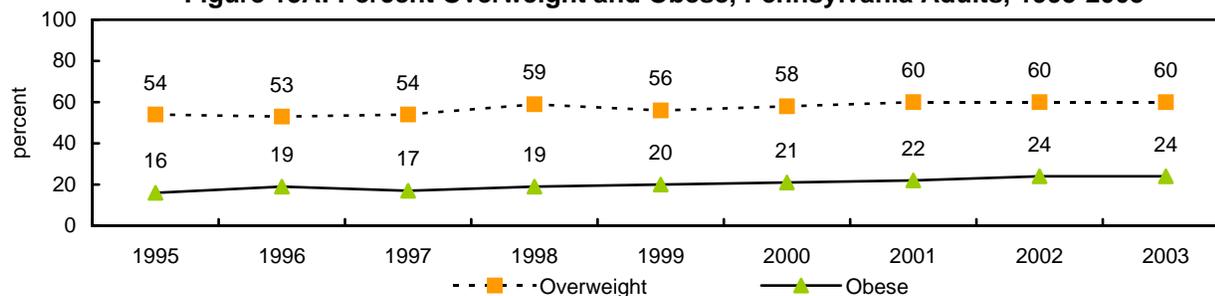
## Obese adults:

- ◆ Twenty-four percent of Pennsylvania adults were obese according to the 2003 survey results. (Please note that obese adults are included in the overweight percentages.)
- ◆ Adults age 30+ (25, 29, and 23 percent for age groups 30-44, 45-64 and 65+ respectively) had significantly higher percentages for being obese compared to adults ages 18-29 (13 percent).
- ◆ A significantly lower percentage of adults with a college degree (20 percent) were obese compared to adults with a high school diploma or less (less than a high school education, 28 percent; high school diploma, 26 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (35 percent) compared to non-Hispanic white adults (23 percent).
- ◆ No significant differences were seen for sex or education.

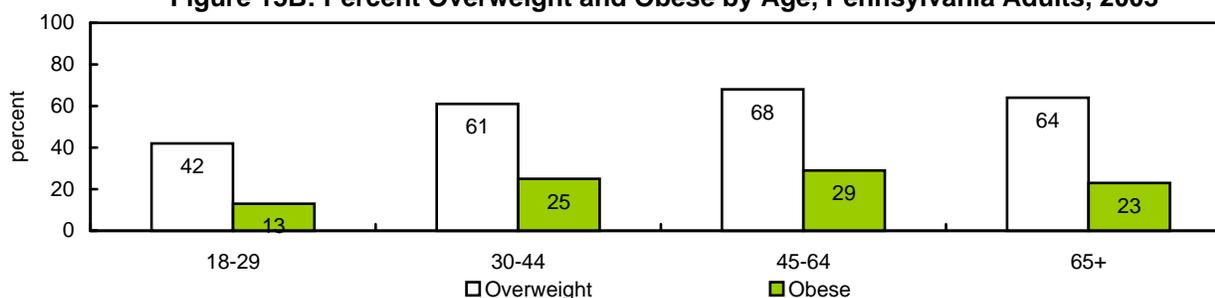
**Notes:** The Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. BMI is calculated as  $\text{mass (kg)}/\text{height}^2 (\text{m}^2)$  and estimated using pounds and inches by  $[\text{weight (pound)}/\text{height}^2 (\text{inches}^2)] \times 703$ . Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI  $\geq 30$  are considered obese.

# Overweight & Obese

**Figure 15A: Percent Overweight and Obese, Pennsylvania Adults, 1995-2003**



**Figure 15B: Percent Overweight and Obese by Age, Pennsylvania Adults, 2003**



**Table 15: Overweight & Obese, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Overweight*				Obese*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,500	2,089	60	58-62	3,500	842	24	22-26
Male	1,442	1,015	70	67-73	1,442	375	25	23-28
Female	2,058	1,074	51	48-53	2,058	467	22	20-24
Age:								
18-29	466	200	42	37-48	466	70	13	10-17
30-44	993	576	61	58-64	993	245	25	22-28
45-64	1,237	818	68	65-71	1,237	357	29	26-32
65+	804	495	64	60-67	804	170	23	20-26
Education:								
<High School	301	201	65	58-71	301	92	28	23-34
High School	1,310	841	64	61-67	1,310	346	26	24-29
Some College	824	471	60	56-63	824	189	23	20-26
College Degree	1,062	574	54	51-58	1,062	214	20	17-22
Income:								
<\$15,000	307	192	61	55-68	307	95	30	24-37
\$15,000 to \$24,999	637	392	64	60-68	637	174	28	24-32
\$25,000 to \$49,999	1,018	621	62	59-66	1,018	245	25	22-28
\$50,000 to \$74,999	535	325	60	55-65	535	129	23	19-27
\$75,000+	604	351	59	55-64	604	127	21	18-25
Race:								
White, non-Hispanic	3,085	1,824	60	58-62	3,085	716	23	22-25
Black, non-Hispanic	225	171	76	70-83	225	83	35	27-42
Hispanic	75	45	65	53-77	75	19	26	14-39

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

**Note:** Obese is included in the overweight percentage.

# Arthritis

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

- ◆ Forty-six percent of Pennsylvania adults indicated that they had had pain, aching, stiffness, or swelling in or around a joint during the past 30 days in 2003.
- ◆ According to the 2003 BRFSS survey, significantly higher percentages of diagnosed adults were seen in each consecutively older age group (ages 18-29, 32 percent; ages 30-44, 41 percent; ages 45-64, 51 percent; and age 65+, 59 percent).
- ◆ Pennsylvania adults with a college degree had a significantly lower percentage (41) compared to adults with a high school education or less (less than a high school education, 55 percent; high school diploma, 48 percent).
- ◆ Adults with household incomes of less than \$25,000 had significantly higher percentages of joint symptoms in the past 30 days (less than \$15,000, 57 percent; \$15,000-\$24,999, 51 percent) compared to adults with household incomes of \$75,000+ (39 percent).
- ◆ No significant differences were seen for sex or race/ethnicity.

## **Been told you have arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?**

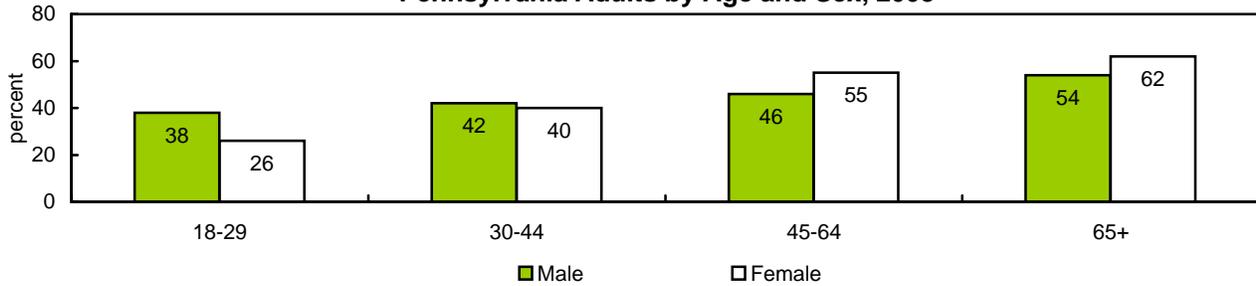
- ◆ Thirty-two percent of Pennsylvania adults responded in the 2003 survey that a doctor or other health professional had told them that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.
- ◆ A significantly higher percentage of females had been diagnosed (36 percent) compared to males (27 percent).
- ◆ As with the comparison of pain, aching, stiffness, or swelling of joints noted above, significantly higher percentages of adults being diagnosed were seen in each consecutively older age group (ages 18-29, 6 percent; ages 30-44, 20 percent; ages 45-64, 38 percent; age 65+, 63 percent).
- ◆ Significantly higher percentages were seen for adults with a high school education or less (less than high school education, 46 percent, and a high school diploma, 35 percent) compared to adults with at least some college education (some college education, 29 percent, and a college degree, 24 percent).
- ◆ Adults with household incomes of less than \$25,000 had significantly higher percentages (less than \$15,000, 43 percent; \$15,000-\$24,999, 41 percent) compared to adults with household incomes of \$25,000+ (\$25,000-\$49,999, 31 percent; \$50,000-\$74,999, 25 percent; \$75,000+, 22 percent). Also, adults with a household income of \$25,000-\$49,999 had a significantly higher percentage compared to adults with a household income of \$75,000+.
- ◆ Both non-Hispanic white adults and non-Hispanic black adults had a significantly higher percentage of being diagnosed (33 and 27 percent respectively) compared to Hispanic adults (13 percent).

## **Are you limited in doing usual activities because of arthritis or joint symptoms?**

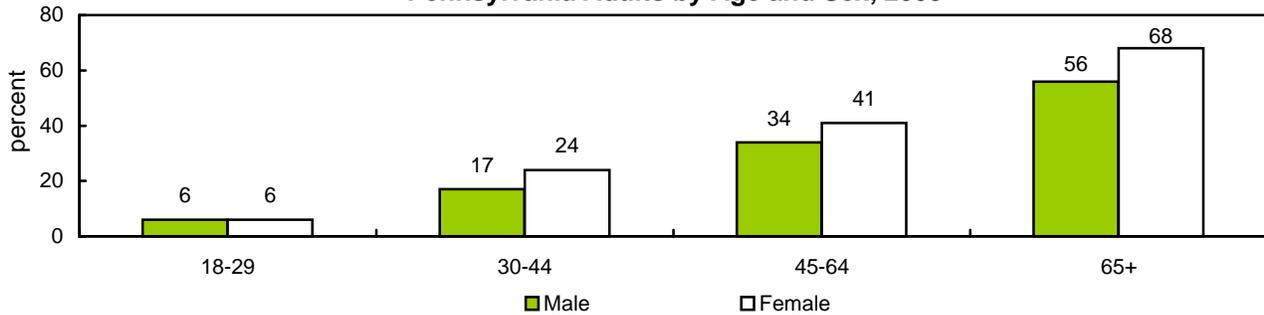
- ◆ Twenty-five percent of Pennsylvania adults reported that they were limited in usual activities because of arthritis or joint symptoms in 2003.
- ◆ A significantly higher percentage of adults with less than a high school education were limited in usual activities because of arthritis or joint symptoms (37 percent) compared to adults with a high school diploma (23 percent) or adults with some college education but no college degree (22 percent).
- ◆ Adults with household incomes of less than \$15,000 had a significantly higher percentage of limitations in usual activities due to arthritis or joint symptoms (48 percent) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 27 percent; \$25,000-\$49,999, 26 percent; \$50,000-\$74,999, 16 percent; \$75,000+, 15 percent).
- ◆ No significant differences were seen for sex, age, or race/ethnicity.

# Arthritis

**Figure 16A: Percent Having Joint Symptoms in the Past 30 Days  
Pennsylvania Adults by Age and Sex, 2003**



**Figure 16B: Percent Ever Told They Have Arthritis  
Pennsylvania Adults by Age and Sex, 2003**



**Table 16: Arthritis, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Pain, Aching, or Stiffness In or Around a Joint in Past 30 Days*				Have Arthritis, Gout, Lupus, or Fibromyalgia*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,639	1,764	46	44-48	3,632	1,277	32	30-33
Male	1,445	666	45	42-48	1,440	427	27	25-30
Female	2,194	1,098	47	45-50	2,192	850	36	33-38
Age:								
18-29	479	152	32	27-37	478	35	6	4-9
30-44	1,029	429	41	38-45	1,030	212	20	18-23
45-64	1,309	707	51	48-54	1,301	507	38	35-41
65+	822	476	59	55-62	823	523	63	60-67
Education:								
<High School	307	174	55	48-61	307	161	46	39-52
High School	1,364	700	48	45-51	1,359	540	35	33-38
Some College	862	416	45	42-49	862	278	29	25-32
College Degree	1,102	471	41	37-44	1,100	295	24	22-27
Income:								
<\$15,000	313	182	57	51-64	313	151	43	37-50
\$15,000 to \$24,999	662	358	51	47-56	662	303	41	36-45
\$25,000 to \$49,999	1,057	496	44	41-48	1,050	358	31	28-34
\$50,000 to \$74,999	553	256	45	40-50	551	148	25	21-29
\$75,000+	610	257	39	35-44	611	142	22	18-25
Race:								
White, non-Hispanic	3,206	1,585	48	46-50	3,199	1,144	33	31-35
Black, non-Hispanic	236	103	39	32-46	235	76	27	21-34
Hispanic	76	25	34	21-46	77	14	13	6-20

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

## Falls

### Have you had a fall in the past 3 months?

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- ◆ Fourteen percent of Pennsylvania adults, age 45+, indicated in 2003 that they had fallen in the past 3 months.
- ◆ Pennsylvania adults with a college degree had a significantly lower percentage (10) compared to adults with some college education (18 percent).
- ◆ Adults with household incomes of less than \$15,000 had a significantly higher percentage of falls in the past 3 months (25 percent) compared to adults with household incomes of \$25,000+ (\$25,000-\$49,999, 12 percent; \$50,000-\$74,999, 10 percent; \$75,000+, 12 percent).
- ◆ No significant differences were seen for sex, age or race/ethnicity.

### Have you been injured by a fall in the past 3 months?

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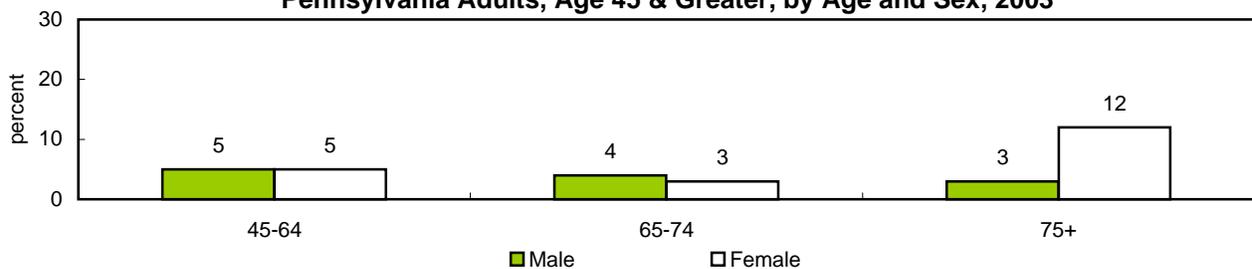
- ◆ Five percent of Pennsylvania adults, age 45+, indicated in 2003 that they had been injured in a fall in the past 3 months.
- ◆ Adults with household incomes of less than \$15,000 had a significantly higher percentage of falls resulting in injury in the past 3 months (17 percent) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 5 percent; \$25,000-\$49,999, 3 percent; \$50,000-\$74,999, 3 percent; \$75,000+, 4 percent).
- ◆ No significant differences were seen for sex, age, education, or race/ethnicity.

# Falls

**Figure 17A: Percent Having Fallen in Past Three Months  
Pennsylvania Adults, Age 45 & Greater, by Age and Sex, 2003**



**Figure 17B: Percent Injured in a Fall in Past Three Months  
Pennsylvania Adults, Age 45 & Greater, by Age and Sex, 2003**



**Table 17: Falls  
Pennsylvania Adults, Age 45 & Greater, 2003 (with 95% confidence intervals)**

	Fall in Past 3 Months*				Injury Due to Fall*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	2,125	284	14	12-16	2,125	105	5	4-6
Male	791	97	13	10-16	791	31	4	3-6
Female	1,334	187	14	12-17	1,334	74	6	5-7
Age:								
45-64	1,303	180	14	12-16	1,303	67	5	4-7
64-74	459	48	11	8-14	459	14	3	2-6
75+	363	56	17	13-22	363	24	8	5-13
Education:								
<High School	226	26	12	7-17	226	10	5	3-10
High School	849	112	15	12-18	849	40	6	4-8
Some College	452	79	18	14-21	452	29	6	4-9
College Degree	595	66	10	8-13	595	26	4	2-5
Income:								
<\$15,000	202	43	25	17-32	202	26	17	9-24
\$15,000 to \$24,999	441	64	15	11-18	441	22	5	3-8
\$25,000 to \$49,999	580	68	12	9-16	580	19	3	2-5
\$50,000 to \$74,999	277	27	10	6-14	277	10	3	2-6
\$75,000+	320	38	12	8-16	320	13	4	2-7
Race:								
White, non-Hispanic	1,910	257	14	12-16	1,910	96	5	4-7
Black, non-Hispanic	127	14	9	5-14	127	5	4	2-9
Hispanic	30	#			30	#		

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

# Disability

## Are you limited in any way due to physical, mental, or emotional problems?

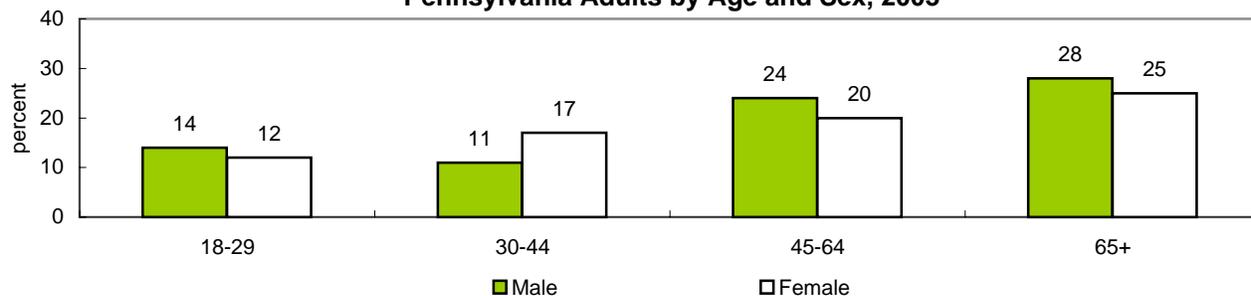
- ◆ Nineteen percent of Pennsylvania adults reported that they were limited due to physical, mental, or emotional problems in 2003.
- ◆ Adults age 45+ had significantly higher percentages (ages 45-64, 21 percent; age 65+, 26 percent) compared to adults under age 45 (ages 18-29, 13 percent; ages 30-44, 14 percent).
- ◆ Pennsylvania adults with a less than a high school education had a significantly higher percentage (31) compared to adults with a high school education or higher (high school diploma and some college education, both 19 percent; college degree, 14 percent).
- ◆ Adults with household incomes of less than \$15,000 had a significantly higher percentage (41) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 25 percent; \$25,000-\$49,999, 17 percent; \$50,000-\$74,999, 13 percent; \$75,000+, 12 percent). Also, adults with a household income of \$15,000-\$24,999 had a significantly higher percentage compared to adults with household incomes of \$25,000+.
- ◆ No significant differences were seen for sex or race/ethnicity.

## Have health problems requiring use of special equipment

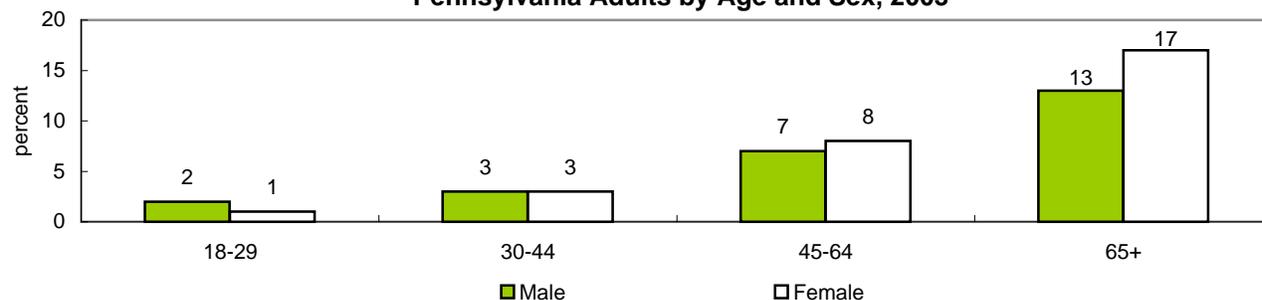
- ◆ Seven percent of Pennsylvania adults indicated in 2003 that they had a health problem that required them to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone.
- ◆ A significantly higher percentage was seen for adults age 65+ (15 percent) compared to adults under age 65 (ages 18-29, 2 percent; ages 30-44, 3 percent; ages 45-64, 8 percent). Also, adults age 45-64 had a significantly higher percentage compared to adults under 45 years of age.
- ◆ Pennsylvania adults with less than a high school education had a significantly higher percentage (15 percent) compared to adults with a high school education or higher (high school diploma, 7 percent; some college education, 6 percent; college degree, 4 percent). In addition, adults with a high school diploma had a significantly higher percentage compared to adults with a college degree.
- ◆ Adults with household incomes of less than \$15,000 had a significantly higher percentage of using special equipment (20 percent) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 9 percent; \$25,000-\$49,999, 6 percent; \$50,000-\$74,999, 3 percent; \$75,000+, 2 percent). A significantly higher percentage of adults with a household income of \$15,000-\$24,999 had a health problem that required them to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone compared to adults with a household income of \$50,000+.
- ◆ No significant differences were seen for sex or race/ethnicity.

# Disability

**Figure 18A: Percent Indicating They Are Limited Due to Health Problems  
Pennsylvania Adults by Age and Sex, 2003**



**Figure 18B: Percent With Health Problem Requiring Use of Special Equipment  
Pennsylvania Adults by Age and Sex, 2003**



**Table 18: Disability  
Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Limited Due to Health Problems*				Health Problem Requiring Use of Special Equipment*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,606	709	19	17-20	3,624	268	7	6-8
Male	1,433	280	19	16-21	1,440	92	6	5-8
Female	2,173	429	19	17-20	2,184	176	7	6-9
Age:								
18-29	476	56	13	9-17	478	6	2	1-4
30-44	1,026	144	14	12-16	1,030	35	3	2-5
45-64	1,292	296	21	19-24	1,299	99	8	6-9
65+	812	213	26	23-30	817	128	15	13-18
Education:								
<High School	302	92	31	25-37	307	51	15	10-19
High School	1,344	259	19	16-21	1,351	109	7	6-9
Some College	858	182	19	16-22	861	54	6	5-8
College Degree	1,098	174	14	12-16	1,101	52	4	3-5
Income:								
<\$15,000	306	123	41	35-48	308	62	20	14-25
\$15,000 to \$24,999	657	171	25	21-28	658	65	9	7-12
\$25,000 to \$49,999	1,046	190	17	15-20	1,054	67	6	5-8
\$50,000 to \$74,999	550	72	13	10-16	550	19	3	2-5
\$75,000+	611	78	12	9-15	610	11	2	1-3
Race:								
White, non-Hispanic	3,178	618	19	17-20	3,193	223	6	6-8
Black, non-Hispanic	231	47	19	13-25	231	26	9	6-14
Hispanic	77	13	15	7-24	77	5	5	2-12

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

## **Veteran's Status**

### **Served Active Duty in the United States Armed Forces:**

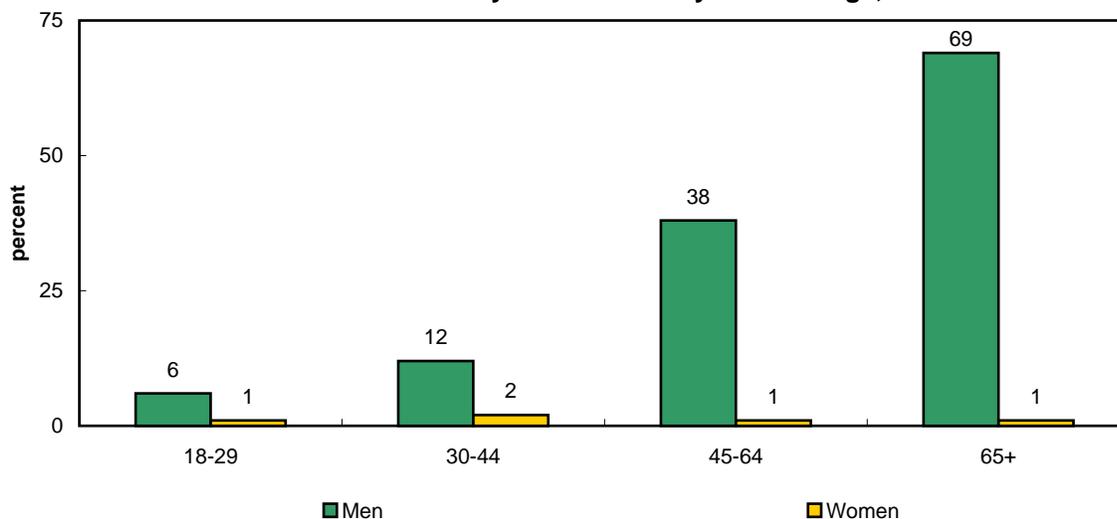
- ◆ 15 percent of Pennsylvania adults in 2003 responded “Yes” to the question, “Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit.”
- ◆ Men had a significantly higher percentage (29) compared to women (1 percent) for ever having served on active duty in the United States Armed Forces (either in the regular military or in a National Guard or military reserve unit).
- ◆ Adults under age 45 had significantly lower percentages (18-29, 3 percent; 30-44, 7 percent) compared to adults age 45+ (ages 45-64, 18 percent; age 65+, 30 percent). Also, adults age 65+ had a significantly higher percentage compared to adults ages 45-64.
- ◆ Significantly higher percentages of adults with household incomes of \$15,000-\$24,999 (17 percent) and of \$25,000-\$49,999 (18 percent) served on active duty in the United States Armed Forces (either in the regular military or in a National Guard or military reserve unit) compared to adults with household incomes of less than \$15,000 (9 percent).
- ◆ No significant differences were seen for education or race/ethnicity.

### **Discharged and received health care from VA in past 12 months:**

- ◆ 16 percent of Pennsylvania adults who were retired from military service, medically discharged from military service, or otherwise discharged from military service received health care from a VA facility in the past 12 months during 2003.
- ◆ Adults age 65+ had a significantly higher percentage (24) compared to adults ages 45-64 (11 percent).
- ◆ A significantly lower percentage was seen for adults with a household income of \$75,000+ (3 percent) compared to adults with household incomes of \$15,000-\$50,000 (\$15,000-\$24,999, 22 percent; \$25,000-\$49,999, 18 percent).
- ◆ No significant difference was seen for education.

## Veteran's Status

**Figure 19: Percent Who Ever Served Active Duty in the United States Armed Forces  
Either Regular Military, National Guard, or Military Reserve Unit  
Pennsylvania Adults by Sex and Age, 2003**



**Table 19: Veteran's Status, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Served Active Duty In United States Armed Forces*				Discharged and Received Health Care from VA Facilities in Past 12 Months* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,581	484	15	13-16	468	78	16	13-20
Male	1,422	451	29	27-32	436	75	17	13-21
Female	2,159	33	1	1-2	32	#		
Age:								
18-29	473	19	3	2-6	16	#		
30-44	1,017	65	7	6-10	58	6	11	2-19
45-64	1,282	196	18	16-21	192	21	11	6-16
65+	809	204	30	26-33	202	48	24	17-30
Education:								
<High School	301	40	14	9-18	38	#		
High School	1,330	186	15	13-17	182	32	16	11-21
Some College	854	125	16	13-19	120	16	13	7-20
College Degree	1,091	133	13	11-15	128	19	14	8-20
Income:								
<\$15,000	303	23	9	6-13	22	#		
\$15,000 to \$24,999	647	107	17	14-20	105	26	22	14-31
\$25,000 to \$49,999	1,046	177	18	16-21	172	27	18	11-25
\$50,000 to \$74,999	547	67	12	9-15	63	9	12	4-20
\$75,000+	605	72	14	11-17	71	2	3	1-10
Race:								
White, non-Hispanic	3,161	434	15	14-16	421	64	15	11-18
Black, non-Hispanic	227	27	11	7-16	26	#		
Hispanic	76	13	18	8-27	12	#		

# Data not reported due to N<50.

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

\*\* Includes adults who are retired from military service, were medically discharged from military service, or were otherwise discharged from military service.

# HIV/AIDS

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

- ◆ Forty percent of Pennsylvania adults ages 18-64 had had an HIV blood test (excluding tests through blood donation) according to the 2003 survey.
- ◆ Significant differences were evident by age with 46 percent of adults ages 18-29 and 54 percent of adults ages 30-44 indicating that they had had their blood tested for HIV infection compared to the 26 percent for adults ages 45-64.
- ◆ Adults with a household income of less than \$15,000 had a significantly higher percentage (54) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 33 percent; \$75,000+, 40 percent).
- ◆ Non-Hispanic black and Hispanic adults ages 18-64 had significantly higher percentages for having had an HIV blood test (72 and 59 percent, respectively) compared to non-Hispanic white adults ages 18-64 (36 percent).

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

- ◆ Ninety percent of Pennsylvanians ages 18-64 responded “Yes” to thinking that knowing their HIV status by getting tested is very important in the 2003 survey.
- ◆ Females had a significantly higher percentage of thinking that knowing HIV status by getting tested is very important (93 percent) compared to males (88 percent).
- ◆ Adults under age 45 had significantly higher percentages (ages 18-29, 94 percent; ages 30-44, 93 percent) compared to adults ages 45-64 (86 percent).
- ◆ Non-Hispanic black adults ages 18-64 had a significantly higher percentage (99 percent) compared to non-Hispanic white adults ages 18-64 (90 percent).

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

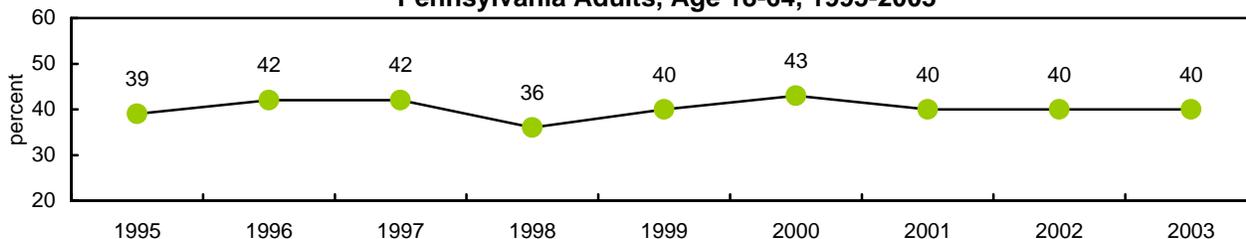
- ◆ Ninety-three percent of Pennsylvanians ages 18-64 agreed in 2003 with the statement “there are medical treatments available that are intended to help a person who is infected with HIV to live longer” while 5 percent indicated that they did not know if that was true.

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

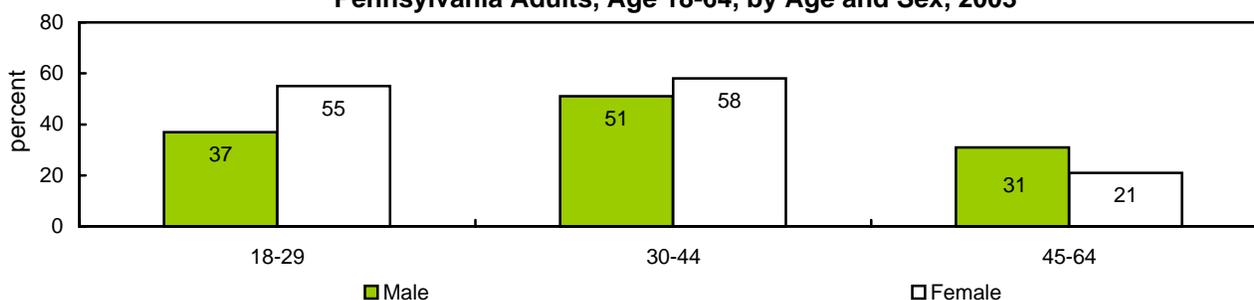
- ◆ Fifty-six percent of Pennsylvanians ages 18-64 agreed in 2003 with the statement “A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby” while 27 percent indicated that they did not know if that was true.
- ◆ Females ages 18-64 had a significantly higher percentage of agreement with this statement (59 percent) compared to males ages 18-64 (52 percent).
- ◆ Adults ages 18-29 had a significantly higher percentage (60) compared to adults ages 45-64 (51 percent).
- ◆ Adults ages 18-64 with a college degree had a significantly higher percentage (62) compared to adults ages 18-64 with a high school diploma (52 percent).
- ◆ A significantly higher percentage was seen for adults with a household income of \$75,000+ (61 percent) compare to adults with a household income of \$25,000-\$49,999 (52 percent).
- ◆ No significant differences were found for race/ethnicity.

# HIV/AIDS

**Figure 20A: Percent Tested for HIV, Except Blood Donation  
Pennsylvania Adults, Age 18-64, 1995-2003**



**Figure 20B: Percent Tested for HIV, Except Blood Donation  
Pennsylvania Adults, Age 18-64, by Age and Sex, 2003**



**Table 20: HIV/AIDS  
Pennsylvania Adults, Age 18-64, 2003 (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 Age 18-64	2,682	1,076	40	38-42	2,736	2,474	90	89-92
Male	1,100	437	40	36-43	1,121	987	88	86-90
Female	1,582	639	41	38-44	1,615	1,487	93	91-94
Age:								
18-29	462	231	46	41-51	469	446	94	91-96
30-44	984	531	54	51-58	1,004	938	93	91-95
45-64	1,236	314	26	23-28	1,263	1,090	86	84-88
Education:								
<High School	156	67	43	34-52	157	139	87	81-93
High School	928	342	38	34-41	945	870	92	90-94
Some College	687	301	44	40-49	700	635	91	89-93
College Degree	909	366	40	36-43	929	825	89	86-91
Income:								
<\$15,000	183	94	54	45-62	180	163	91	84-95
\$15,000 to \$24,999	389	169	47	41-53	399	369	92	88-95
\$25,000 to \$49,999	819	327	41	37-45	836	765	92	89-94
\$50,000 to \$74,999	481	170	33	28-37	490	441	91	88-93
\$75,000+	547	221	40	35-44	561	500	89	86-92
Race:								
White, non-Hispanic	2,335	867	36	34-38	2,389	2,147	90	88-91
Black, non-Hispanic	195	134	72	65-79	195	192	99	97-100
Hispanic	62	38	59	45-74	62	60	95	80-99

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

## **Women's Health - Breast Cancer Screening**

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

- ◆ “Yes”, responded 63 percent of women aged 40+ in 2003 to having a clinical breast exam in the past year.
- ◆ A significantly lower percentage of women age 75+ (46 percent) reported having had a clinical breast exam during the preceding year compared to the percentages of women under age 75 (ages 40-49, 63 percent; ages 50-64, 68 percent; ages 65-74, 64 percent).
- ◆ Women age 40+ with a high school education or higher had significantly higher percentages (high school diploma, 61 percent; some college education, 63; college degree 72 percent) compared to women age 40+ with less than a high school education (46 percent).
- ◆ Women age 40+ with household incomes of \$50,000+ had significantly higher percentages (72 percent for both the \$50,000-\$74,999 and \$75,000+ household income groups) compared to women with household incomes of less than \$25,000 (<\$15,000, 47 percent; \$15,000-\$24,999, 58 percent).
- ◆ No significant difference was seen for race/ethnicity

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

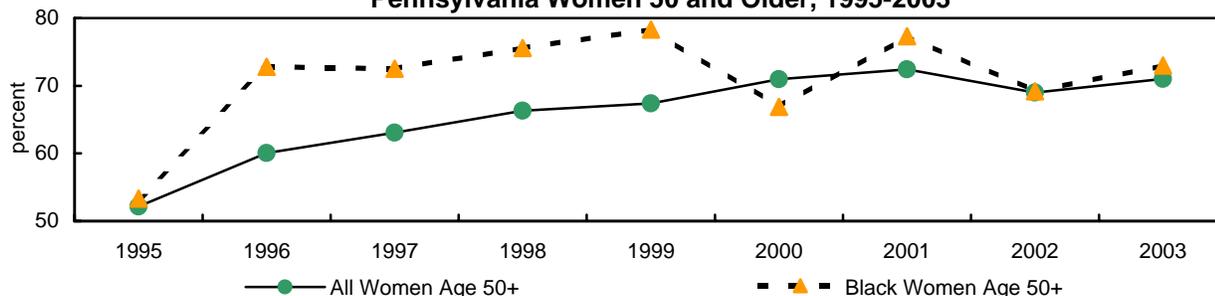
- ◆ Sixty-one percent of women age 40+ reported in 2003 that they had had a mammogram in the past year.
- ◆ Women ages 50-64 and 65-74 had significantly higher percentages (66 and 67 percent, respectively) compared to women ages 40-49 (52 percent).
- ◆ Women with some college education or a college degree had significantly higher percentages for having had a mammogram in the past year (62 and 70 percent, respectively) compared to women with less than a high school education (46 percent).
- ◆ No significant differences were seen for income or race/ethnicity.

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

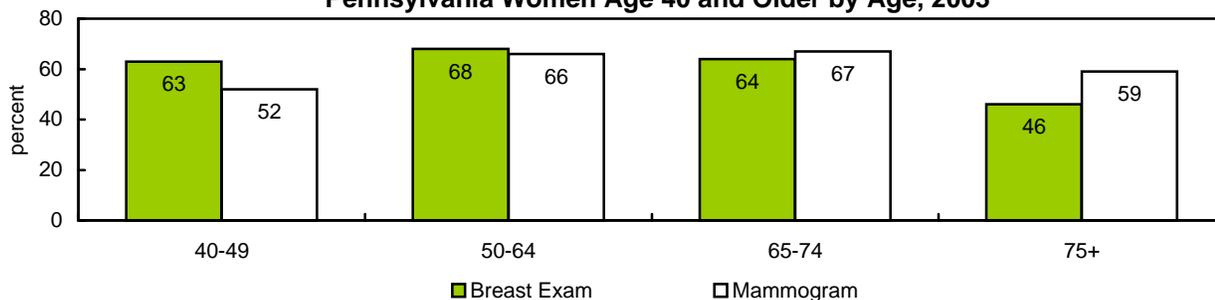
- ◆ “Yes” said 71 percent of Pennsylvania women age 50+ in 2003 to having had both a clinical breast exam and a mammogram in the past 2 years.
- ◆ Only 57 percent of women age 75+ had had both exams in the past 2 years – significantly lower than the 78 percent for women ages 50-64.
- ◆ Women with at least some college education had significantly higher percentages (some college education 75 percent; college degree, 83 percent) compared to women with less than a high school education (55 percent).
- ◆ Women living in households with incomes of \$50,000+ had significantly higher percentages (\$50,000-\$74,999, 84 percent; \$75,000+, 85 percent) compared to women with household incomes less than \$25,000 (less than \$15,000, 57 percent, \$15,000-\$24,999, 66 percent).
- ◆ No significant difference was seen for race/ethnicity.

# Women's Health - Breast Cancer Screening

**Figure 21A: Percent Had Clinical Breast Exam and Mammogram in Past 2 Years  
Pennsylvania Women 50 and Older, 1995-2003**



**Figure 21B: Percent Had Clinical Breast Exam or Mammogram in Past Year  
Pennsylvania Women Age 40 and Older by Age, 2003**



**Table 21: Women's Health - Breast Cancer Screening  
Pennsylvania Women 40 and Older, 2003 (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 Age 40+	1,511	932	63	60-65	1,528	937	61	58-64	1,069	747	71	68-74
Age:												
40-49	446	279	63	58-68	449	235	52	47-57	NA	NA	NA	NA
50-64	554	372	68	63-72	558	371	66	62-70	555	427	78	74-81
65-74	273	168	64	58-70	276	186	67	61-74	273	183	69	63-75
75+	238	113	46	39-52	245	145	59	53-66	241	137	57	50-64
Education:												
<High School	136	59	46	36-55	135	62	46	37-56	119	63	55	45-65
High School	634	382	61	57-65	639	376	59	54-63	468	308	68	63-73
Some College	335	204	63	57-69	343	208	62	57-68	222	163	75	69-81
College Degree	404	286	72	68-77	409	290	70	65-75	258	212	83	78-88
Income:												
<\$15,000	164	83	47	38-55	164	90	53	44-62	129	75	57	47-66
\$15,000 to \$24,999	298	165	58	52-64	304	178	57	50-63	241	157	66	60-73
\$25,000 to \$49,999	381	232	60	55-66	385	231	58	53-64	267	190	71	65-78
\$50,000 to \$74,999	203	147	72	65-78	203	136	66	59-73	123	105	84	77-92
\$75,000+	222	159	72	66-78	226	148	66	59-73	111	93	85	78-92
Race:												
White, non-Hispanic	1,374	842	62	60-65	1,386	849	61	58-64	973	681	72	68-75
Black, non-Hispanic	87	61	67	56-79	90	56	58	46-70	59	45	73	59-86
Hispanic	18	#			18	#			12	#		

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

#Data not reported due to N<50.

# Osteoporosis

## Women who were told they have osteoporosis

- ◆ In 2003, ten percent of women in Pennsylvania were told by a doctor or other health care professional that they had osteoporosis.
- ◆ Significantly higher percentages of older women were counseled about osteoporosis compared to younger women (age 65+, 27 percent; ages 45-64, 13 percent; ages 30-44, 2 percent). Women age 18-29 had no respondents to the 2003 survey who indicated that they were counseled about osteoporosis.
- ◆ No significant differences were seen for education, income, or race/ethnicity

## Women who were counseled about osteoporosis

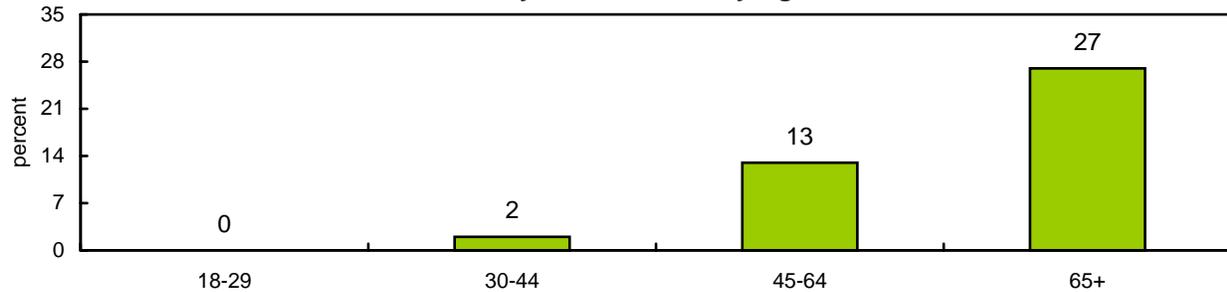
- ◆ A doctor or other health care professional counseled 48 percent of women about osteoporosis during 2003.
- ◆ Significantly higher percentages of women age 45+ were counseled about osteoporosis (ages 45-64, 61 percent; age 65+, 52 percent) compared to women under age 45 (ages 18-29 and ages 30-44, both 37 percent).
- ◆ Women with a college degree had a significantly higher percentage (53) compared to women with less than a high school education (36 percent).
- ◆ Non-Hispanic white women had a significantly higher percentage (50) compared to non-Hispanic black women (34 percent).
- ◆ No significant difference was seen for income.

## Women who eat dairy products 3+ times daily

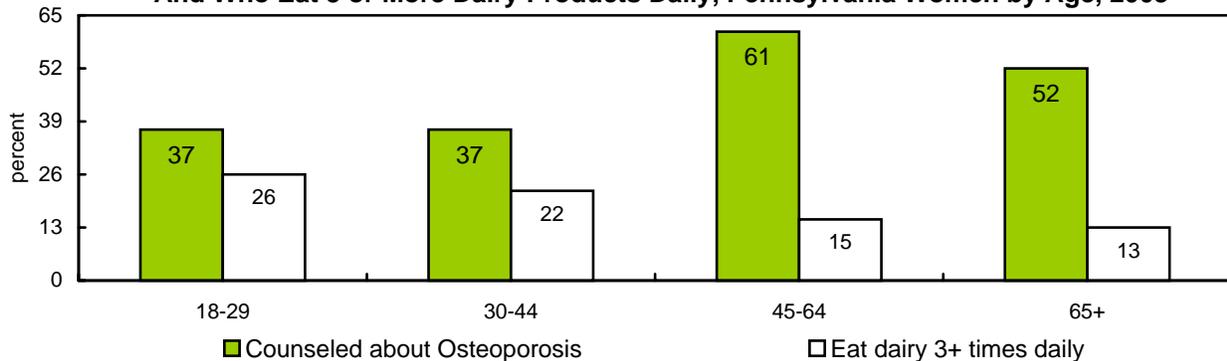
- ◆ Eighteen percent of women reported in 2003 that they were eating dairy products 3+ times daily.
- ◆ Women ages 18-29 had a significantly higher percentage (26) compared to women age 45+ (ages 45-64, 15 percent; age 65+, 13 percent).
- ◆ Women with a college degree had a significantly higher percentage (24) compared to women with a high school education (15 percent).
- ◆ Non-Hispanic black women had a significantly lower percentage (5) compared to non-Hispanic white women (19 percent).

# Osteoporosis

**Figure 22A: Percent of Women Told They Have Osteoporosis  
Pennsylvania Women by Age, 2003**



**Figure 22B: Percent of Women Who Have Been Counselored About Osteoporosis  
And Who Eat 3 or More Dairy Products Daily, Pennsylvania Women by Age, 2003**



**Table 22: Osteoporosis, Pennsylvania Women, 2003 (with 95% confidence intervals)**

	Told They Have Osteoporosis*				Counseled about Osteoporosis*				Eat dairy 3+ times daily*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
Females	2,112	258	10	9-12	2,097	1,036	48	46-51	2,101	362	18	16-20
Age:												
18-29	258	0	0	-	255	89	37	30-44	257	58	26	19-32
30-44	567	13	2	1-4	561	211	37	32-41	566	129	22	18-25
45-64	769	98	13	10-15	767	465	61	57-65	767	110	15	12-18
65+	518	147	27	22-31	514	271	52	47-57	511	65	13	9-16
Education:												
<High School	163	29	13	8-19	162	60	36	28-45	159	22	15	9-22
High School	816	107	11	9-13	812	399	47	43-51	816	110	15	12-18
Some College	510	59	10	8-13	505	245	49	44-54	504	89	18	14-22
College Degree	619	63	9	7-11	614	330	53	48-57	618	140	24	20-28
Income:												
<\$15,000	212	42	15	10-20	208	87	43	35-51	211	29	14	8-19
\$15,000 to \$24,999	397	54	12	9-16	398	178	42	37-48	397	59	16	12-20
\$25,000 to \$49,999	594	69	10	8-13	591	290	49	44-53	592	92	17	14-21
\$50,000 to \$74,999	287	22	8	5-12	283	156	53	47-60	287	62	22	17-27
\$75,000+	324	29	8	6-12	321	182	54	48-60	323	71	22	17-27
Race:												
White, non-Hispanic	1,864	231	11	9-12	1,854	947	50	48-53	1,854	341	19	17-22
Black, non-Hispanic	145	12	6	3-12	143	49	34	25-43	143	8	5	3-11
Hispanic	39	#			39	#			39	#		

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

#Data not reported due to N<50.

# Injury Prevention

## **Do you have a working smoke detector on all floors?**

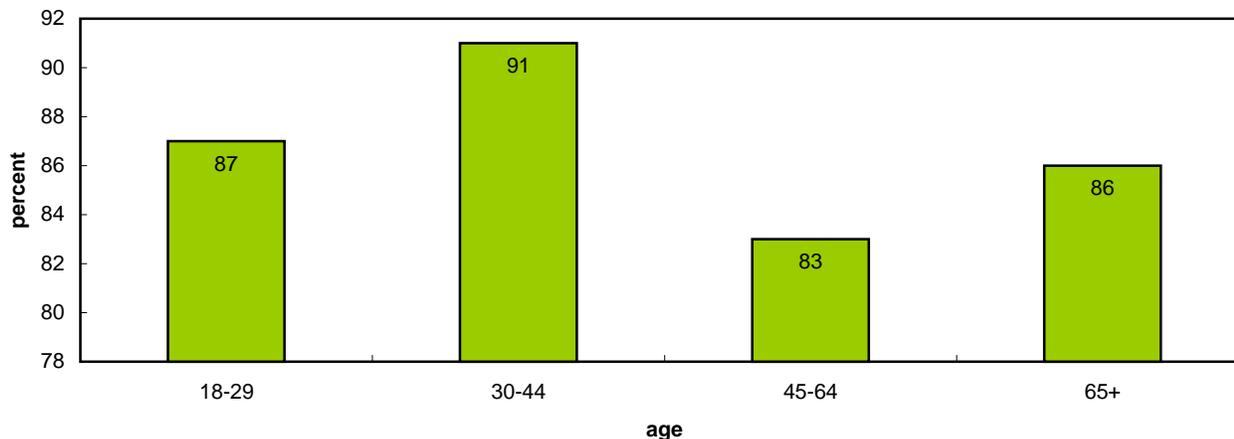
- ◆ “Yes” responded 87 percent of Pennsylvania adults in 2003 to having a working smoke detector on all floors, including finished basements and attics.
- ◆ Adults ages 30-44 had a significantly higher percentage for having a working smoke detector on all floors, including finished basements and attics (91 percent) compared to adults ages 45-64 (83 percent).
- ◆ No significant differences were seen for sex, education, income, or race/ethnicity.

## **Does the oldest child under the age of 16 in your household always wear a bicycle helmet when riding a bike?**

- ◆ In 2003, 56 percent of Pennsylvania adults with a child or children under the age of 16 in their household reported that the oldest child in the household under the age of 16 always wore a bicycle helmet when riding a bike.
- ◆ Adults with a college degree had a significantly higher percentage for having the oldest child under the age of 16 in their household always wear a bicycle helmet when riding a bike (70 percent) compared to adults with less than a college education (less than a high school education, 33 percent; high school diploma, 51 percent; some college education, 54 percent).
- ◆ A significantly higher percentage for adults with a household income of \$75,000+ was seen (70 percent) compared to adults with household incomes of less than \$15,000 (41 percent) and of \$25,000-\$49,999 (54 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage for having the oldest child under the age of 16 in their household always wear a bicycle helmet when riding a bike (59 percent) compared to non-Hispanic black adults (36 percent).
- ◆ No significant difference was seen for sex.

# Injury Prevention

**Figure 23: Percent Who Have Working Smoke Detectors In Their Home On All Floors, Including Finished Basements and Attics, Pennsylvania Adults, 2003**



**Table 23: Injury Prevention, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Have a Working Smoke Detector On All Floors* **				Oldest Child Under Age 16 in Household Always Wears a Bicycle Helmet* ***			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,508	3,060	87	85-88	790	460	56	52-60
Male	1,397	1,212	87	85-89	320	185	54	48-60
Female	2,111	1,848	87	85-89	470	275	59	54-64
Age:								
18-29	458	406	87	83-91	89	52	52	40-64
30-44	993	904	91	89-93	529	318	59	54-64
45-64	1,253	1,055	83	81-86	162	85	51	42-59
65+	804	695	86	84-89	10	5	58	26-90
Education:								
<High School	292	242	82	77-88	47	18	33	18-48
High School	1,304	1,144	87	85-89	278	139	51	44-58
Some College	834	738	89	86-91	210	120	54	47-62
College Degree	1,073	931	87	84-89	255	183	70	64-76
Income:								
<\$15,000	297	261	87	82-92	50	19	41	24-58
\$15,000 to \$24,999	631	551	86	82-89	102	52	52	41-63
\$25,000 to \$49,999	1,030	884	86	84-89	243	136	54	47-61
\$50,000 to \$74,999	536	471	88	85-91	146	86	55	45-64
\$75,000+	597	539	90	87-93	196	139	70	63-77
Race:								
White, non-Hispanic	3,111	2,712	87	86-88	666	401	59	55-63
Black, non-Hispanic	214	191	85	79-92	74	29	36	23-49
Hispanic	74	65	87	77-96	20	#		

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

\*\*All floors includes the basement and attic.

\*\*\* Denominator is adults living in a household with a child or children under the age of 16.

# Lead Poisoning

## Can small amounts of lead have an affect on a young child's health?

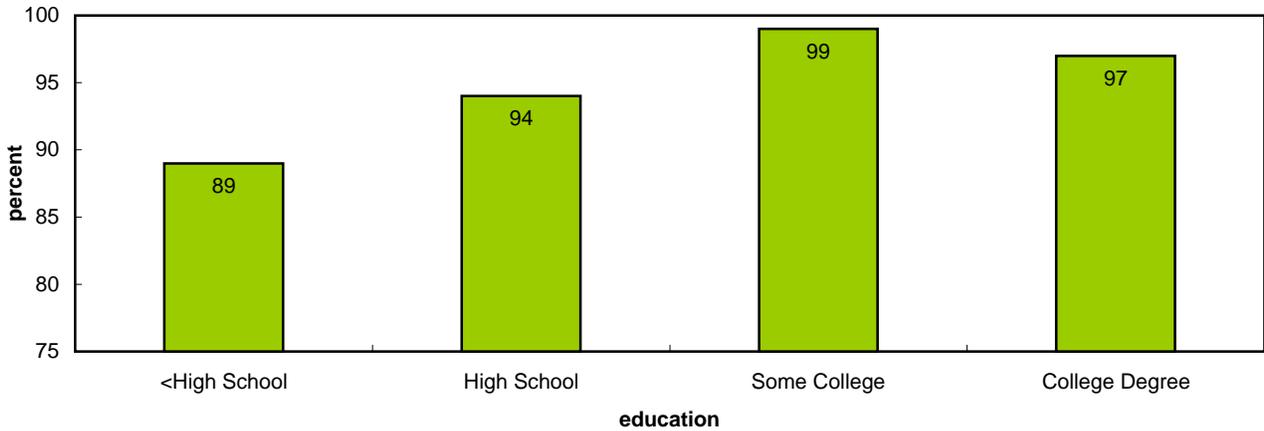
- ◆ Ninety-six percent of Pennsylvania adults believed that small amounts of lead can affect a young child's health in 2003.
- ◆ A significantly lower percentage of adults age 65+ believe that small amounts of lead can affect a young child's health (90 percent) compared to adults less than age 65 (ages 18-29, 96 percent; ages 30-44, 98 percent; ages 45-64, 97 percent).
- ◆ Adults with at least some college education had significantly higher percentages (some college education, 99 percent; college degree, 97 percent) compared to adults with a high school education or less ( less than a high school education, 89 percent; high school diploma, 94 percent).
- ◆ Adults with household incomes of \$25,000-\$49,999 (97 percent) and \$75,000+ (98 percent) had significantly higher percentages compared to adults with a household income of less than \$15,000 (92 percent).
- ◆ No significant differences were seen for sex or race/ethnicity.

## Has any of the children age 6 months to 6 years in the household had their blood tested for lead poisoning?

- ◆ In 2003, 42 percent of Pennsylvania adults living in a household with children 6 months to 6 years of age reported that at least one of those children had been tested for lead poisoning.
- ◆ A significantly lower percentage of adults with a college degree who live in household with children 6 months to 6 years of age indicated that at least one of those children had been tested for lead poisoning (29 percent) compared to adults with some college education (50 percent).
- ◆ Adults with a household income of \$15,000-\$24,999 had a significantly higher percentage (65) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 30 percent; \$75,000+, 25 percent).
- ◆ No significant differences sex or age.

# Lead Poisoning

**Figure 24: Percent Who Believe Small Amounts of Lead Can Have an Effect on a Young Child's Health By Education, Pennsylvania Adults, 2003**



**Table 24: Lead Poisoning, Pennsylvania Adults, 2003 (with 95% confidence intervals)**

	Believes small amount of lead affects young child*				Any Child in Household Between 6 Months and 6 Years of Age Been tested for lead poisoning* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	3,363	3,216	96	95-96	464	190	42	37-47
Male	1,332	1,274	96	94-97	194	62	36	28-43
Female	2,031	1,942	96	94-96	270	128	48	42-55
Age:								
18-29	446	433	96	93-98	122	59	49	39-59
30-44	974	950	98	96-98	299	110	38	32-44
45-64	1,226	1,186	97	95-98	37	#		
65+	717	647	90	87-92	6	#		
Education:								
<High School	268	237	89	84-93	28	#		
High School	1,233	1,161	94	93-96	157	69	45	37-54
Some College	800	786	99	97-99	111	53	50	39-60
College Degree	1,057	1,027	97	96-98	168	51	29	22-37
Income:								
<\$15,000	270	248	92	87-95	21	#		
\$15,000 to \$24,999	590	555	94	91-96	79	51	65	53-77
\$25,000 to \$49,999	998	969	97	96-98	137	61	47	38-56
\$50,000 to \$74,999	525	511	97	95-98	78	23	30	19-40
\$75,000+	590	579	98	97-99	114	30	25	17-34
Race:								
White, non-Hispanic	2,986	2,869	96	96-97	383	132	34	29-39
Black, non-Hispanic	209	195	92	87-96	46	#		
Hispanic	69	61	88	80-97	13	#		

# Data not reported due to N<50.

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

\*\* Denominator is adults living in a household with a child or children between 6 months and 6 years of age.

**Year 2010 Health Objectives for the Nation  
Pennsylvania State Summary of BRFSS Data, 2003**

Healthy People 2010 Objective <sup>1</sup>	Year 2010 Objective	Pennsylvania 2003	Objective Met <sup>2</sup>
<b>01-01: Percent of adults aged 18-64 with health insurance</b> (age-adjusted to 2000 std population)	100%	87±2	No
<b>01-04c: Percent of adults with specific sources of ongoing care</b> (age-adjusted to 2000 std population)	96%	89±1	No
<b>03-13: Percent of women age 40+ with a mammogram in last 2 years</b> (age-adjusted to 2000 std population)	70%	77±2	Yes <sup>+</sup>
<b>05-01: Percent of adults diagnosed with diabetes who have attended a class in managing their diabetes</b> (age-adjusted to 2000 std population)	60%	56±10	Yes
<b>05-03: Rate per 1000 of adults who have been diagnosed with diabetes</b> (age-adjusted rate per 1,000 18+)	25	74±9	No
<b>05-12: Percent of adults with diabetes who have a glycosylated hemoglobin measurement at least once a year</b> (age-adjusted to 2000 std population)	50%	94±7	Yes <sup>+</sup>
<b>05-13: Percent of adults with diabetes who have an annual dilated eye examination</b> (age-adjusted to 2000 std population)	75%	68±9	Yes
<b>05-14: Percent of adults with diabetes who have an annual foot examination</b> (age-adjusted to 2000 std population)	75%	79±8	Yes
<b>05-17: Percent of adults with diabetes who perform self-blood-glucose-monitoring at least once daily</b> (age-adjusted to 2000 std population)	60%	67±7	Yes
<b>07-01: Percent of adults age 18-24 who completed high school</b> (age-adjusted to 2000 std population)	90%	87±5	Yes
<b>12-09: Percent of adults age 20+ who ever were told their blood pressure was high</b> (age-adjusted to 2000 std population)	16%	25±1	No
<b>12-15: Percent of adults who had their blood cholesterol checked within the last 5 years</b> (age-adjusted to 2000 std population)	80%	74±2	No
<b>14-29a: Percent of adults 65+ with a flu shot in the past year</b> (age-adjusted to 2000 std population)	90%	70±3	No
<b>14-29b: Percent of adults 65+ who ever had a vaccination against pneumococcal disease</b> (age-adjusted to 2000 std population)	90%	67±4	No
<b>14-29c: Percent of adults age 18-64 with a flu shot in the past year</b> (age-adjusted to 2000 std population)	60%	26±2	No
<b>14-29d: Percent of adults 18-64 who ever had a vaccination against pneumococcal disease</b> (age-adjusted to 2000 std population)	60%	15±2	No

1 Public Health Services. 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 the 2003 percentage being significantly better compared to the Healthy People 2010 goal percentage.

**Year 2010 Health Objectives for the Nation  
Pennsylvania State Summary of BRFSS Data, 2003 (Continued)**

Healthy People 2010 Objective <sup>1</sup>	Year 2010 Objective	Pennsylvania 2003	Objective Met <sup>2</sup>
<b>19-01: Percent of adults with a healthy weight (age 20+)</b> (age-adjusted to 2000 std population)	60%	38±2	No
<b>19-02: Percent of obese adults (age 20+)</b> (age-adjusted to 2000 std population)	15%	24±2	No
<b>19-05: Percent of adults who consume at least 2 daily servings of fruit</b> (age-adjusted to 2000 std population)	75%	33±2	No
<b>19-06: Percent of adults who consume at least 3 daily servings of vegetables</b> (age-adjusted to 2000 std population)	50%	23±2	No
<b>22-01: Percent of adults who engage in no leisure-time physical activity</b>	20%	22±2	Yes
<b>22-02: Percent of adults who engage in vigorous or moderate physical activity</b>	50%	50±2	Yes
<b>22-03: Percent of adults who engage in vigorous physical activity</b>	30%	27±2	No
<b>26-11c: Percent adults who engaged in binge drinking in the past month</b>	6%	18±1	No
<b>26-13a: Percent of adult females who exceed guidelines for low-risk drinking</b> (8+ drinks per week or 4+ drinks per occasion)	50%	14±2	Yes <sup>+</sup>
<b>26-13b: Percent of adult males who exceed guidelines for low-risk drinking</b> (15+ drinks per week or 5+ drinks per occasion)	50%	28±3	Yes <sup>+</sup>
<b>27-01a: Percent of adults who smoke cigarettes</b> (age-adjusted to 2000 std population)	12%	26±2	No
<b>27-05: Percent of adults who attempted to quit smoking</b> (age-adjusted to 2000 std population)	75%	53±4	No

1 Public Health Services. 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 the 2003 percentage being significantly better compared to the Healthy People 2010 goal percentage.

# Technical Notes

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## Survey Management

The Behavioral Risk Factor Surveillance System (BRFSS) is a cooperative effort of the Centers for Disease Control and Prevention (CDC) and participating states. The CDC develops the core questionnaire and provides training, technical assistance, standardized data analyses and funding. The Pennsylvania Department of Health develops supplemental questions (or modules), facilitates the Pennsylvania BRFSS Over Sampling Program, performs analyses, and responds to requests for data. Sampling and interviewing in 2003 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 sample of telephone numbers was selected from two telephone number strata. One stratum consists of a listed Pennsylvania residential telephone numbers. The other stratum consists of blocks of telephone numbers, known to include one or more residential telephone numbers. Both strata's telephone numbers begin with area codes and exchange prefixes specific to Pennsylvania. Cell phone numbers are not included in the BRFSS sample selection.

Under the disproportionate stratified sample design, the sample of Pennsylvania telephone numbers that is divided into the two strata describe in the previous paragraph are selected from based on the estimated probability that the phone number is attached to a housing unit. A larger proportion of the sample is selected from the strata of listed telephone numbers know to be connected to residential 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 for the statewide survey of Pennsylvania consists of a standardized core, state-selected modules, and state-added questions. The CDC developed the core questionnaire with recommendations from all participating jurisdictions. Most of the core questions had been used during the 2002 BRFSS survey. All items new to the 2003 survey were field-tested.

Questions of interest to Pennsylvania were added as the state supplement to the core questionnaire. State-added modules and questions concerned diabetes, women's health, osteoporosis, injury, and lead poisoning. This 2003 questionnaire appears on pages 59-69.

## 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."

Interviewers who were experienced in converting refusals to completed interviews recontacted people who refused to participate in the survey.

The outcome of all telephone calls is shown on the following page. This report was prepared using data from 3,671 completed interviews. The CASRO response rate for 2003 was 43 percent.

**Disposition of All Telephone Numbers  
2003 Pennsylvania Behavioral Risk Factor Survey Sample**

<u>Disposition Code</u>	<u>Number</u>	<u>Percent</u>
Complete	3,517	14.5
Partial Complete Eligible, Non-Interview	151	0.6
Termination within questionnaire	260	1.1
Refusal after respondent selection	949	3.9
Selected respondent never reached or was reached but did not begin interview during interviewing period	186	0.8
Selected respondent away from residence during the entire interviewing period	845	3.5
Language problem after respondent selection	37	0.2
Selected respondent physically or mentally unable to complete an interview during the entire interviewing period	145	0.6
Hang up or termination after number of adults recorded but before respondent selection	30	0.1
Household contact after number of adults recorded but before respondent selection Unknown Eligibility, Non-Interview	1	0.0
Household members away from residence during entire interviewing period	228	0.9
Hang-up or termination, housing unit, unknown if eligible respondent	982	4.1
Household contact, eligibility undetermined	91	0.4
Language problem before respondent selection	88	0.4
Physical or mental impairment before respondent selection	39	0.2
Hang-up or termination, unknown if private residence	2,515	10.4
Telephone answering device, message confirms private residential status	363	1.5
Telecommunication technological barrier, message confirms private residential status	2	0.0
Telephone answering device, not sure if private residence	393	1.6
Telecommunication technological barrier, not sure if private residence	15	0.1
Telephone number is no longer in service or has been changed	193	0.8
No answer	1,586	6.6
Busy	172	0.7
Household, no eligible respondent	27	0.1
Not a private residence	3,316	13.7
Dedicated fax/data/modem line with no human contact	1,111	4.6
Fast busy	210	0.9
Non-working/disconnected number	6,653	27.5
Missing	95	0.4
Total	24,200	

## Sample Characteristics

The following table compares the final interview sample for the 2003 BRFSS to the 2003 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.

**Distribution of 2003 Pennsylvania BRFSS Survey Sample and  
2003 Pennsylvania Adult Population Estimates For Selected Characteristics**

		<u>2003 BRFSS Survey Sample</u>		<u>2003 Population Estimates</u>	
		Number	Percent	Number	Percent
All Adults		3,671	100.00	9,470,965	100.00
Sex	Male	1,458	39.72	4,507,404	47.59
	Female	2,213	60.28	4,963,561	52.41
Race	White	3,267	88.99	8,297,655	87.61
	Black	236	6.43	894,487	9.44
	Other	156	4.25	278,823	2.94
	Unknown/Refused	12	0.33	NA	NA
Hispanic Origin	Yes	78	2.12	270,128	2.85
	No	3,568	97.19	9,200,837	97.15
	Unknown/Refused	19	0.52	NA	NA
Age	18-29	482	13.14	1,886,488	19.92
	30-44	1,031	28.11	2,614,638	27.61
	45-64	1,293	35.25	3,068,041	32.39
	65+	1,293	22.66	1,901,798	20.08
	Unknown/Refused	31	0.85	NA	NA

**Note<sup>1</sup>:** Race data include Hispanics.

**Note<sup>2</sup>:** Population estimates allocate unknowns so they are included in demographic categories. This is further indicated by the use of “NA” or not applicable for the 2003 population estimate “Unknown/Refused” entries.

## 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 labeled (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 2002. 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 might 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 their further understanding.

Out of the 3,761 records included in the data analysis, 31 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.

## **Data Comparison To Other Sources**

Please note that different sources of behavioral risk factor surveillance system data for Pennsylvania may display percentages that are different from those displayed in this report. Other sources may use additional available data, such as the Department’s interactive web tool Epidemiological Querying and Mapping System (EpiQMS) which uses data from the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS) Over Sampling Program in conjunction with the Pennsylvania BRFSS statewide sample. This report only uses the statewide sample to compute its percentages. Also, other sources may include or exclude data from the denominator data used to calculate percentages. For example, the exclusion or inclusion of “Don’t Know/Not Sure” or “Refused” responses could potentially effect the final response percentage calculation.

If you have any questions about these differences, please contact the Bureau of Health Statistics and Research by phone at 717-783-2548 or by mail at 555 Walnut Street, 6<sup>th</sup> Floor, Harrisburg, PA 17101-1914.

# Synthetic Estimation Process for Local Data

The BRFSS is an ongoing telephone survey consisting of interviews conducted each month. In 2003, the Pennsylvania statewide sample data set has 3,671 surveys.

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 2003, 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 or the counties or county groups of interest are over sampled. 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 2003 Dauphin County population estimate of 35,564 for ages 18-29 by the Fair or Poor Health prevalence of 7% (0.07) for that age group at the state level. The 2003 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 2,489.

## 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	2003 Dauphin County Estimated Population		Fair or Poor Health from 2003 Pa. BRFSS		Estimate of Dauphin County Adults Indicating Fair or Poor Health, 2003
18-29	35,564	x	7	=	2,489
30-44	56,129	x	8	=	4,490
45-64	65,749	x	18	=	11,835
65+	35,965	x	27	=	9,711
Total Population Age 18+ →	193,407		Total Synthetically Estimated Number of Adults →		28,525

#### Step 4

To calculate the synthetic estimated percentage of Dauphin County adults with Fair or Poor health, pull the “Total Estimated Number of Adults” and the “Total Population Age 18+” in Dauphin County from “Step 3”.

Total Synthetically Estimated Number of Adults  
With Fair or Poor Health in Dauphin County = **28,525**

Total Population Age 18+ in Dauphin County = **193,407**

Divide the synthetically estimated number of adults with fair or poor health by the adult population. Then multiply by 100 so that the result will be expressed as a percent.

$$\begin{aligned} \text{Synthetically Estimated Percentage} & & \text{Total Synthetically Estimated Number of Adults} \\ \text{With Fair or Poor Health in Dauphin County} & = & \text{With Fair or Poor Health in Dauphin County} & \times 100 \\ & & \hline & & \text{Total Population Age 18+ in Dauphin County} \\ \text{Synthetically Estimated Percentage} & = & (28,525 / 193,407) \times 100 \\ \text{With Fair or Poor Health in Dauphin County} & & \\ \text{Synthetically Estimated Percentage} & = & \mathbf{15 \text{ Percent}} \\ \text{With Fair or Poor Health in Dauphin County} & & \end{aligned}$$

This step gives you a synthetically estimated percentage of adults.

**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.

## 2003 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

### Health Status:

1. Would you say that in general your health is:

- a. Excellent
- b. Very good
- c. Good
- d. Fair
- e. Poor
- f. Don't Know/Not Sure
- g. Refused

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Number of days \_\_\_\_

- a. None
- b. Don't Know/Not Sure
- c. 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?

Number of days \_\_\_\_

- a. None
- b. Don't Know/Not Sure
- c. Refused

4. (If question 2 or question 3 has 2 or more days) 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?

Number of days \_\_\_\_

- a. None
- b. Don't Know/Not Sure
- c. 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. Do you have one person you think of as your personal doctor or health care provider?

(If "no", ask: "Is there more than one or is there no person who you think of?")

- a. Yes, only one
- b. More than one
- c. No
- d. Don't Know/Not Sure
- e. Refused

7. Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?

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

### Exercise:

8. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

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

### Diabetes:

9. Have you ever been told by a doctor that you have diabetes?

(If 'yes' and respondent is female, ask: "Was this only when you were pregnant?")

- a. Yes
- b. Yes, but female told only during pregnancy (Go To question 22)
- c. No (Go To question 22)
- d. Don't Know/Not Sure (Go To question 22)
- e. Refused (Go To question 22)

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

Age in years [97 = 97 and older] \_\_\_\_

Don't know / Not sure

11. Are you now taking insulin?

- a. Yes
- b. No

12. Are you now taking diabetes pills?

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

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

Times per day \_\_\_\_

Times per week \_\_\_\_

Times per month \_\_\_\_

Times per year \_\_\_\_

- a. Never
- b. Don't Know/Not Sure
- c. Refused

14. 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.

Times per day \_\_\_\_

Times per week \_\_\_\_

Times per month \_\_\_\_

Times per year \_\_\_\_

- a. Never
- b. No feet (Skip question 18)
- c. Don't Know/Not Sure
- d. Refused

15. 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

16. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

- Number of times [76 = 76 or more] \_\_\_\_
- a. None
  - b. Don't Know/Not Sure
  - c. Refused

17. 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?

- Number of times [76 = 76 or more] \_\_\_\_
- a. None
  - b. Never heard of hemoglobin "A one C" test
  - c. Don't Know/Not Sure
  - d. Refused

18. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

- Number of times [76 = 76 or more] \_\_\_\_
- a. None
  - b. Don't Know/Not Sure
  - c. Refused

19. 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. *(Read only if necessary)*

- a. 1 Within the past month (anytime less than 1 month ago)
- b. Within the past year (1 month but less than 12 months ago)
- c. Within the past 2 years (1 year but less than 2 years ago)
- d. 2 or more years ago
- e. Never
- f. Don't Know/Not Sure
- g. Refused

20. 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

21. 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

#### Hypertension Awareness:

22. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

*(If 'yes' and respondent is female, ask: "was this only when you were pregnant?")*

- a. Yes
- b. Yes, but female told only during pregnancy *(Go to question 24)*
- c. No *(Go to question 24)*
- d. Don't Know/Not Sure *(Go to question 24)*
- e. Refused *(Go to question 24)*

23. Are you currently taking medicine for your high blood pressure?

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

#### Cholesterol Awareness:

24. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

- a. Yes
- b. No *(Go to question 27)*
- c. DON'T KNOW / NOT SURE *(Go to question 27)*
- d. REFUSED *(Go to question 27)*

25. About how long has it been since you last had your blood cholesterol checked? *(Read only if necessary)*

- a. Within the past year (anytime less than 12 months ago)
- b. Within the past 2 years (1 year but less than 2 years ago)
- c. Within the past 5 years (2 years but less than 5 years ago)
- d. 5 or more years ago
- e. Don't Know/Not Sure
- f. Refused

26. 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

#### Fruits and Vegetables:

27. These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home. How often do you drink fruit juices such as orange, grapefruit, or tomato?

Per day \_\_\_\_  
Per week \_\_\_\_  
Per month \_\_\_\_  
Per year \_\_\_\_

- a. Never
- b. Don't Know/Not Sure
- c. Refused

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

Per day \_\_\_\_  
Per week \_\_\_\_  
Per month \_\_\_\_  
Per year \_\_\_\_

- a. Never
- b. Don't Know/Not Sure
- c. Refused

29. How often do you eat green salad?

Per day \_\_\_\_  
Per week \_\_\_\_  
Per month \_\_\_\_  
Per year \_\_\_\_

- a. Never
- b. Don't Know/Not Sure
- c. Refused

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

Per day \_\_\_\_  
Per week \_\_\_\_  
Per month \_\_\_\_  
Per year \_\_\_\_

- a. Never
- b. Don't Know/Not Sure
- c. Refused

31. How often do you eat carrots?

Per day \_\_\_\_  
Per week \_\_\_\_  
Per month \_\_\_\_  
Per year \_\_\_\_

- a. Never
- b. Don't Know/Not Sure
- c. Refused

32. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)

Per day \_\_\_\_  
Per week \_\_\_\_  
Per month \_\_\_\_  
Per year \_\_\_\_

- a. Never
- b. Don't Know/Not Sure
- c. Refused

**Weight Control:**

33. Are you now trying to lose weight?

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

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

- a. Yes
- b. No (*Go to question 39*)
- c. Don't Know/Not Sure (*Go to question 39*)
- d. Refused (*Go to question 39*)

35. (*If 'yes' to question 33*) Are you eating either fewer calories or less fat to lose 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

36. (*If 'yes' to question 34*) Are you eating either fewer calories or less fat to 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

37. (*If 'yes' to question 33*) Are you using physical activity or exercise to lose weight?

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

38. (*If 'yes' to question 34*) Are you using physical activity or exercise to keep from gaining weight?

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

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

Doctor, nurse, or other health professional \_\_\_\_\_

- a. Yes, lose weight
- b. Yes, gain weight
- c. Yes, maintain current weight
- d. No
- e. Don't Know/Not Sure
- f. Refused

**Asthma:**

40. Have you ever been told by a doctor, nurse or other health professional that you had asthma?

- a. Yes
- b. No (*Go to question 42*)
- c. Don't Know/Not Sure (*Go to question 42*)
- d. Refused (*Go to question 42*)

41. Do you still have asthma?

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

**Immunization:**

42. During the past 12 months, have you had a flu shot?

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

43. 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:**

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

Note: 5 packs = 100 cigarettes

- a. Yes
- b. No (Go to question 47)
- c. DON'T KNOW / NOT SURE (Go to question 47)
- d. REFUSED (Go to question 47)

45. Do you now smoke cigarettes every day, some days, or not at all?

- a. Everyday
- b. 2 Some days
- c. Not at all (Go to question 47)

46. 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:**

47. 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 many days per week or per month did you have at least one drink of any alcoholic beverage?

Days per week \_\_\_\_

Days in past 30 \_\_\_\_

- a. No drinks in past 30 days (Go to question 50)
- b. Don't Know/Not Sure
- c. Refused

48. On the days when you drank, about how many drinks did you drink on the average?

Number of drinks \_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

49. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Number of drinks \_\_\_\_

- a. None
- b. Don't Know/Not Sure
- c. Refused

**Excess Sun Exposure:**

50. The next question is about sunburns including anytime that even a small part of your skin was red for more than 12 hours. Have you had a sunburn within the past 12 months?

- a. Yes
- b. No (Go to question 52)
- c. Don't Know/Not Sure (Go to question 52)
- d. Refused (Go to question 52)

51. Including times when even a small part of your skin was red for more than 12 hours, how many sunburns have you had within the past 12 months?

- a. One
- b. Two
- c. Three
- d. Four
- e. Five
- f. Six or more
- g. Don't Know/Not Sure
- h. Refused

**Demographics:**

52. What is your age?

Age in years \_\_\_\_

Don't know / Not sure

53. Are you Hispanic or Latino?

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

54. Which one or more of the following would you say is your race? (Check all that apply)

- a. White
- b. Black or African American
- c. Asian
- d. Native Hawaiian or Other Pacific Islander
- e. American Indian, Alaska Native
- f. Other [specify] \_\_\_\_\_
- g. No Additional choices
- i. Refused

55. (If multiple races are specified in question 54) 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 or Alaska Native
- f. Other [specify] \_\_\_\_\_
- g. Don't Know/Not Sure
- h. Refused

56. Are you?

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

57. How many children less than 18 years of age live in your household?

Number of children \_\_\_\_

None

58. 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)

59. Are you currently?

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

60. 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

61. About how much do you weigh without shoes? (*Round fractions up*)

Weight (pounds) \_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

62. How much would you like to weigh? (*If questions 33 and 34 are 'yes'*)

Weight (pounds) \_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

63. About how tall are you without shoes? (*Round fractions down*)

Height (ft / inches) \_\_\_\_/\_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

64. What county do you live in?

FIPS county code \_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

65. 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 (*Go to question 67*)
- c. Don't Know/Not Sure (*Go to question 67*)
- d. Refused (*Go to question 67*)

66. How many of these phone numbers are residential numbers?

Residential telephone numbers [6=6 or more] \_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

67. During the past 12 months, has your household been without telephone service for 1 week or more? *Note: do not include interruptions of phone service due to weather or natural disasters*

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

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

- a. Male (*Go to question 70*)
- b. Female

69. To your knowledge, are you now pregnant? (*If age < 45*)

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

#### Arthritis:

70. The next questions refer to your joints. Please do NOT include the back or neck. DURING THE PAST 30 DAYS, have you had any symptoms of pain, aching, or stiffness in or around a joint?

- a. Yes
- b. No (*Go to question 73*)
- c. Don't Know/Not Sure (*Go to question 73*)
- d. Refused (*Go to question 73*)

71. Did your joint symptoms FIRST begin more than 3 months ago?

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

72. Have you EVER seen a doctor or other health professional for these joint symptoms?

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

73. Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

*Interviewer note: arthritis diagnoses include: \* rheumatism, polymyalgia rheumatica \* osteoarthritis (not osteoporosis) \* tendonitis, bursitis, bunion, tennis elbow \* carpal tunnel syndrome, tarsal tunnel syndrome \* joint infection, reiter's syndrome \* ankylosing spondylitis,; spondylosis, rotator cuff syndrome, connective tissue disease, scleroderma, polymyositis, Raynaud's syndrome, and vasculitis (giant cell arteritis, Henoch-Schonlein purpura, Wegener's granulomatosis, polyarteritis nodosa)*

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

74. Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms? (*If question 71 = 'yes' or question 73 = 'yes'*)  
*Note: if a respondent question arises about medication, then the interviewer should reply: "please answer the question based on how you are when you are taking any of the medications or treatments you might use."*

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

75. (If question 71 = 'yes' or question 73 = 'yes') and (age is less than 65) In this next question we are referring to work for pay. Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do?

Note: if respondent says he/she is retired or out-of-work, reply: "did arthritis or joint symptoms cause you to stop working? that is, did it affect whether you work or not?"

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

**Falls:**

76. (If age is greater than 44) The next question asks about a recent fall. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level. In the past 3 months, have you had a fall?

- a. Yes
- b. No (Go to question 78)
- c. Don't Know/Not Sure (Go to question 78)
- d. Refused (Go to question 78)

77. (If age is greater than 44 and question 76 = 'yes') Were you injured? By injured, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.

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

**Disability:**

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

79. 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?  
Note: include occasional use or use in certain circumstances

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

**Physical Activity:**

80. (If question 59 is 'employed for wages' or 'self-employed') When you are at work, which of the following best describes what you do? Would you say?  
Note: if respondent has multiple jobs, include all jobs

- a. Mostly sitting or standing
- b. Mostly walking or
- c. Mostly heavy labor or physically demanding work
- d. Don't Know/Not Sure
- e. Refused

81. 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. Now, thinking about the moderate activities you do [fill in (when you are not

working,) if employed or self-employed] 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 some increase in breathing or heart rate?

- a. Yes
- b. No (Go to question 84)
- c. Don't Know/Not (Go to question 84)
- d. Refused (Go to question 84)

82. (If 'yes' to question 81) How many days per week do you do these moderate activities for at least 10 minutes at a time?

Days per week \_\_\_\_

- a. Don't know / Not sure (Go to question 84)
- b. Do not do any moderate physical activity for at least 10 minutes at a time (Go to question 84)
- c. Refused (Go to question 84)

83. (If days per week for question 82 is > 0) 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?

Hours and minutes per day \_\_:\_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

84. Now, thinking about the vigorous activities you do [fill in (when you are not working) if employed or self-employed] 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 (Go to question 87)
- c. Don't Know/Not Sure (Go to question 87)
- d. Refused (Go to question 87)

85. (If 'yes' to question 84) How many days per week do you do these?

Days per week \_\_\_\_

- a. Don't know / Not sure (Go to question 87)
- b. Do not do any vigorous physical activity for at least 10 minutes at a time (Go to question 87)

86. (If days per week for question 85 is > 0) 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? ?

Hours and minutes per day \_\_:\_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

**Veteran's Status:**

87. The next question relates to military service in the United States Armed Forces, either in the regular military or in a National Guard or Reserve unit. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

- a. Yes
- b. No (Go to question 90)
- c. Don't Know/Not Sure (Go to question 90)
- d. Refused (Go to question 90)

88. (If 'yes' to question 87) Which of the following best describes your service in the United States military?

- a. Currently on active duty [Go to next section]
- b. Currently in a National Guard or Reserve unit [Go to next section]
- c. Retired from military service
- d. Medically discharged from military service
- e. Discharged from military service
- f. Don't Know/Not Sure (Go to question 90)
- g. Refused (Go to question 90)

89. (If answer to question 88 is c, d, or e) In the last 12 months have you received some or all of your health care from VA facilities?

Note: if 'yes' probe for "all" or "some" of the health care.

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

#### HIV / AIDS:

90. (If age < 65) 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. 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

91. (If age < 65) 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

92. (If age < 65) How important do you think it is for people to know their HIV status by getting tested? Would you say?

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

93. (If age < 65) Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

Note: include saliva tests

- a. Yes
- b. No (Go to question 97)
- c. Don't Know/Not Sure (Go to question 97)
- d. Refused (Go to question 97)

94. (If 'yes' to question 93 and age < 65) Not including blood donations, in what month and year was your last HIV test?

Note: if response is before January 1985, code "don't know". [include saliva tests]

Code month and year \_\_\_/\_\_\_\_

- a. Don't Know/Not Sure
- b. Refused

95. (If 'yes' to question 93 and age < 65) I am going to read you a list of reasons why some people have been tested for HIV. Not including blood donations, which of these would you say was the MAIN reason for your last HIV test?

Reason code \_\_\_\_

- a. It was required
- b. Someone suggested you should be tested
- c. You thought you may have gotten HIV through sex or drug use
- d. You just wanted to find out whether you had HIV
- e. You were worried that you could give HIV to someone
- f. If female: You were pregnant
- g. It was done as a part of a routine medical check-up
- h. Or you were tested for some other reason
- i. Don't Know/Not Sure
- j. Refused

96. (If 'yes' to question 93 and age < 65) Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?

Facility code \_\_\_\_

- a. Private doctor or HMO
- b. Counseling and testing site
- c. Hospital
- d. Clinic
- e. In a jail or prison (or other correctional facility)
- f. Home
- g. Somewhere else
- h. Don't Know/Not Sure
- i. Refused

97. (If age < 65) I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You don't need to tell me which one. You have used intravenous drugs in the past year. You have been treated for a sexually transmitted or venereal disease in the past year. You have given or received money or drugs in exchange for sex in the past year. You had anal sex without a condom in the past year. Do any of these situations apply to you?

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

98. (If age < 65) The next question is about sexually transmitted diseases other than HIV, such as syphilis, gonorrhea, chlamydia, or genital herpes. 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

#### Influenza:

99. (If 'yes' to question 42) At what kind of place did you get your last flu shot? Read only if necessary:

- a. A doctor's office or health maintenance organization
- b. A health department
- c. Another type of clinic or health center (Example: a community healthcenter)
- d. A senior, recreation, or community center
- e. A store (Examples: supermarket, drug store)
- f. A hospital or emergency room
- g. Workplace
- h. Some other kind of place

- i. Don't Know
- j. Refused

**Childhood Asthma:**

100. Earlier (In response to question 57) you said there were children age 17 or younger living in your household. How many of these children have ever been diagnosed with asthma?

- Number of children \_\_\_\_
- a. None
  - b. Don't Know/Not Sure
  - c. Refused

101. Of the children who have been diagnosed with asthma, how many still have asthma?

*Note: code '01' if only one child from question 100 still has asthma. If response is "no" code 'a'.*

- Number of children \_\_\_\_
- a. None
  - b. Don't Know/Not Sure
  - c. Refused

**Arthritis:**

102. Earlier you indicated that you had arthritis or joint symptoms. Thinking about your arthritis or joint symptoms, which of the following best describes you TODAY?

- a. I can do everything I would like to do
- b. I can do most things I would like to do
- c. I can do some things I would like to do
- d. I can hardly do anything I would like to do
- e. Don't Know/Not Sure
- f. Refused

103. Has a doctor or other health professional EVER suggested losing weight to help your arthritis or joint symptoms?

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

104. Has a doctor or other health professional EVER suggested physical activity or exercise to help your arthritis or joint symptoms?

*Note: if the respondent is unclear about whether this means an increase or decrease in physical activity, this means increase.*

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

105. (If 'yes' to questions 71 or 73) Have you EVER taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?

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

**Binge Drinking:**

106. The next questions are about the most recent occasion when you had 5 or more alcoholic beverages. One alcoholic beverage is equal to a 12-ounce

beer, a 4-ounce glass of wine, or a drink with 1 shot of liquor. During the most recent occasion when you had 5 or more alcoholic beverages, about how many beers, including malt liquor, did you drink?

*Note: "occasion means, 'in a row' or 'within a few hours'." if the respondent asks about how to count an over-sized drink (e.g., a 40-ounce bottle of malt liquor), then repeat: "one alcoholic beverage is equal to a 12-ounce beer, a 4-ounce glass of wine, or a drink with 1 shot of liquor".*

- Number (Round up) \_\_\_\_
- a. None
  - b. Don't Know/Not Sure
  - c. Refused

107. During the same occasion, about how many glasses of wine, including wine coolers, hard lemonade, or hard cider, did you drink?

*Note: flavored malt beverages other than hard lemonade or hard cider (e.g., smirnoff ice and zima, etc.) should be counted as wine.*

- Number (Round up) \_\_\_\_
- a. None
  - b. Don't Know/Not Sure
  - c. Refused

108. During the same occasion, about how many drinks of liquor, including cocktails, did you have?

- Number (Round up) \_\_\_\_
- a. None
  - b. Don't Know/Not Sure
  - c. Refused

109. During this most recent occasion, where were you when you did most of your drinking?

*Note: please read a through f:*

- a. At your home, for example, your house, apartment, condominium, or dorm room
- b. At another person's home
- c. At a restaurant or banquet hall
- d. At a bar or club
- e. At a public place, such as at a park, concert, or sporting event
- f. Other
- g. Don't Know/Not Sure
- h. Refused

110. During this most recent occasion, how did you get most of the alcohol?

*Note: please read a-d:*

- a. Someone else bought it for me or gave it to me
- b. I bought it at a store, such as a liquor store, convenience store, or grocery store
- c. I bought it at a restaurant, bar or public place
- d. Other
- e. Don't Know/Not Sure
- f. Refused

111. Did you drive a motor vehicle, such as a car, truck, or motorcycle during or within a couple of hours after this occasion?

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

**Other Tobacco Products:**

112. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

- a. Yes
- b. No (*Go to question 114*)
- c. Don't Know/Not Sure (*Go to question 114*)
- d. Refused (*Go to question 114*)

113. (*If 'yes' to question 112*) Do you currently use chewing tobacco or snuff every day, some days, or not at all?

- a. Every day
- b. Some days
- c. Not at all
- d. Don't Know/Not Sure
- e. Refused

114. Have you ever smoked a cigar, even one or two puffs?

- a. Yes
- b. No (*Go to question 116*)
- c. Don't Know/Not Sure (*Go to question 116*)
- d. Refused (*Go to question 116*)

115. (*If 'yes' to question 114*) Do you now smoke cigars every day, some days, or not at all?

- a. Every day
- b. Some days
- c. Not at all
- d. Don't Know/Not Sure
- e. Refused

**Women's Health:**

116. (*If female*) A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

- a. Yes
- b. No (*Go to question 121*)
- c. Don't Know/Not Sure (*Go to question 121*)
- d. Refused (*Go to question 121*)

117. (*If 'yes' to question 116 and female*) How long has it been since you had your last mammogram? *Note: read only if necessary:*

- a. Within the past year (anytime less than 12 months ago)
- b. Within the past 2 years (1 year but less than 2 years ago)
- c. Within the past 3 years (2 years but less than 3 years ago)
- d. Within the past 5 years (3 years but less than 5 years ago)
- e. 5 or more years ago
- f. Don't Know/Not Sure (*Go to question 119*)
- g. Refused (*Go to question 119*)

118. (*If 'yes' to question 116 and female*) You said your most recent mammogram was (*insert time frame from previous question*). How long before that mammogram was the last one? *Note: read only if necessary:*

- a. Less than 12 months before
- b. 1 year but less than 2 years before
- c. 2 years but less than 2 years before
- d. 3 years but less than 5 years before
- e. 5 or more years before
- f. Has had only one mammogram
- g. Don't Know/Not Sure
- h. Refused

119. (*If 'yes' to question 116 and female*) Many mammograms are done as a routine check-up. Sometimes a mammogram is done to check something that might be a problem, such as a lump or discomfort.

*Note: If answer for question 118 is a,b,c,d,e,g, or h then ask:*

a. Were either of your two most recent mammograms done to check a possible problem?

*Note: If answer for question 118 is f then ask:*

b. Was your mammogram done to check a possible problem?

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

120. (*If 'yes' to question 116 and female*) Do you have any physical impairment that limits your physical ability to reach the x-ray equipment to have a mammogram?

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

121. (*If female*) A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps. Have you ever had a clinical breast exam?

- a. Yes
- b. No (*Go to question 123*)
- c. Don't Know/Not Sure (*Go to question 123*)
- d. Refused (*Go to question 123*)

122. (*If 'yes' to question 121 and female*) How long has it been since your last breast exam? *Note: read only if necessary:*

- a. Within the past year (anytime less than 12 months ago)
- b. Within the past 2 years (1 year but less than 2 years ago)
- c. Within the past 3 years (2 years but less than 3 years ago)
- d. Within the past 5 years (3 years but less than 5 years ago)
- e. 5 or more years ago
- f. Don't Know/Not Sure
- g. Refused

**Osteoporosis:**

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

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

124. Has a doctor or other health care professional ever told you that you have osteoporosis?

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

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

Enter times per day, week, month, or year \_\_\_\_

- 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

**Sun Exposure:**

126. When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock?

- a. Always
- b. Nearly always
- c. Sometimes
- d. Seldom
- e. Never
- f. Don't Know/Not Sure
- g. Don't stay out for more than an hour (*Go to question 129*)
- h. Refused

127. (*If question 126 is not "Don't stay out for more than an hour"*) When you go outside on a sunny summer day for more than an hour, how often do you wear a wide-brimmed hat or any other hat that shades your face, ears, and neck from the sun?

- a. Always
- b. Nearly always
- c. Sometimes
- d. Seldom
- e. Never
- f. Don't Know/Not Sure
- g. Refused

128. (*If question 126 is not "Don't stay out for more than an hour"*) When you go outside on a sunny summer day for more than an hour, how often do you wear long-sleeved shirts?

- a. Always
- b. Nearly always
- c. Sometimes
- d. Seldom
- e. Never
- f. Don't Know/Not Sure
- g. Refused

**Injury:**

129. Does your home have a working smoke detector on all floors, including finished basements or attics?

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

130. (*If have children under 18 years of age living in household*) What is the age of the oldest child in your household under the age of 16?

Age in years \_\_\_\_

- a. No children under age 16 (*Go to question 132*)
- b. Refused (*Go to question 132*)

131. (*If have children between the ages of 4 and 16 living in household*) During the past year, how often has the (*child's age*) year old child worn a bicycle helmet when riding a bike?

- a. Always
- b. Nearly always
- c. Sometimes
- d. Seldom
- e. Never
- f. Don't Know/Not Sure
- g. Never rides a bike
- h. Refused

**Lead Poisoning:**

132. The following items deal with lead-based paint. Can small amounts of lead have an effect on a young child's health?

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

133. (*If have children under 18 years of age living in household*) Are there any children in your household between the ages of 6 months and 6 years?

- a. Yes
- b. No (*Go to question 135*)
- c. Don't Know/Not Sure (*Go to question 135*)
- d. Refused (*Go to question 135*)

134. (*If 'yes' to question 133*) Have any of these children between 6 months and 6 years had their blood tested for lead poisoning?

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

**Childhood Asthma:**

135. Earlier you said that [fill in from M07Q02] child (children) still had asthma. In the past 12 months has this child (how many of these children) has (have) had to visit the emergency room or urgent care center because of asthma?

Number of children \_\_\_\_

- a. Don't Know/Not Sure
- b. None
- c. Refused

**Children with Special Health Care Needs:**

136. (*If have children under 18 years of age living in household*) Has a doctor or health professional ever identified any of the children in your household as having:

Cerebral palsy

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

137. (*If have children under 18 years of age living in household*) Has a doctor or health professional ever identified any of the children in your household as having: Cystic fibrosis

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

138. (*If have children under 18 years of age living in household*) Has a doctor or health professional ever identified any of the children in your household as having: Sickle cell anemia

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

139. (If have children under 18 years of age living in household) Has a doctor or health professional ever identified any of the children in your household as having: Diabetes

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

140. (If have children under 18 years of age living in household) Has a doctor or health professional ever identified any of the children in your household as having: Cleft palate

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

141. (If have children under 18 years of age living in household) Has a doctor or health professional ever identified any of the children in your household as having: Cooley's Anemia or Thalassemia

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

142. (If have children under 18 years of age living in household) Has a doctor or health professional ever identified any of the children in your household as having: Hemophilia

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

143. (If have children under 18 years of age living in household) Has a doctor or health professional ever identified any of the children in your household as having: Hearing disability

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

144. (If have children under 18 years of age living in household) Has a doctor or health professional ever identified any of the children in your household as having: Spina bifida

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

145. (If have children under 18 years of age living in household) Has a doctor or health professional ever identified any of the children in your household as having: Congenital heart disease

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

146. (If 'yes' to any questions number 136-145) Is the dental care for this child (these children) with special health care needs covered by dental insurance, either a private or a government dental care plan, for example, Medicaid or CHIP?

- a. Yes
- b. No

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

147. (If 'yes' to any questions number 136-145) What kind of place does this child (these children) go for specialized care?

- a. Clinic or health center
- b. Doctor's office
- c. HMO
- d. Hospital emergency room
- e. Hospital outpatient department
- f. Some other place
- g. Don't Know/Not Sure
- h. Doesn't receive specialized care
- i. Refused

148. (If 'yes' to any questions number 136-145) Do you feel that the special health care needs of this child (these children) are being met?

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

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# Notes

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

**[www.health.state.pa.us/stats/](http://www.health.state.pa.us/stats/)**

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