

2004 Behavioral Health Risks



Of Pennsylvania Adults

**DEPARTMENT OF
HEALTH**

Bureau of Health Statistics and Research

Edward G. Rendell, Governor

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2004
BEHAVIORAL HEALTH RISKS
of PENNSYLVANIA ADULTS

**A Report of Data Collected During 2004 for the
Behavioral Risk Factor Surveillance System**

December 2005

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

Introduction

Nearly half of all deaths occurring annually are the result of modifiable behavioral risk factors (McGinnis, 1992). 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 2004, a total of 6,097 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 2004 Pennsylvania BRFSS survey. It consists of 29 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:

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

www.health.state.pa.us/stats/

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General Health

How would you say your general health is?

- ✚ “Fair” or “poor” responded 16 percent of Pennsylvania adults in 2004; “good” said 31 percent (CI: 29-32); and, “excellent” or “very good” responded 53 percent (CI: 52-55).
- ✚ 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. Thirty percent of adults age 65+, 17 percent ages 45-64, 10 percent ages 30-44, and 8 percent ages 18-29 indicated having fair or poor health.
- ✚ Adults with less than a high school education had significantly higher percentages of fair or poor health compared to adults with a high school education or higher (33 percent, less than a high school education; 20 percent, high school diploma; 13 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 \$25,000 (36 percent, less than \$15,000 in household income; 25 percent, \$15,000-\$24,999 income) compared to higher income adults (14 percent, \$25,000-\$49,999 income; 8 percent, \$50,000-\$74,999 income; 4 percent, \$75,000+).
- ✚ Black, non-Hispanic adults had a significantly higher percentage (22 percent) of fair or poor health compared to white non-Hispanic adults (15 percent).

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

- ✚ Thirty-six percent of Pennsylvania adults in 2004 indicated that their physical health was not good at least one day in the past month.
- ✚ Women had a significantly higher percentage (41 percent) compared to men (32 percent) for having at least one day where their physical health was not good in the past month.
- ✚ Adults with a college degree had a significantly lower percentage (30) compared to adults with less than a college education (less than a high school education, 43 percent; high school diploma, 38 percent; and some college education, 39 percent).
- ✚ The poorest adults (household income below \$15,000) had a significantly higher percentage (56 percent) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 40 percent; \$25,000-\$49,999, 38 percent; \$50,000-\$74,999, 32 percent; and \$75,000+, 29 percent).
- ✚ No significant differences were seen for age or race/ethnicity.

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

- ✚ In the 2004 survey, 34 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 (40) compared to men (28 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, 50 percent; 30-44, 40 percent; 45-64, 31 percent; and 65+, 18 percent).
- ✚ Adults with some college education had a significantly higher percentage (39) compared to adults with a college degree (31 percent).
- ✚ The percentage for adults with a household income of less than \$15,000 was significantly higher (49 percent) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 36 percent; \$25,000-\$49,999, 36 percent; \$50,000-\$74,999, 33 percent; and \$75,000+, 31 percent).
- ✚ Black non-Hispanic adults had a significantly higher percentage (46) compared to white non-Hispanic adults (34 percent) and Hispanic adults (26 percent).

General Health

Figure 1A: General Health, Percent by Type, Pennsylvania Adults, 1995-2004

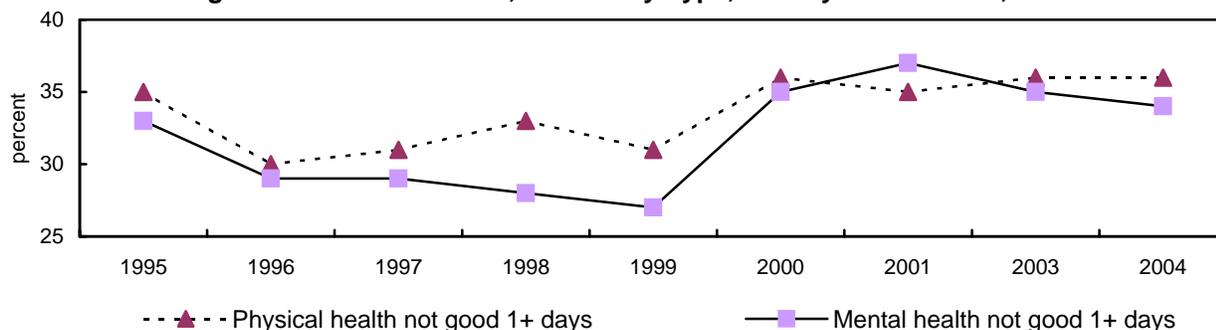


Figure 1B: General Health, Percent by Type and Age Pennsylvania Adults, 2004

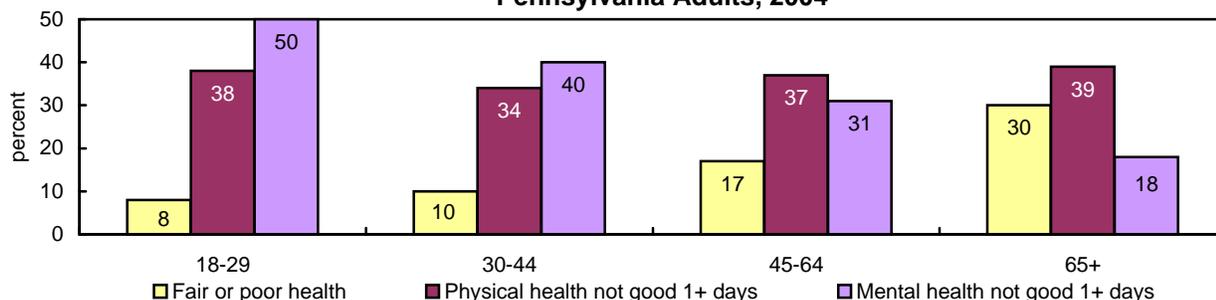


Table 1: General Health, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	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	6,078	1,030	16	15-17	5,958	2,201	36	35-38	6,002	2,033	34	33-36
Male	2,313	369	15	13-16	2,288	732	32	29-34	2,291	591	28	26-30
Female	3,765	661	17	16-18	3,670	1,469	41	39-43	3,711	1,442	40	39-42
Age:												
18-29	699	56	8	6-11	689	269	38	34-42	697	358	50	45-54
30-44	1,560	153	10	8-12	1,553	554	34	31-36	1,548	646	40	37-43
45-64	2,270	386	17	15-19	2,245	824	37	34-39	2,245	740	31	29-34
65+	1,497	428	30	28-33	1,423	540	39	36-42	1,461	275	18	16-20
Education:												
<High School	502	186	33	28-39	473	217	43	37-48	489	169	38	32-43
High School	2,432	528	20	18-22	2,367	900	38	35-40	2,398	793	34	31-36
Some College	1,326	193	13	11-16	1,318	523	39	36-43	1,314	496	39	36-42
College Degree	1,809	123	7	5-8	1,792	559	30	28-33	1,793	574	31	29-34
Income:												
<\$15,000	623	251	36	32-41	599	343	56	51-61	610	287	49	44-54
\$15,000 to \$24,999	1,028	270	25	22-28	997	405	40	36-43	1,017	357	36	32-40
\$25,000 to \$49,999	1,659	234	14	12-16	1,635	611	38	35-41	1,635	578	36	33-39
\$50,000 to \$74,999	900	66	8	6-10	897	282	32	28-35	895	296	33	30-36
\$75,000+	1,011	42	4	3-6	1,005	289	29	26-32	1,006	294	31	28-34
Race:												
White, non-Hispanic	5,394	883	15	14-16	5,290	1,938	36	35-38	5,333	1,792	34	33-35
Black, non-Hispanic	373	90	22	18-28	364	150	40	34-47	359	157	46	39-53
Hispanic	117	19	13	8-21	114	44	36	26-47	117	34	26	18-36

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

Health Care Access

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

- ¥ “No” responded 15 percent of Pennsylvania adults ages 18-64 in 2004.
- ¥ Significantly more young adults (26 percent of those ages 18-29) reported having no health insurance compared to older adults (13 percent for ages 30-44 and 10 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 and with some college education had significantly higher percentages (high school diploma, 18 percent and some college education, 13 percent) compared to adults with a college degree (7 percent).
- ¥ Significantly higher percentages were seen for adults reporting household incomes of less than \$25,000 (36 percent for less than \$15,000 and 27 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 a significantly higher percentage (14) compared to adults with incomes of \$50,000 or higher (5 percent for \$50,000-\$74,999 and 4 percent for \$75,000 or higher).
- ¥ Black, non-Hispanic and Hispanic adults had significantly higher percentages (27 and 25, respectively) compared to white, non-Hispanic adults (12 percent).

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

- ¥ Eleven percent of Pennsylvania adults indicated they did not have someone they consider a personal doctor or health care provider during the 2004 BRFSS survey.
- ¥ Men had a significantly higher percentage for having no personal health care provider (16 percent) compared to women (7 percent).
- ¥ All age groups under 65 had percentages significantly higher than any older age group – i.e., ages 18-29 had 22 percent, ages 30-44 had 14 percent, ages 45-64 had 8 percent, and ages 65+ had 3 percent for not having a personal care provider.
- ¥ Adults with less than a high school education had a significantly higher percentage (18) compared to adults with a high school education or more (high school diploma, 12 percent; some college education, 9 percent; college degree, 10 percent).
- ¥ Adults with household incomes of less than \$25,000 had significantly higher percentages (less than \$15,000, 18 percent; \$15,000-\$24,999, 15 percent) compared to adults with household incomes of \$75,000+ (8 percent).
- ¥ Black, non-Hispanic adults had a significantly higher percentage (17) compared to white, non-Hispanic adults (10 percent).

Needed to see a doctor but could not because of cost

- ¥ Eleven percent of Pennsylvania adults responded in 2004 that there was an instance when they needed to see a doctor in the past year but could not because of cost.
- ¥ Adults under age 45 had a significantly higher percentage for being unable to see a doctor due to cost (18-29, 19 percent and 30-44, 13 percent) compared to adults age 45+. Adults age 45-64 had a significantly higher percentage (9 percent) compared to adults age 65+ (4 percent).
- ¥ A significantly lower percentage was seen for adults with a college degree (7 percent) compared to adults with less than a college education (less than a high school education, 15 percent; high school diploma, 12 percent; and some college education, 13 percent).
- ¥ Adults with a household income less than \$50,000 had significantly higher percentages than adults with higher household incomes (less than \$15,000, 19 percent; \$15,000-\$24,999, 19 percent; \$25,000-\$49,999, 13 percent; \$50,000-\$74,999, 4 percent; and \$75,000+, 3 percent).
- ¥ No significant difference was seen by sex or race/ethnicity.

Health Care Access

Figure 2A: Percent No Health Insurance, Ages 18-64, Pennsylvania Adults, 1995-2004

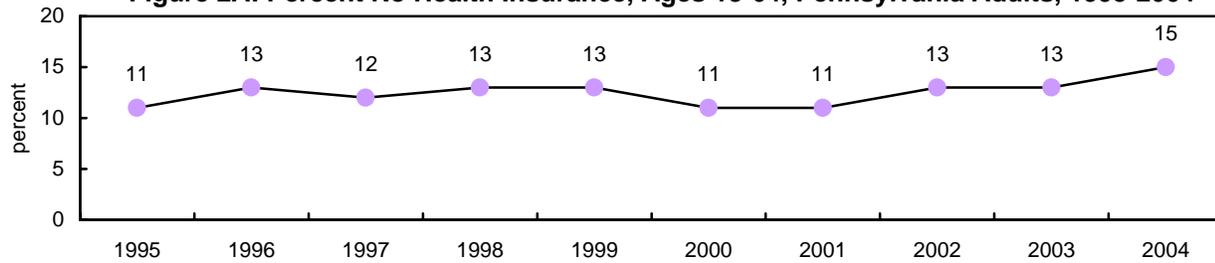


Figure 2B: Health Care Access, Percent by Health Risk Type and Age Pennsylvania Adults, 2004

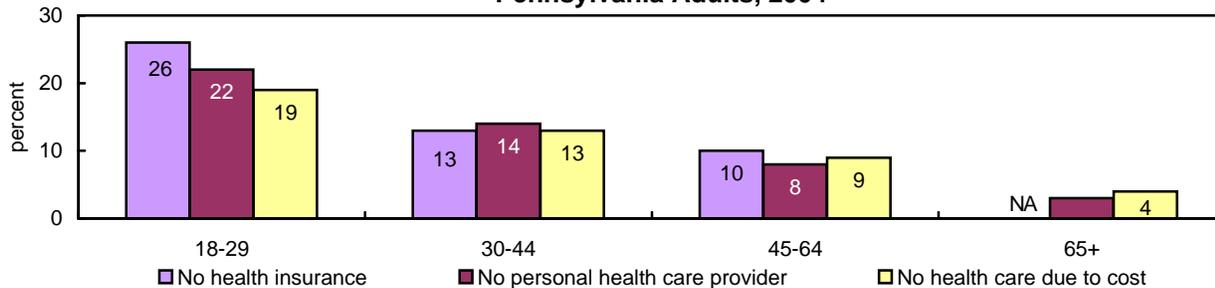


Table 2: Health Care Access, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	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	4,527	536	15	13-16	6,088	562	11	10-12	6,089	585	11	10-12
Male	1,787	231	17	14-19	2,318	318	16	14-18	2,319	192	10	9-12
Female	2,740	305	12	11-14	3,770	244	7	6-8	3,770	393	11	10-12
Age:												
18-29	696	149	26	22-30	701	143	22	19-26	700	117	19	15-22
30-44	1,561	179	13	11-15	1,558	192	14	12-16	1,560	196	13	11-15
45-64	2,270	208	10	8-12	2,273	169	8	6-9	2,273	210	9	8-10
65+					1,504	53	3	2-4	1,504	56	4	3-5
Education:												
<High School	263	84	35	28-43	504	68	18	14-24	505	65	15	12-20
High School	1,650	246	18	16-21	2,435	213	12	10-13	2,436	260	12	10-13
Some College	1,066	119	13	10-16	1,330	111	9	8-12	1,328	153	13	11-15
College Degree	1,544	87	7	5-9	1,809	169	10	9-12	1,810	107	7	5-8
Income:												
<\$15,000	381	123	36	29-43	627	90	18	14-24	629	120	19	15-23
\$15,000 to \$24,999	623	152	27	23-31	1,029	119	15	12-18	1,027	169	19	16-22
\$25,000 to \$49,999	1,303	136	14	12-17	1,658	140	11	9-13	1,660	177	13	11-15
\$50,000 to \$74,999	817	33	5	3-7	900	74	9	7-12	901	35	4	3-6
\$75,000+	937	30	4	3-7	1,011	78	8	6-10	1,011	24	3	2-5
Race:												
White, non-Hispanic	3,976	424	12	11-14	5,406	468	10	9-11	5,406	471	10	9-11
Black, non-Hispanic	317	68	27	20-35	372	45	17	12-24	372	60	15	11-20
Hispanic	96	21	25	15-39	116	19	16	10-25	117	19	17	10-26

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

Exercise

No leisure time physical activity in past month:

- ¥ Twenty-four percent of Pennsylvania adults responded in 2004 that they had not engaged in any leisure time physical activity in the past month.
- ¥ A significantly higher percentage of women did not engage in leisure time physical activity in the past month (27 percent) compared to men (21 percent).
- ¥ Pennsylvania adults age 30+ had significantly higher percentages of not having engaged in leisure time physical activity in the past month (ages 30-44, 22 percent; ages 45-64, 24 percent; and ages 65+, 37 percent) compared to adults age 18-29 (15 percent). Adults age 65+ had a significantly higher percentage compared to younger age groups.
- ¥ Adults with less education consistently had significantly higher percentages compared to adults with more education for not engaging in any leisure time physical activity in the past month (less than a high school education, 45 percent; high school diploma, 30 percent; some college education, 19 percent; and a college degree, 13 percent).
- ¥ Lower household income adults had significantly higher percentages for having no leisure time physical activity compared to higher household income adults (less than \$15,000, 45 percent, \$15,000-\$24,999, 33 percent, \$25,000-\$49,999, 24 percent; \$50,000-\$74,999, 18 percent; \$75,000+, 9 percent).
- ¥ Hispanic adults had a significantly higher percentage (38) compared to white, non-Hispanic adults (23 percent) for no leisure time physical activity in the past month.

Exercise

Figure 3A: Percent No Physical Activity, Pennsylvania Adults, 1995-2004

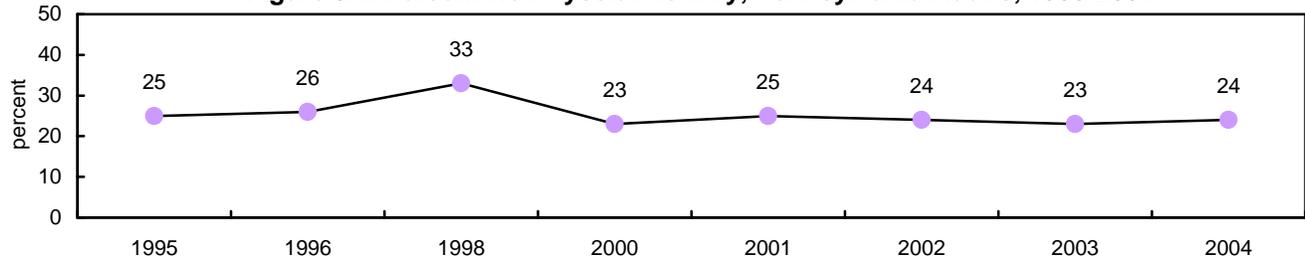
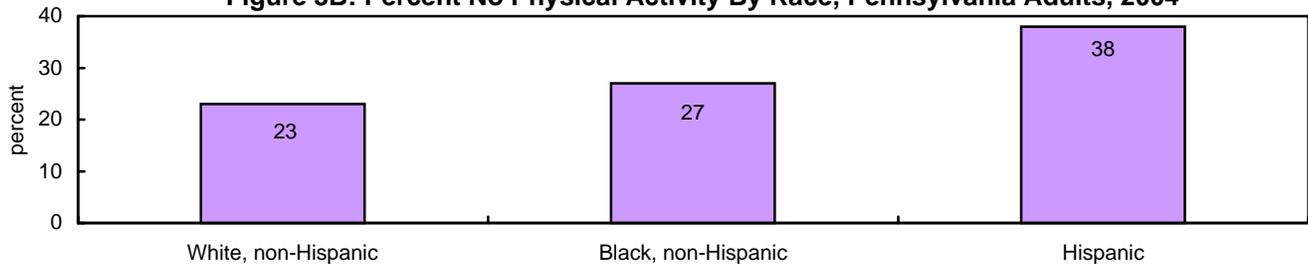


Figure 3B: Percent No Physical Activity By Race, Pennsylvania Adults, 2004



**Table 3: No Physical Activity*
Pennsylvania Adults, 2004 (with 95% confidence intervals)**

	Total No.	No.	%	CI
All Adults	6,082	1,529	24	23-26
Male	2,318	513	21	19-23
Female	3,764	1,016	27	26-29
Age:				
18-29	701	110	15	12-18
30-44	1,562	327	22	20-25
45-64	2,271	540	24	22-26
65+	1,496	541	37	34-40
Education:				
<High School	504	238	45	40-51
High School	2,433	752	30	28-33
Some College	1,329	278	19	17-22
College Degree	1,807	258	13	12-15
Income:				
<\$15,000	625	286	45	40-50
\$15,000 to \$24,999	1,030	347	33	30-37
\$25,000 to \$49,999	1,657	405	24	22-26
\$50,000 to \$74,999	901	155	18	15-21
\$75,000+	1,011	106	9	8-11
Race:				
White, non-Hispanic	5,400	1,320	23	22-25
Black, non-Hispanic	371	111	27	22-33
Hispanic	117	40	38	28-50

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

Overweight & Obese

Overweight adults:

- ¥ Sixty-one percent of Pennsylvania adults were overweight according to the 2004 survey results.
- ¥ Males had a significantly higher percentage of being overweight (69 percent) compared to females (53 percent).
- ¥ Adults ages 18-29 had a significantly lower percentage of being overweight (41 percent) compared to the older age groups (ages 30-44, 61 percent; ages 45-64, 70 percent; age 65+, 66 percent). Also, adults ages 30-44 had a significantly lower percentage compared to adults ages 45-64.
- ¥ A significantly lower percentage of adults with a college degree were overweight (55 percent) compared to adults with less than a college education (less than a high school education, 67 percent; high school diploma, 64 percent; and some college education, 62 percent).
- ¥ Non-Hispanic black adults had a significantly higher percentage (72) compared to non-Hispanic white adults (60 percent).
- ¥ No significant difference was seen by income.

Obese adults:

- ¥ Twenty-four percent of Pennsylvania adults were obese according to the 2004 survey results. (Please note that obese adults are included in the overweight percentages.)
- ¥ Adults age 30+ had significantly higher percentages (27, 30, and 23 percent for age groups 30-44, 45-64 and 65+ respectively) for being obese compared to adults ages 18-29 (14 percent).
- ¥ A significantly lower percentage of adults with a college degree (18 percent) were obese compared to adults with less than a college education (less than a high school education, 29 percent; high school diploma, 27 percent; some college education, 25 percent).
- ¥ Adults with a household income of less than \$25,000 had significantly higher percentages (less than \$15,000, 29 percent; \$15,000-\$24,999, 28 percent) compared to adults with a household income of \$75,000+ (20 percent).
- ¥ Non-Hispanic black adults had a significantly higher percentage (36 percent) compared to non-Hispanic white adults (23 percent).
- ¥ No significant differences were seen by sex.

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

Overweight & Obese

Figure 4A: Percent Overweight and Obese, Pennsylvania Adults, 1995-2004

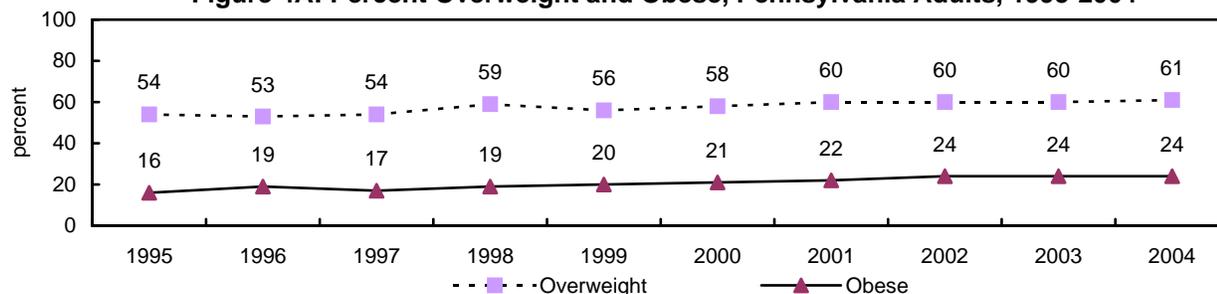


Figure 4B: Percent Overweight and Obese by Age, Pennsylvania Adults, 2004

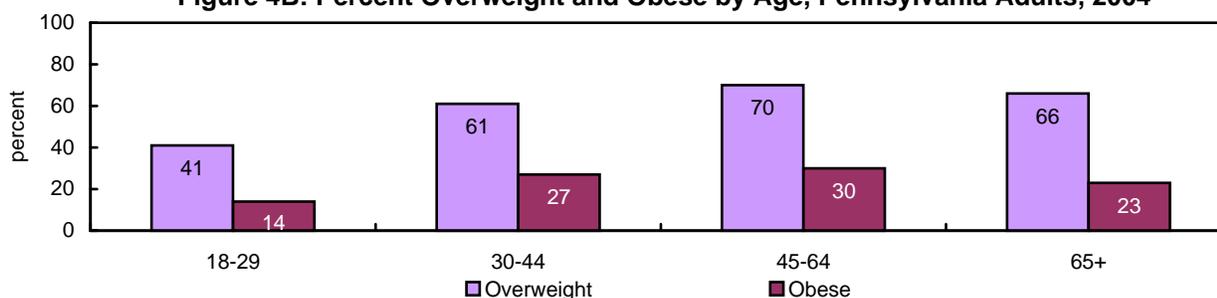


Table 4: Overweight & Obese, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	Overweight*				Obese*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	5,806	3,560	61	60-63	5,806	1,420	24	23-26
Male	2,296	1,629	69	67-71	2,296	558	24	22-26
Female	3,510	1,931	53	51-55	3,510	862	24	23-26
Age:								
18-29	683	281	41	37-46	683	101	14	11-17
30-44	1,477	871	61	58-64	1,477	382	27	24-29
45-64	2,158	1,459	70	68-72	2,158	595	30	27-32
65+	1,455	934	66	63-68	1,455	339	23	20-25
Education:								
<High School	491	339	67	62-72	491	154	29	25-34
High School	2,307	1,482	64	61-66	2,307	626	27	25-29
Some College	1,272	801	62	59-66	1,272	329	25	23-28
College Degree	1,732	936	55	52-57	1,732	310	18	16-20
Income:								
<\$15,000	606	404	64	59-69	606	189	29	25-34
\$15,000 to \$24,999	986	633	63	59-66	986	290	28	25-31
\$25,000 to \$49,999	1,600	1,009	63	60-66	1,600	406	26	23-28
\$50,000 to \$74,999	872	537	62	58-65	872	200	24	21-27
\$75,000+	985	555	58	54-61	985	187	20	17-23
Race:								
White, non-Hispanic	5,170	3,129	60	58-61	5,170	1,228	23	22-25
Black, non-Hispanic	351	259	72	66-78	351	134	36	30-43
Hispanic	112	74	66	55-75	112	28	27	18-40

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

Note: Obese is included in the overweight percentage.

Cigarette Use

Current cigarette smokers:

- ✎ Twenty-three percent of all Pennsylvania adults indicated that they were current cigarette smokers, smoking cigarettes everyday or some days, in 2004.
- ✎ Only 8 percent of adults age 65+ said that they were current smokers – significantly lower than the other age groups (ages 18-29, 30 percent; ages 30-44, 28 percent; ages 45-64, 23 percent).
- ✎ Only 10 percent of college graduates were current smokers. This is significantly lower than for the other educational groups (less than high school education, 37 percent; high school diploma, 28 percent; some college education, 24 percent).
- ✎ Adults with a household income of less than \$75,000 had significantly higher percentages of smoking (less than \$15,000, 35 percent; \$15,000-\$24,999, 30 percent; \$25,000-\$49,999, 25 percent; and \$50,000-\$74,999, 21 percent) compared to adults with a household income of \$75,000+ (13 percent).
- ✎ Non-Hispanic black adults had a significantly higher percentage for being current cigarette smokers (30 percent) compared to non-Hispanic white adults (22 percent).
- ✎ No significant difference was seen by sex.

Former cigarette smokers:

- ✎ In the 2004 survey, 24 percent of Pennsylvania adults responded that they were former cigarette smokers.
- ✎ A significantly higher percentage of males (28 percent) were former smokers than females (20 percent) in 2004.
- ✎ All younger adult age groups were significantly lower in percentages compared to older adult groups (age 18-29, 10 percent; age 30-44, 19 percent; age 45-64, 29 percent; age 65+, 36 percent).
- ✎ Adults with a household income of less than \$15,000 had a significantly lower percentage (19) compared to adults with a household income of \$75,000+ (28 percent).
- ✎ Non-Hispanic white adults had a significantly higher percentage of former smokers (25 percent) compared to non-Hispanic black adults (15 percent).
- ✎ No significant differences were seen by education.

Quit smoking for at least one day in past year:

- ✎ Among those who were currently smoking everyday in 2004, 47 percent had quit for at least one day in the past year.
- ✎ No significant differences were seen by sex, age, education, income, or race/ethnicity.

Smoking rules inside the home:

- ✎ Sixty-five percent (CI: 63-66) of Pennsylvania adults reported that smoking was not allowed anywhere in their home during the 2004 survey.
- ✎ Significantly higher percentages were seen among adults with at least a high school education (high school diploma, 59 percent CI: 57-62; some college education, 65 percent CI: 62-68; college degree, 78 percent CI: 75-80) compared to adults with less than a high school education (48 percent CI: 42-54).
- ✎ Adults with household incomes of \$50,000+ had significantly higher percentages (\$50,000-\$74,999, 72 percent CI: 68-75; \$75,000+, 80 percent CI: 77-83) compared to adults with household incomes less than \$50,000 (less than \$15,000, 54 percent CI: 49-59; \$15,000-\$24,999, 50 percent CI: 46-54; \$25,000-\$49,999, 61 percent CI: 58-64).
- ✎ Non-Hispanic white and Hispanic adults had significantly higher percentages (non-Hispanic white, 66 percent CI: 64-67; Hispanic, 70 percent CI: 60-79) compared to non-Hispanic black adults (51 percent CI: 44-58).

Smoking rules inside the car:

- ✎ Sixty-three percent (CI: 62-65) of Pennsylvania adults with a car reported that smoking was never allowed in their car in 2004.
- ✎ Women had a significantly higher percentage (67 CI: 65-69) compared to men (60 percent CI: 57-62).
- ✎ Adults age 30+ had significantly higher percentages (age 30-44, 61 percent CI: 59-64; age 45-64, 66 percent CI: 63-68; age 65+, 73 percent CI: 70-75) compared to adults age 18-29 (52 percent CI: 47-57).
- ✎ Significantly higher percentages were seen for adults with at least some college education (some college, 63 percent CI: 59-66; college degree, 75 percent CI: 73-78) compared to adults with less than a high school education (50 percent CI: 44-57).
- ✎ Adults with household incomes of \$50,000+ had significantly higher percentages (\$50,000-\$74,999, 67 percent CI: 63-70; \$75,000+, 75 percent CI: 71-78) compared to adults with household incomes of less than \$50,000 (less than \$15,000, 48 percent CI: 42-54; \$15,000-\$24,999, 54 percent CI: 50-58; \$25,000-\$49,999, 59 percent CI: 56-62).

Cigarette Use

**Figure 5A: Percent Current Smokers Who Smoke Everyday
And Quit Smoking 1+ Days in the Past Year, Pennsylvania Adults, 1995-2004**

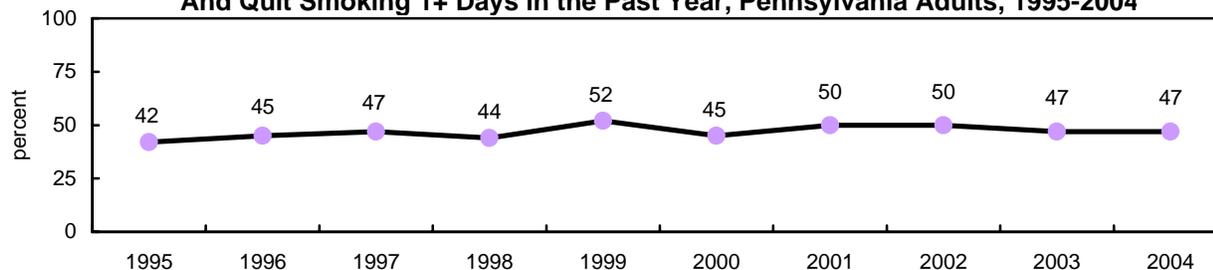


Figure 5B: Percent Current Smoker, Pennsylvania Adults by Age, 2004

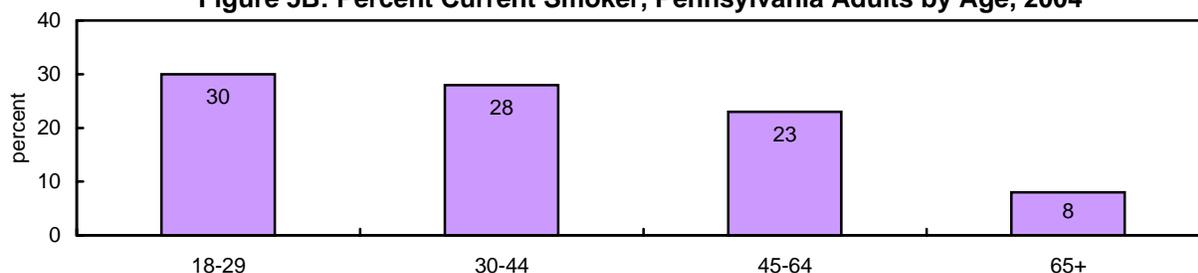


Table 5: Cigarette Use, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	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	6,078	1,310	23	21-24	6,078	1,566	24	23-25	1,001	459	47	43-51
Male	2,317	496	23	21-25	2,317	753	28	27-31	375	163	45	39-51
Female	3,761	814	22	21-24	3,761	813	20	18-21	626	296	50	45-54
Age:												
18-29	699	217	30	27-35	699	80	10	8-12	158	90	58	49-67
30-44	1,561	428	28	25-30	1,561	291	19	17-22	331	143	43	37-49
45-64	2,269	511	23	21-25	2,269	661	29	27-31	398	173	44	38-50
65+	1,498	144	8	7-10	1,498	520	36	34-39	106	47	44	34-55
Education:												
<High School	503	166	37	32-42	503	111	19	16-23	142	76	50	40-60
High School	2,434	642	28	26-30	2,434	623	24	23-26	511	221	46	41-51
Some College	1,324	317	24	22-27	1,324	354	24	21-26	233	113	50	42-58
College Degree	1,808	183	10	8-12	1,808	475	25	23-27	113	49	44	33-55
Income:												
<\$15,000	626	218	35	31-40	626	140	19	16-23	165	90	53	44-62
\$15,000 to \$24,999	1,029	273	30	26-33	1,029	269	24	21-27	219	95	47	39-55
\$25,000 to \$49,999	1,655	397	25	22-27	1,655	416	23	21-25	315	139	46	39-52
\$50,000 to \$74,999	900	171	21	18-24	900	246	26	23-30	126	51	44	34-54
\$75,000+	1,010	121	13	11-16	1,010	287	28	25-31	82	36	42	31-54
Race:												
White, non-Hispanic	5,397	1,127	22	21-23	5,397	1,436	25	24-27	863	387	46	42-50
Black, non-Hispanic	371	111	30	24-36	371	72	15	12-19	83	46	53	40-66
Hispanic	117	30	22	15-31	117	21	16	10-24	22	#		

#Data not reported due to N<50 or deemed statistically unreliable (see "Technical Notes").

*Excludes missing, don't know, and refused. **Includes adults who smoke cigarettes some days or everyday.

***Denominator is current smokers who smoke everyday.

Alcohol Consumption

Binge drinking:

- ¥ Eighteen percent of Pennsylvania adults admitted in 2004 to binge drinking (five or more alcoholic drinks on one occasion) in the previous month.
- ¥ Eleven percent of female adults said they had been binge drinking in the past month, a significantly lower percentage compared to the 26 percent of male adults.
- ¥ According to the 2004 survey, as age increased, the percentage of binge drinking significantly decreased (ages 18-29, 37 percent; ages 30-44, 22 percent; ages 45-64, 12 percent; age 65+, 3 percent).
- ¥ No significant difference was seen by education, income, or 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 2004 survey, 6 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 (10 percent) compared to adults age 45+ (ages 45-64, 6 percent; age 65+, 3 percent). Adults age 45-64 had a significantly higher percentage compared to adults age 65+.
- ¥ Non-Hispanic white adults had a significantly higher percentage (6) compared to Hispanic adults (2 percent).
- ¥ No significant differences were seen by sex, education, or income.

Alcohol Consumption

Figure 6A: Percent of Binge Drinking, Pennsylvania Adults, 1995-2004

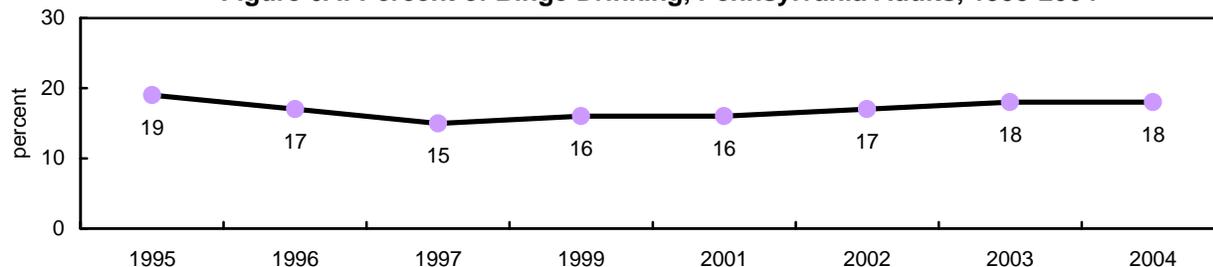


Figure 6B: Percent of Binge Drinking and Problem Drinking Pennsylvania Adults by Age, 2004

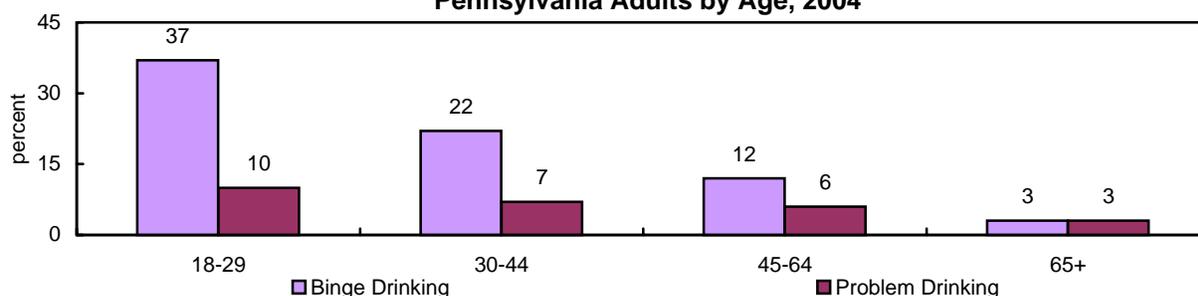


Table 6: Alcohol Consumption, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	Binge Drinking* **				At Risk for Problem Drinking* ***			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	6,026	798	18	16-19	6,048	343	6	5-7
Male	2,281	490	26	23-28	2,295	151	7	6-9
Female	3,745	308	11	9-12	3,753	192	5	4-6
Age:								
18-29	694	226	37	33-42	691	70	10	8-13
30-44	1,548	301	22	19-24	1,550	102	7	5-8
45-64	2,249	221	12	10-14	2,264	120	6	5-7
65+	1,485	47	3	3-5	1,494	49	3	2-4
Education:								
<High School	495	59	18	14-24	502	32	7	5-10
High School	2,404	299	16	14-18	2,417	121	5	4-7
Some College	1,317	200	20	17-23	1,322	97	8	6-10
College Degree	1,801	240	18	15-20	1,798	93	6	4-7
Income:								
<\$15,000	624	78	18	14-23	627	33	6	4-9
\$15,000 to \$24,999	1,025	128	17	14-20	1,023	53	5	4-7
\$25,000 to \$49,999	1,637	213	17	15-20	1,646	98	6	5-8
\$50,000 to \$74,999	894	143	19	16-23	897	56	7	5-10
\$75,000+	1,004	169	22	19-26	1,005	65	7	5-9
Race:								
White, non-Hispanic	5,346	703	17	16-19	5,370	311	6	6-7
Black, non-Hispanic	373	45	18	12-25	370	18	5	3-8
Hispanic	117	23	21	14-30	116	3	2	1-5

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

** Defined as having 5 or more alcoholic drinks during one occasion.

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

Environmental Factors

Illness caused by air in a building in the past year:

- ¥ Twenty-one percent of Pennsylvania adults reported having had an illness or symptom that they believed was caused by something in the air inside a home, office, or other building in the past 12 months according to the 2004 survey.
- ¥ Women had a significantly higher percentage for illness caused by indoor air (24 percent) compared to men (18 percent).
- ¥ Adults less than age 65 reported significantly higher percentages (age 18-29, 27 percent; age 30-44, 26 percent; age 45-64, 21 percent) for becoming ill or having symptoms from indoor air compared to adults age 65+ (10 percent).
- ¥ A significantly higher percentage of adults with some college education (24 percent) reported illness or symptoms due to indoor air compared to adults with a high school diploma (19 percent).
- ¥ Black non-Hispanic adults had a significantly higher percentage (30) compared to white non-Hispanic adults (20 percent).
- ¥ No significant difference was seen by income.

Illness caused by outdoor pollution in the past year:

- ¥ 9 percent of Pennsylvania adults reported having had an illness or symptom that they believed was caused by outdoor pollution in the past 12 months according to the 2004 survey.
- ¥ Women had a significantly higher percentage for illness caused by outdoor pollution (11 percent) compared to men (7 percent).
- ¥ Adults ages 30-44 and ages 45-64 had significantly higher percentages (ages 30-44, 9 percent; ages 45-64, 11 percent) compared to adults age 65+ (5 percent).
- ¥ Adults with a household income less than \$15,000 had a significantly higher percentage (16) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999 income, 9 percent; \$25,000-\$49,999 income, 8 percent; \$50,000-\$74,999 income, 9 percent; and \$75,000+ income, 9 percent) for reporting an illness or symptom that they believed to be caused by outdoor pollution in the past 12 months.
- ¥ Black non-Hispanic adults had a significantly higher percentage (19 percent) compared to white non-Hispanic adults and Hispanic adults (8 percent each).
- ¥ No significant difference was seen by education.

Environmental Factors

Figure 7A: Percent of Environmental Factors by Gender, Pennsylvania Adults, 2004

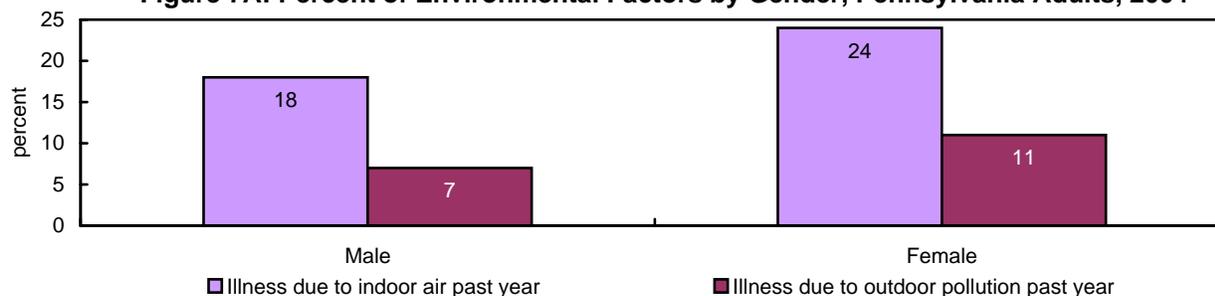


Figure 7B: Percent of Environmental Factors by Race, Pennsylvania Adults, 2004

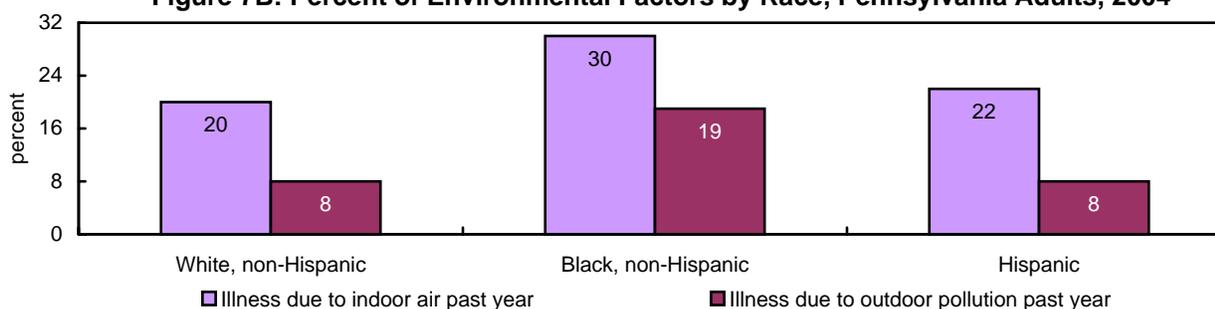


Table 7: Environmental Factors, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	Illness Caused By Air In a Building in Past Year*				Illness Caused By Outdoor Pollution in Past Year*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	6,031	1,278	21	20-23	6,020	542	9	8-10
Male	2,294	391	18	16-20	2,295	142	7	5-8
Female	3,737	887	24	23-26	3,725	400	11	10-12
Age:								
18-29	698	189	27	24-32	692	62	9	7-12
30-44	1,550	408	26	23-28	1,550	140	9	8-11
45-64	2,247	508	21	20-23	2,250	255	11	10-13
65+	1,486	162	10	8-11	1,478	82	5	4-7
Education:								
<High School	498	79	21	16-27	496	42	9	6-14
High School	2,412	461	19	18-21	2,410	203	8	7-10
Some College	1,321	321	24	22-27	1,314	132	10	8-12
College Degree	1,790	415	22	20-24	1,790	165	9	8-11
Income:								
<\$15,000	623	142	24	20-28	617	92	16	13-20
\$15,000 to \$24,999	1,020	209	22	19-25	1,011	95	9	7-11
\$25,000 to \$49,999	1,643	354	21	19-24	1,646	134	8	7-10
\$50,000 to \$74,999	892	219	25	22-29	893	85	9	7-12
\$75,000+	1,004	229	21	19-24	1,001	84	9	7-12
Race:								
White, non-Hispanic	5,355	1,098	20	19-22	5,348	440	8	7-9
Black, non-Hispanic	369	107	30	25-37	366	67	19	15-25
Hispanic	117	30	22	15-31	115	13	8	4-14

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

Asthma

Were you ever told you had asthma?

- ¥ · Thirteen percent of Pennsylvania adults responded in the 2004 survey that a health care professional had told them that they had asthma.
- ¥ · Adults ages 18-29 had a significantly higher percentage (20 percent) compared to adults age 30+. Adults ages 30-44 and adults ages 45-64 had significantly higher percentages (ages 30-44, 12 percent; ages 45-64, 13 percent) compared to adults age 65+ (8 percent).
- ¥ · A significantly higher percentage of adults with less than a high school diploma said that they had been diagnosed with asthma (19 percent) compared to adults with a high school diploma (11 percent).
- ¥ · No significant differences were seen by sex, income or race/ethnicity.

Do you currently have asthma?

- ¥ · Nine percent of Pennsylvania adults indicated in the 2004 survey that they currently have asthma.
- ¥ · Women had a significantly higher percentage of currently having asthma (11 percent) compared to men (7 percent).
- ¥ · Adults ages 18-29 and ages 45-64 had significantly higher percentages (ages 18-29, 12 percent; ages 45-64, 10 percent) compared to adults age 65+ (6 percent).
- ¥ · A significantly higher percentage of adults with less than a high school education reported currently having asthma (15 percent) compared to adults with a high school diploma or a college degree (high school diploma, 8 percent; college degree, 8 percent).
- ¥ · Adults with household incomes less than \$15,000 had a significantly higher percentage (13 percent) compared to those adults with a household income \$75,000+ (7 percent).
- ¥ · No significant difference was seen by race/ethnicity.

Asthma

Figure 8A: Percent Currently Has Asthma, Pennsylvania Adults, 1999-2004

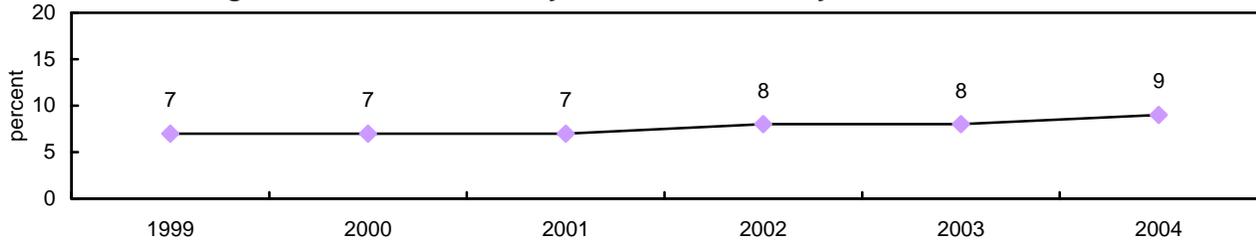


Figure 8B: Percent Currently Has Asthma, Pennsylvania Adults by Age, 2004

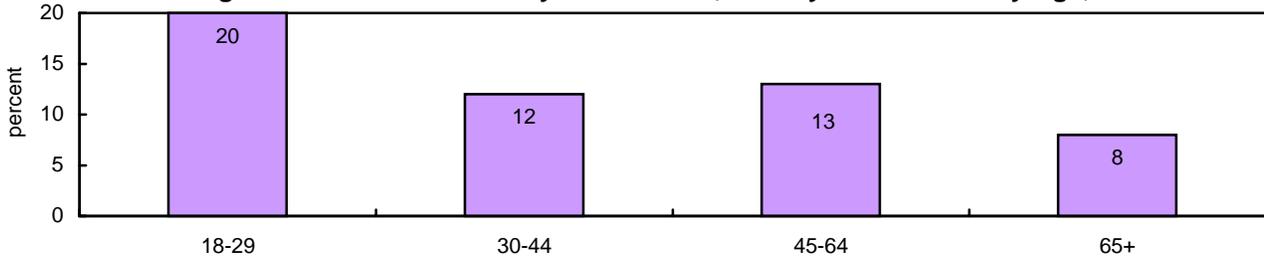


Table 8: Asthma, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	Ever Told Had Asthma*				Currently Has Asthma*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	6,087	745	13	12-14	6,059	506	9	8-10
Male	2,318	232	11	10-13	2,311	134	7	5-8
Female	3,769	513	15	13-16	3,748	372	11	10-12
Age:								
18-29	701	131	20	16-24	698	79	12	10-16
30-44	1,562	199	12	11-14	1,557	135	8	7-10
45-64	2,270	291	13	11-15	2,260	209	10	8-11
65+	1,502	122	8	7-10	1,492	82	6	4-7
Education:								
<High School	504	83	19	14-24	503	67	15	11-20
High School	2,437	253	11	10-13	2,423	171	8	6-9
Some College	1,329	181	14	12-17	1,323	129	10	8-12
College Degree	1,807	225	13	11-15	1,800	136	8	6-9
Income:								
<\$15,000	628	110	17	14-21	625	82	13	10-16
\$15,000 to \$24,999	1,029	130	13	11-16	1,020	98	10	8-13
\$25,000 to \$49,999	1,658	181	12	10-15	1,653	126	9	7-11
\$50,000 to \$74,999	897	115	14	11-17	892	70	8	6-11
\$75,000+	1,010	118	12	10-15	1,009	70	7	5-9
Race:								
White, non-Hispanic	5,404	635	12	11-13	5,379	426	8	7-9
Black, non-Hispanic	372	64	16	12-21	371	48	13	9-18
Hispanic	117	22	18	12-27	116	17	14	8-22

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

Diabetes

Were you ever told you had diabetes?

- ¥ Eight percent of Pennsylvania adults responded “yes” in the 2004 survey to ever being told by a doctor that they have diabetes.
- ¥ The 17 percent of adults age 65+ who had ever been told that they had diabetes was significantly higher than any of the other, younger age groups (ages 18-29, 1 percent; ages 30-44, 3 percent; and ages 45-64, 10 percent). Also, adults age 45-64 had a significantly higher percentage compared to adults under age 45.
- ¥ Thirteen percent of adults with less than a high school education reported they were ever told that they had diabetes – significantly higher than those with at least some college education (some college education, 7 percent; college degree, 4 percent).
- ¥ Significantly higher percentages were seen for adults reporting household incomes less than \$25,000 (less than \$15,000, 13 percent; \$15,000-\$24,999, 12 percent) compared to adults with household incomes of \$50,000 or higher (\$50,000-\$74,999, 4 percent; and \$75,000+, 5 percent).
- ¥ No significant differences were seen by sex or race/ethnicity.

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

- ¥ Of those ever told that they had diabetes
 - § 3 percent (CI: 2-5) were told when they were under age 18
 - § 9 percent (CI: 6-14) were between the ages of 18 and 29
 - § 22 percent (CI: 18-27), between the ages 30 and 44
 - § 47 percent (CI: 42-52), between the ages 45 and 64
 - § 18 percent (CI: 15-22) were age 65+.

Are you currently taking insulin?

- ¥ Among Pennsylvania adults with diabetes, 30 percent were taking insulin in 2004.
- ¥ No significant differences were seen by sex, age, education, income, or race/ethnicity.

Are you now taking diabetes pills?

- ¥ Among Pennsylvania adults who had ever been told that they had diabetes by a doctor, 72 percent responded that they were currently taking diabetes pills.
- ¥ No significant differences were seen by sex, age, education, income, or race/ethnicity.

Diabetes

Figure 9A: Diabetes Prevalence Per 1,000, Pennsylvania Adults, 1995-2004

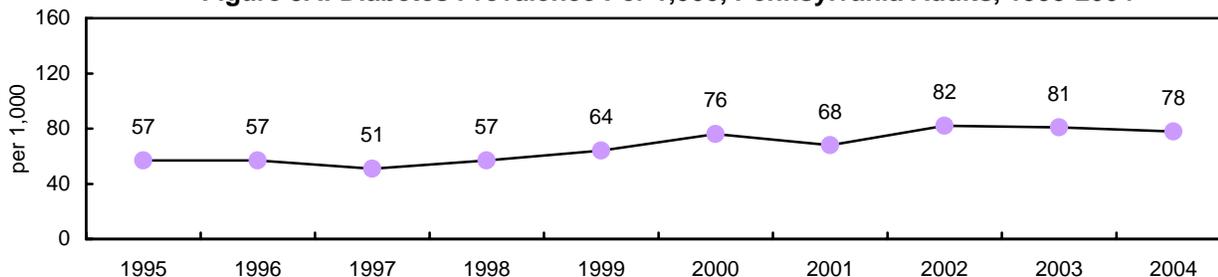


Figure 9B: Percent by Age When Diabetes Diagnosed, Pennsylvania Adults, 2004

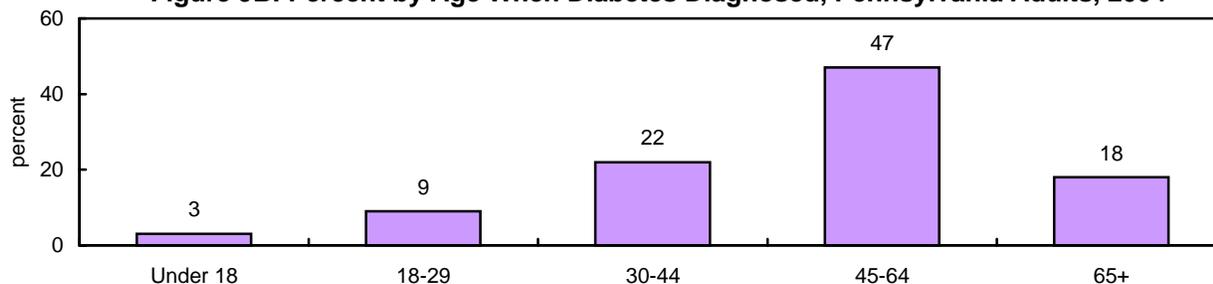


Table 9: Diabetes, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	Ever Told Had Diabetes*				Currently Taking Insulin* **				Taking Diabetes Pills* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	6,023	525	8	7-9	524	148	30	25-34	524	374	72	68-76
Male	2,320	224	8	7-10	223	61	29	23-36	223	156	72	65-78
Female	3,703	301	8	7-9	301	87	30	25-36	301	218	72	66-77
Age:												
18-29	690	5	1	0-2	5	#			5	#		
30-44	1,526	44	3	2-5	44	#			44	#		
45-64	2,257	225	10	9-12	225	59	28	21-35	225	154	71	64-77
65+	1,498	248	17	15-19	247	64	26	20-32	247	195	80	74-85
Education:												
<High School	498	71	13	10-17	71	17	24	15-37	71	57	80	68-89
High School	2,409	248	10	8-11	247	69	30	24-37	247	180	74	67-79
Some College	1,312	108	7	6-9	108	31	30	21-40	108	79	74	64-82
College Degree	1,795	96	4	4-6	96	31	35	25-47	96	58	59	48-69
Income:												
<\$15,000	627	91	13	10-16	91	29	35	24-47	90	62	71	60-81
\$15,000 to \$24,999	1,019	134	12	10-14	133	38	30	22-39	134	98	75	66-82
\$25,000 to \$49,999	1,639	133	8	6-10	133	42	35	26-45	133	101	74	64-82
\$50,000 to \$74,999	886	42	4	3-6	42	#			42	#		
\$75,000+	999	49	5	3-6	49	#			49	#		
Race:												
White, non-Hispanic	5,346	461	8	7-9	460	125	29	24-34	460	329	72	67-76
Black, non-Hispanic	369	37	9	6-12	37	#			37	#		
Hispanic	114	12	9	5-16	12	#			12	#		

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

**Denominator is persons who have diabetes.

#Data not reported due to N<50 or deemed statistically unreliable (see "Technical Notes").

Oral Health

Visited dentist in past year:

- ¥ Sixty-eight percent of Pennsylvania adults said in 2004 that they had visited a dentist or a dental clinic in the past year.
- ¥ Adults ages 30-44 and ages 45-64 had significantly higher percentages for dental visits in past year (age 30-44, 70 percent; and ages 45-64, 72 percent) compared to adults age 65+ (63 percent).
- ¥ All groups with more education were significantly higher in percentages compared to less educated groups (less than high school education, 43 percent; high school diploma, 64 percent; some college education, 71 percent; a college degree, 81 percent).
- ¥ Adults with household incomes of \$50,000+ had significantly higher percentages (\$50,000-\$74,999, 79 percent; \$75,000+, 84 percent) compared to adults with household incomes less than \$50,000. Adults with household incomes of \$25,000-\$49,999 had a significantly higher percent (68) compared to adults with household incomes of less than \$25,000 (less than \$15,000, 51 percent; \$15,000-\$24,999, 54 percent).
- ¥ White, non-Hispanic adults had a significantly higher percentage of that visited a dentist in the past year (70 percent) compared to black, non-Hispanic adults (57 percent).
- ¥ No significant difference was seen by sex.

Had 0-5 permanent teeth removed:

- ¥ In the 2004 survey, 79 percent of Pennsylvania adults responded that they had had none or less than six permanent teeth removed due to tooth decay or gum disease.
- ¥ Women had a significantly lower percentage for having less than six permanent teeth removed (78 percent) compared to men (81 percent).
- ¥ There were significant differences between every age group and between every educational level. Percentages declined significantly with advancing age (99 percent for 18-29 compared to 47 percent for those 65+) and increased significantly with each higher educational attainment (55 percent for adults without a high school education compared to 92 percent for college graduates).
- ¥ Adults with household incomes of less than \$50,000 had significantly lower percentages (less than \$15,000, 63 percent; \$15,000-\$24,999, 65 percent; \$25,000-\$49,999, 81 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 89 percent; \$75,000+, 93 percent). Adults with household incomes less than \$15,000 had a significantly lower percentage compared to adults with household incomes of \$25,000-\$49,999.
- ¥ No significant difference was seen by race/ethnicity.

Have had all permanent teeth removed:

- ¥ Seven percent of Pennsylvania adults have had all of their permanent teeth removed due to tooth decay or gum disease, according to the 2004 survey.
- ¥ There were significantly higher percentages with increased age. Twenty-four percent of residents age 65+ had all their permanent teeth removed compared to 6 percent for ages 45-64 and 1 percent for both age groups 30-44 and 18-29.
- ¥ All groups with less education were significantly higher in percentages compared to more highly educated adults (less than a high school education, 24 percent; high school diploma, 9 percent; some college education, 4 percent; college degree, 1 percent).
- ¥ Adults with incomes under \$25,000 had significantly higher percentages of having had all teeth removed (less than \$15,000, 17 percent; \$15,000-\$24,999, 14 percent) compared to all adults with household incomes of \$25,000+. Adults with household incomes of \$25,000-\$49,999 had a significantly higher percentage (5) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 2 percent; and \$75,000+, 1 percent).
- ¥ No significant differences were seen by sex or race/ethnicity.

Oral Health

Figure 10A: Percent Visited a Dentist in the Past Year, Pennsylvania Adults, 1999-2004

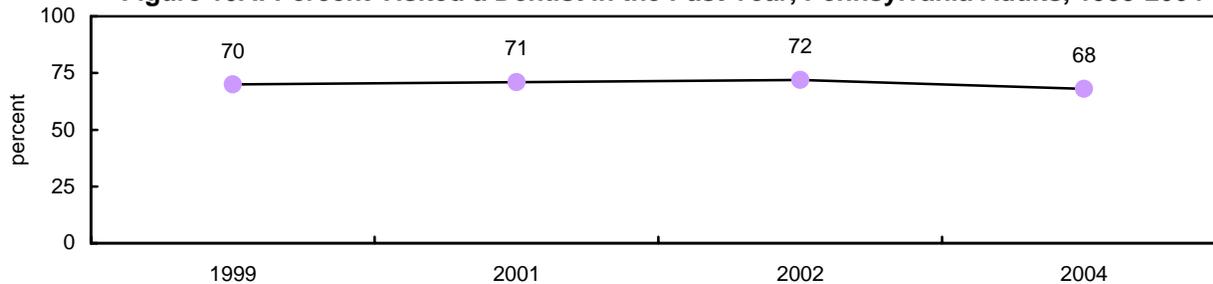


Figure 10B: Percent Visited a Dentist in the Past Year, Pennsylvania Adults by Education,

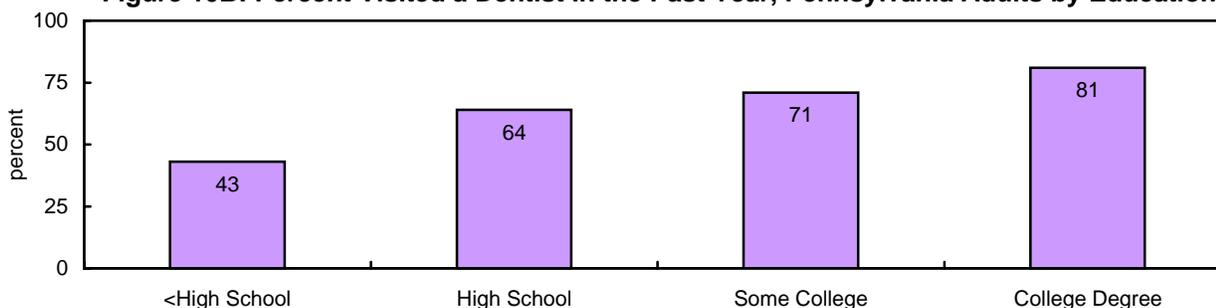


Table 10: Oral Health, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	Visited Dentist in Past Year*				Have Had 0-5 Permanent Teeth Removed* **				Have Had All Permanent Teeth Removed* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	6,057	4,246	68	67-70	5,994	4,565	79	78-81	5,994	522	7	7-8
Male	2,301	1,573	66	64-69	2,280	1,754	81	80-83	2,280	171	6	5-7
Female	3,756	2,673	70	69-72	3,714	2,811	78	76-79	3,714	351	8	7-9
Age:												
18-29	694	468	66	61-70	701	691	99	98-99	701	4	1	0-1
30-44	1,557	1,133	70	67-73	1,546	1,452	93	92-95	1,546	22	1	1-2
45-64	2,269	1,674	72	70-74	2,241	1,688	75	73-77	2,241	140	6	5-7
65+	1,488	934	63	60-65	1,458	693	47	44-50	1,458	354	24	21-26
Education:												
<High School	497	215	43	38-49	493	225	55	49-60	493	146	24	20-28
High School	2,415	1,570	64	61-66	2,395	1,632	73	71-74	2,395	278	9	8-11
Some College	1,327	959	71	68-74	1,314	1,083	86	84-88	1,314	71	4	3-5
College Degree	1,809	1,499	81	79-83	1,785	1,620	92	90-93	1,785	25	1	1-2
Income:												
<\$15,000	625	304	51	46-56	616	337	63	59-68	616	136	17	14-20
\$15,000 to \$24,999	1,015	572	54	50-58	1,011	612	65	61-68	1,011	163	14	12-17
\$25,000 to \$49,999	1,659	1,180	68	65-71	1,635	1,292	81	79-83	1,635	90	5	4-6
\$50,000 to \$74,999	899	733	79	75-82	897	798	89	87-91	897	16	2	1-3
\$75,000+	1,010	865	84	81-86	1,002	929	93	91-95	1,002	12	1	1-2
Race:												
White, non-Hispanic	5,381	3,827	70	69-72	5,319	4,055	79	78-80	5,319	466	7	7-8
Black, non-Hispanic	371	226	57	50-63	369	271	79	74-83	369	32	7	4-10
Hispanic	115	80	69	57-79	115	94	86	78-91	115	6	5	2-11

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

**Due to decay or gum disease.

Cardiovascular Disease

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

- ¥ Twenty-eight percent (CI: 26-29) of Pennsylvania adults aged 35+ had been told by a health professional in the past twelve months to eat fewer high fat or high cholesterol foods according to the 2004 survey. Also, 37 percent (CI: 36-39) had been told to eat more fruits and vegetables and 39 percent (CI: 38-41) had been told to be more physically active by a health professional.
- ¥ Forty-nine percent of Pennsylvania adults aged 35+ had been told by a health professional in the past twelve months that they should do either one or a combination of these behaviors.
- ¥ Significantly higher percentages of adults aged 45+ had been told by a health professional in the past twelve months that they should eat fewer high fat or high cholesterol foods, eat more fruits and vegetables, or be more physically active (age 45-54, 51 percent; age 55-64, 57 percent; age 65+, 52 percent) compared to adults aged 35-44 (40 percent).
- ¥ Percentages of adults aged 35+ with a less than a college education were significantly more likely to be told to eat fewer high fat or high cholesterol foods, eat more fruits and vegetables, or be more physically active (less than high school education, 54 percent; high school diploma, 53 percent; some college education, 49 percent) compared to adults aged 35+ with a college degree (42 percent).
- ¥ Adults aged 35+ with household incomes less than \$25,000 had a significantly higher percentage (less than \$15,000, 58 percent; \$15,000-\$24,999, 52 percent) compared to adults aged 35+ with household incomes of \$75,000+ (42 percent).
- ¥ Non-Hispanic black adults aged 35+ had a significantly higher percentage of being told by a health professional in the past twelve months that they should eat fewer high fat or high cholesterol foods, eat more fruits and vegetables, or be more physically active (61 percent) compared to non-Hispanic white adults aged 35+ (48 percent).
- ¥ No significant difference was seen by sex.

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

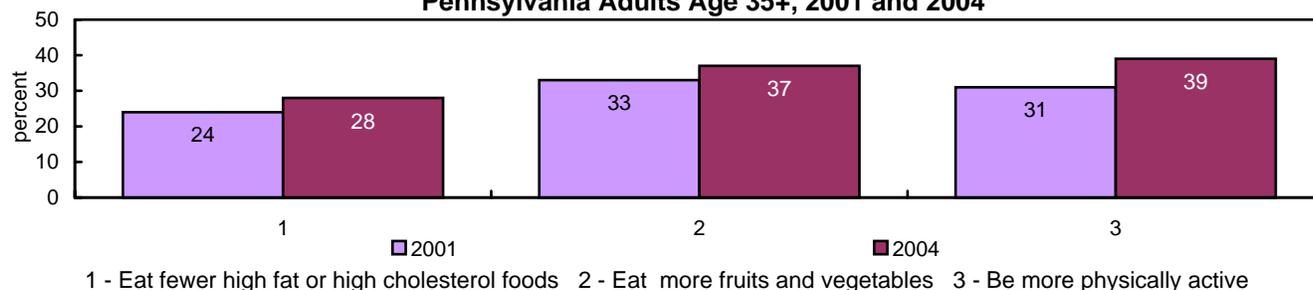
- ¥ In order to lower their risk of developing heart disease or stroke, 66 percent (CI: 64-68) of Pennsylvania adults aged 35+ reported eating fewer high fat or high cholesterol foods, 80 percent (CI: 78-81) reported eating more fruits and vegetables and 67 percent (CI: 66-69) reported engaging in more physical activities in 2004.
- ¥ Ninety-two percent of Pennsylvania adults aged 35+ did either one or a combination of these behaviors in order to reduce their risk of developing heart disease or stroke.
- ¥ A significantly higher percentage of women ate fewer high fat or cholesterol foods, ate more fruits and vegetable or were more physically active in order to reduce their risk of heart disease or stroke (95 percent) compared to males (88 percent).
- ¥ Adults age 55+ had significantly higher percentages (age 55-64 and age 65+, both 94 percent) compared to adults aged 35-44 (89 percent).
- ¥ No significant differences were seen by education, income, or race/ethnicity.

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

- ¥ According to the 2004 survey, 6 percent (CI: 5-7) of Pennsylvania adults aged 35+ had been told by a doctor that they had a heart attack, 6 percent (CI: 6-7) had been told that they had angina or heart disease, and 4 percent (CI: 3-4) were told that they had a stroke.
- ¥ Twelve percent of Pennsylvania adults aged 35+ had either one or a combination of these cardiovascular conditions.
- ¥ Men had a significantly higher percentage (14) compared to women (9 percent) of being diagnosed with a cardiovascular condition.
- ¥ As age increased, each age group had a significantly higher percentage of being told they had a heart attack, heart disease, or a stroke compared to younger age groups (age 35-44, 2 percent; age 45-54, 5 percent; age 55-64, 14 percent; age 65+, 25 percent).
- ¥ Adults aged 35+ with a high school education or less had significantly higher percentages of having been told they had a heart attack, heart disease, or a stroke (less than a high school education, 20 percent; high school diploma, 14 percent) compared to aged 35+ adults with a college degree (7 percent).
- ¥ Significantly higher percentages of adults aged 35+ with household incomes less than \$50,000 had been told they had a heart attack, heart disease, or a stroke (less than \$15,000, 22 percent; \$15,000-\$24,999, 17 percent; \$25,000-\$49,999, 11 percent) compared to adults aged 35+ with household incomes of \$50,000+ (\$50,000-\$74,999 and \$75,000+, 5 percent each).
- ¥ No significant difference was seen by race/ethnicity.

Cardiovascular Disease

**FIGURE 11A: Advice from a Health Professional, Percent by Type
Pennsylvania Adults Age 35+, 2001 and 2004**



**FIGURE 11B: Cardiovascular Disease, Percent by Type
Pennsylvania Adults Age 35+, 2001 and 2004**

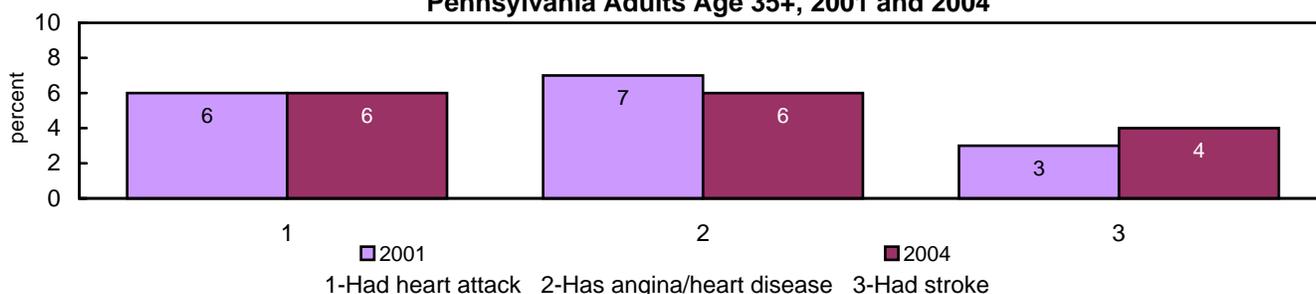


TABLE 11: Cardiovascular Disease, Pennsylvania Adults Age 35+, 2004 (with 95% confidence intervals)

	M.D. advised less fat/cholest., more fruits/veg., more physical activity*				Eating less fat/cholest. or more fruits/veg., more physical activity*				Ever told they had heart attack, heart disease, or stroke*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	4,677	2,313	49	48-51	4,666	4,309	92	91-93	4,658	538	12	11-13
Male	1,781	864	48	46-51	1,768	1,573	88	87-90	1,767	256	14	12-16
Female	2,896	1,449	50	48-52	2,898	2,736	95	94-95	2,891	282	9	8-11
Age:												
35-44	1,055	403	40	36-43	1,049	938	89	86-91	1,052	19	2	1-3
45-54	1,175	584	51	47-54	1,171	1,074	92	90-93	1,175	55	5	4-7
55-64	1,003	562	57	53-60	998	934	94	92-95	992	127	14	12-17
65+	1,444	764	52	50-55	1,448	1,363	94	92-95	1,439	337	25	23-28
Education:												
<High School	392	217	54	49-60	393	359	90	86-93	392	81	20	16-24
High School	1,976	1,042	53	51-56	1,978	1,828	92	90-93	1,966	271	14	12-16
Some College	972	482	49	46-53	966	889	93	91-94	966	98	10	8-12
College Degree	1,331	570	42	39-45	1,323	1,227	91	89-93	1,328	88	7	6-9
Income:												
<\$15,000	486	275	58	53-64	484	449	93	89-95	482	107	22	18-27
\$15,000 to \$24,999	804	423	52	48-56	804	727	90	88-92	803	130	17	14-20
\$25,000 to \$49,999	1,233	606	49	46-52	1,235	1,139	92	90-93	1,228	128	11	9-13
\$50,000 to \$74,999	680	334	50	46-54	675	619	91	88-93	675	36	5	4-7
\$75,000+	807	339	42	38-46	805	752	92	89-94	804	35	5	3-7
Race:												
White, non-Hispanic	4,236	2,073	48	47-50	4,226	3,897	92	91-93	4,220	487	12	11-13
Black, non-Hispanic	249	148	61	54-68	252	236	94	91-97	249	28	10	7-15
Hispanic	64	36	58	45-70	62	#			63	9	13	6-24

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

#Data not reported due to N<50 or deemed statistically unreliable (see "Technical Notes").

Immunization

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

- ¥ Thirty-seven percent of Pennsylvanians ages 50-64 reported in 2004 that they had a flu shot in the past year.
- ¥ There were no significant differences by sex, education, income or race/ethnicity.
- ¥ The percentage of adults ages 50-64 who had had a flu shot in the past year had steadily increased between 1995 and 2003 from 27 percent to 45 percent but declined for the first time in 2004 to 37 percent.

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

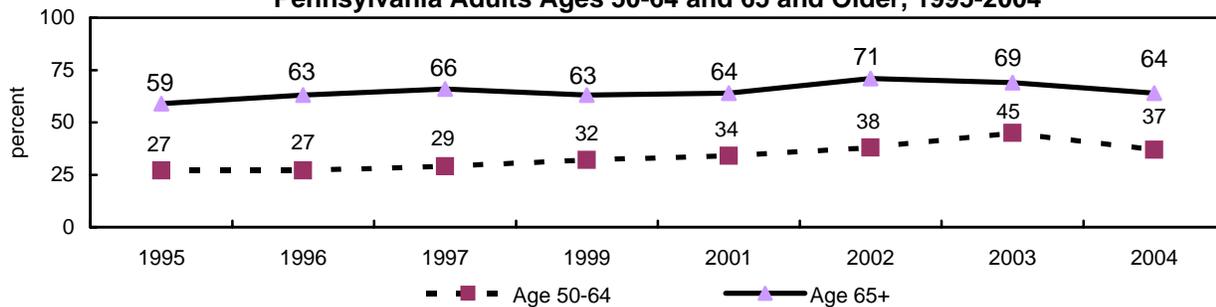
- ¥ Sixty-four percent of Pennsylvanians age 65+ reported in 2004 that they had a flu shot in the past year.
- ¥ Adults with a household income of \$25,000-\$49,999 had a significantly higher percentage (73) compared to adults with a household income of \$15,000-\$24,999 (60 percent).
- ¥ There were no significant differences by sex or education.

Age 65 and older and ever had a pneumonia vaccination:

- ¥ Sixty-four percent of Pennsylvania adults age 65+ answered “yes” to ever having had a pneumonia vaccination in the 2004 survey.
- ¥ Adults with household incomes of \$15,000-\$49,999 had significantly higher percentages (\$15,000-\$24,999 and \$25,000-\$49,999, 67 percent each) compared to adults with a household income of \$50,000-\$74,999 (48 percent).
- ¥ No significant differences were seen for adults age 65+ who had ever had a pneumonia vaccination by sex or education.
- ¥ Adults age 65+ had a consistent increase between 1995 and 2003 in the percent ever having had a pneumonia vaccination, 38 percent in 1995 to 66 percent in 2003. The 2004 percentage of 64 was slightly lower by similar to the 2003 figure if taking their 95 percent confidence intervals into account.

Immunization

**Figure 12A: Percent Who Had Flu Shots in the Past Year
Pennsylvania Adults Ages 50-64 and 65 and Older, 1995-2004**



**Figure 12B: Percent Who Ever Had a Pneumonia Vaccination
Pennsylvania Adults Age 65 and Older, 1995-2004**

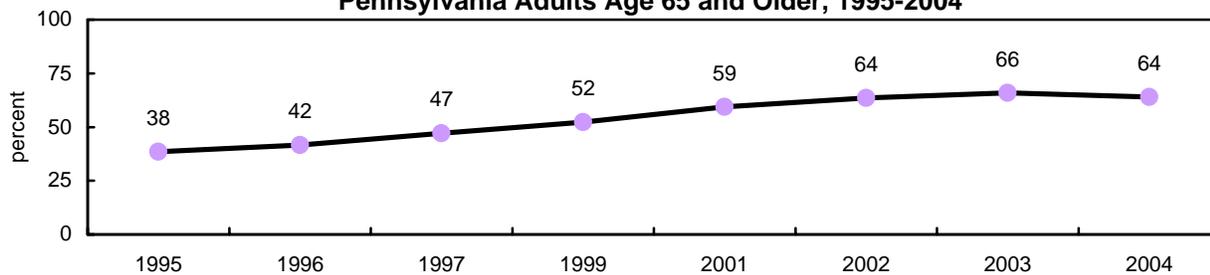


Table 12: Immunization, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	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	1,638	623	37	34-39	1,503	954	64	61-66	1,466	940	64	61-67
Male	649	220	34	30-38	515	348	68	64-72	499	313	62	58-67
Female	989	403	40	36-43	988	606	61	57-64	967	627	65	62-68
Education:												
<High School	98	31	29	20-39	239	138	57	49-63	233	144	61	53-67
High School	652	221	33	29-37	766	497	67	63-70	743	478	65	61-68
Some College	347	142	38	33-44	249	152	60	53-67	244	154	63	56-70
College Degree	540	228	42	37-47	245	165	66	60-73	242	161	65	58-72
Income:												
<\$15,000	155	59	38	29-48	242	144	61	54-67	232	146	65	58-71
\$15,000 to \$24,999	217	82	34	27-41	403	244	60	55-65	392	264	67	61-72
\$25,000 to \$49,999	467	177	36	31-41	350	251	73	67-77	343	228	67	62-73
\$50,000 to \$74,999	252	97	39	33-46	79	52	65	53-75	78	37	48	37-60
\$75,000+	345	127	37	31-43	67	42	63	51-74	66	35	49	37-62
Race:												
White, non-Hispanic	1,507	574	37	34-39	1,382	888	65	62-67	1,353	881	65	62-68
Black, non-Hispanic	90	30	34	24-46	54	#			50	#		
Hispanic	9	#			20	#			19	#		

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

#Data not reported due to N<50 or deemed unreliable (see "Technical Notes").

Skin Cancer

Have you had a sunburn within the past 12 months?

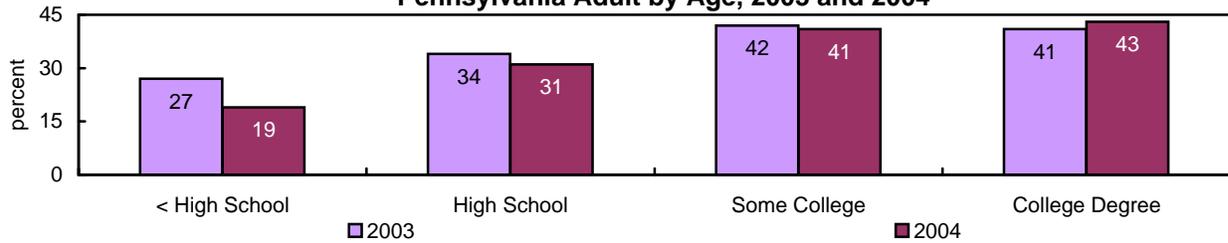
- ¥ Thirty-six percent of Pennsylvania adults responded “Yes” to having a sunburn in the past 12 months according to the 2004 survey.
- ¥ A significantly higher percentage of men had a sunburn in the past 12 months (41 percent) compared to women (30 percent).
- ¥ Adults under 45 years of age had significantly higher percentages (ages 18-29, 52 percent; ages 30-44, 47 percent) compared to adults 45 years of age and older (ages 45-64, 33 percent; age 65+, 11 percent).
- ¥ Significantly higher percentages were seen for adults with some college education or higher (some college education, 41 percent; college degree, 43 percent) compared to adults with a high school diploma or less (less than a high school education, 19 percent; high school diploma, 31 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 22 percent) compared to adults with household incomes of \$25,000+ (\$25,000-\$49,999, 39 percent; \$50,000-\$74,999, 46 percent; \$75,000+, 46 percent).
- ¥ Non-Hispanic white adults had a significantly higher percentage (40) compared to both non-Hispanic black adults (3 percent) and Hispanic adults (16 percent). Also, Hispanic adults were significantly higher in percentage compared to non-Hispanic black adults.

Have had 2+ sunburns within the past 12 months:

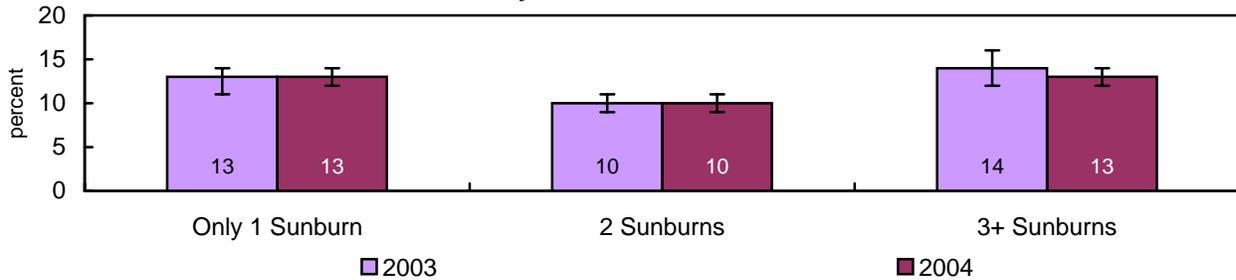
- ¥ Twenty-three percent of Pennsylvania adults said they had 2 or more sunburns in the past 12 months in 2004.
- ¥ A significantly higher percentage of men had 2 or more sunburns in the past 12 months (26 percent) compared to women (20 percent).
- ¥ Younger adults had significantly higher percentages compared to older adults for all age groups (ages 18-29, 38 percent; ages 30-44, 30 percent; ages 45-64, 18 percent; age 65+, 4 percent).
- ¥ Significantly higher percentages were seen for adults with some college education or higher (some college education, 25 percent; college degree, 28 percent) compared to adults with a high school diploma or less (less than a high school education, 11 percent; high school diploma, 20 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, 17 percent; \$15,000-\$24,999, 14 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 29 percent; \$75,000+, 31 percent).
- ¥ Non-Hispanic white adults had a significantly higher percentage (26) compared to both non-Hispanic black adults (1 percent) and Hispanic adults (7 percent).

Skin Cancer

**Figure 13A: Percent Had a Sunburn in the Past 12 Months
Pennsylvania Adult by Age, 2003 and 2004**



**Figure 13B: Percent of Sunburns by Number in the Past Year
Pennsylvania Adults, 2003 and 2004**



**Table 13: Skin Cancer
Pennsylvania Adults, 2004 (with 95% confidence intervals)**

	Had a Sunburn In Past Year*				Had 2+ Sunburns In Past Year*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	6,078	2,028	36	34-37	6,045	1,233	23	21-24
Male	2,312	920	41	39-44	2,286	556	26	24-28
Female	3,766	1,108	30	29-32	3,759	677	20	18-21
Age:								
18-29	700	395	52	48-57	695	280	38	34-43
30-44	1,558	743	47	44-49	1,552	484	30	28-33
45-64	2,263	726	33	31-35	2,251	393	18	16-20
65+	1,505	155	10	8-11	1,495	72	4	3-6
Education:								
<High School	505	88	19	15-24	501	48	11	8-15
High School	2,433	694	31	29-33	2,418	421	20	18-22
Some College	1,327	510	41	38-44	1,322	304	25	23-28
College Degree	1,803	734	43	40-45	1,794	460	28	25-30
Income:								
<\$15,000	627	128	22	18-27	626	89	17	13-21
\$15,000 to \$24,999	1,031	221	22	19-25	1,026	133	14	11-17
\$25,000 to \$49,999	1,656	599	39	36-42	1,647	348	24	21-26
\$50,000 to \$74,999	898	407	46	43-50	893	257	29	26-33
\$75,000+	1,006	448	46	43-50	1,001	280	31	27-34
Race:								
White, non-Hispanic	5,394	1,958	40	39-42	5,364	1,201	26	24-27
Black, non-Hispanic	372	17	3	2-6	372	5	1	0-3
Hispanic	117	19	16	10-24	117	8	7	3-13

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

#Data not reported due to N<50 or deemed unreliable (see "Technical Notes").

Women's Health - Breast Cancer Screening

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

- ¥ “Yes”, responded 61 percent of women aged 40+ in 2004 to having a clinical breast exam in the past year.
- ¥ A significantly lower percentage of women age 75+ (45 percent) reported having had a clinical breast exam during the preceding year compared to the percentages of women under age 75 (ages 40-49, 64 percent; ages 50-64, 65 percent; ages 65-74, 64 percent).
- ¥ Women age 40+ with a high school education or higher had significantly higher percentages (high school diploma, 57 percent; some college education, 64 percent; college degree, 73 percent) compared to women age 40+ with less than a high school education (45 percent).
- ¥ Women age 40+ with household incomes of \$25,000+ had significantly higher percentages (\$25,000-\$49,999, 65 percent; \$50,000-\$74,999, 68 percent; \$75,000+, 74 percent) compared to women with household incomes of less than \$25,000 (less than \$15,000, 45 percent; \$15,000-\$24,999, 53 percent).
- ¥ No significant difference was seen by race/ethnicity

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

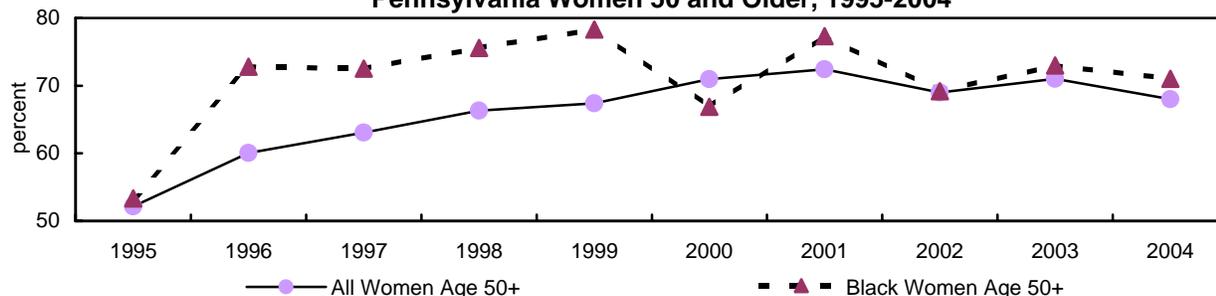
- ¥ Fifty-five percent of women age 40+ reported in 2004 that they had a mammogram in the past year.
- ¥ Women ages 50-64 and 65-74 had significantly higher percentages (62 and 63 percent, respectively) compared to women ages 40-49 (50 percent) and women age 75+ (47 percent).
- ¥ Women with a college degree had a significantly higher percentage for having had a mammogram in the past year (64 percent) compared to women with a high school education or less (less than high school education, 46 percent; high school diploma, 53 percent).
- ¥ Significantly higher percentages were seen for women with household incomes of \$25,000+ (\$25,000-\$49,999, 58 percent; \$50,000-\$74,999, 60 percent; \$75,000+, 63 percent) compared to women with household incomes of less than \$15,000 (45 percent).
- ¥ No significant difference was seen by race/ethnicity.

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

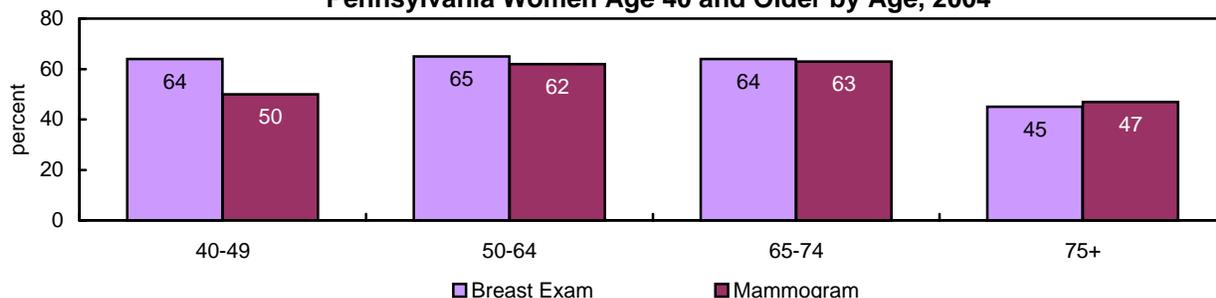
- ¥ “Yes” said 68 percent of Pennsylvania women age 50+ in 2004 to having had both a clinical breast exam and a mammogram in the past 2 years.
- ¥ Only 54 percent of women age 75+ had both exams in the past 2 years – significantly lower than the 76 percent of women ages 50-64 and the 71 percent of women ages 65-74.
- ¥ Women with at least a high school education had significantly higher percentages (high school diploma, 65 percent; some college education, 75 percent; college degree, 80 percent) compared to women with less than a high school education (53 percent).
- ¥ Women living in households with incomes of \$25,000+ had significantly higher percentages (\$25,000-\$49,999, 75 percent; \$50,000-\$74,999, 79 percent; \$75,000+, 85 percent) compared to women with household incomes less than \$25,000 (less than \$15,000, 50 percent, \$15,000-\$24,999, 62 percent).
- ¥ No significant difference was seen by race/ethnicity.

Women's Health - Breast Cancer Screening

**Figure 14A: Percent Had Clinical Breast Exam and Mammogram in Past 2 Years
Pennsylvania Women 50 and Older, 1995-2004**



**Figure 14B: Percent Had Clinical Breast Exam or Mammogram in Past Year
Pennsylvania Women Age 40 and Older by Age, 2004**



**Table 14: Women's Health - Breast Cancer Screening
Pennsylvania Women 40 and Older, 2004 (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+	2,626	1,618	61	59-63	2,654	1,521	55	53-58	1,939	1,348	68	66-71
Age:												
40-49	703	451	64	60-68	704	362	50	45-54	NA	NA	NA	NA
50-64	973	639	65	61-68	982	616	62	58-65	982	744	76	72-78
65-74	526	335	64	60-69	535	336	63	58-67	527	374	71	66-75
75+	424	193	45	40-51	433	207	47	42-53	430	230	54	48-59
Education:												
<High School	249	115	45	38-52	256	117	46	39-53	209	112	53	45-60
High School	1,192	691	57	54-60	1,199	665	53	50-56	936	626	65	61-68
Some College	560	357	64	60-69	565	328	57	52-61	390	285	75	70-79
College Degree	622	455	73	69-77	630	410	64	60-68	403	324	80	75-84
Income:												
<\$15,000	339	151	45	39-51	344	152	45	39-51	285	145	50	43-57
\$15,000 to \$24,999	484	265	53	48-58	491	265	51	46-56	407	262	62	56-67
\$25,000 to \$49,999	664	435	65	60-69	665	402	58	53-62	470	358	75	71-79
\$50,000 to \$74,999	317	223	68	62-74	318	200	60	54-66	182	150	79	72-85
\$75,000+	355	260	74	69-79	357	225	63	57-68	187	153	85	79-89
Race:												
White, non-Hispanic	2,393	1,483	61	59-63	2,419	1,393	56	54-58	1,785	1,242	68	66-71
Black, non-Hispanic	149	93	62	53-71	150	87	57	48-66	100	71	71	60-79
Hispanic	27	#			27	#			15	#		

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

#Data not reported due to N<50 or deemed unreliable (see "Technical Notes").

Women's Health - Pap Test

Have you ever had a Pap test?

- ¥ Ninety-four percent of Pennsylvania adult women responded in 2004 that they had ever had a Pap test.
- ¥ Women ages 65+ and 18-29 had significantly lower percentages (91 and 88 percent, respectively) of women who had ever had a Pap test compared to women ages 30-44 and 45-64 (ages 30-44, 97 percent; ages 45-64, 98 percent).
- ¥ Women with at least some college education had significantly higher percentages for having ever had a Pap test (some college education, 97 percent; college degree, 96 percent) compared to women with less than a high school education (88 percent).
- ¥ Significantly higher percentages were seen for women with household incomes of \$50,000+ for having ever had a Pap test (\$50,000-\$74,999, 99 percent; \$75,000+, 97 percent) compared to women with household incomes less than \$15,000 (89 percent).
- ¥ No significant difference was seen by race/ethnicity.

How long has it been since you last Pap test?

- ¥ Eighty-one percent of adult women who had ever had a Pap test said they had one within the past 3 years, according to the 2004 survey.
- ¥ Women less than age 65 had significantly higher percentages (age 18-29, 85 percent; age 30-44, 90 percent; age 45-64, 84 percent) compared to women age 65+ (60 percent).
- ¥ Significantly higher percentages of women with some college education or a college degree had a Pap test in the past three years (86 and 88 percent, respectively) compared to women with a high school education or less (less than a high school education, 65 percent; high school diploma, 77 percent).
- ¥ Adult women with a household income of \$25,000 or more had a significantly higher percentage (\$25,000-\$49,999, 84 percent; \$50,000-\$74,999, 89 percent; and \$75,000+, 91 percent) compared to adult women with income less than \$25,000 (less than \$15,000, 69 percent, and \$15,000-\$24,999, 74 percent).
- ¥ No significant difference was seen by race/ethnicity.

Have you had a hysterectomy?

- ¥ Twenty-one percent (CI: 20-23) of Pennsylvania adult women had a hysterectomy, according to the 2004 Pennsylvania BRFSS.
- ¥ All older adult women age groups were significantly higher in percentage compared to younger age groups (ages 65+, 45 percent CI: 41-48; ages 45-64, 27 percent CI: 25-30; ages 30-44, 8 percent CI: 6-10; and ages 18-29, 0 percent CI: 0-1).
- ¥ Women with a high school education or less had significantly higher percentages of having a hysterectomy (less than a high school education, 35 percent CI: 29-41; high school diploma, 25 percent CI: 23-28) compared to women with a college degree (12 percent CI: 10-14).
- ¥ Women with household incomes of less than \$25,000 had significantly higher percentages of having a hysterectomy (less than \$15,000, 26 percent CI: 22-31; \$15,000-\$24,999, 31 percent CI: 27-35) compared to women with household incomes of \$50,000+ (\$50,000-\$74,999, 15 percent CI: 12-19; \$75,000+, 11 percent CI: 8-14).
- ¥ No significant difference was seen by race/ethnicity.

Women's Health - Pap Test

Figure 15A: Percent Having Pap Tests, Pennsylvania Adult Women, 1995-2004

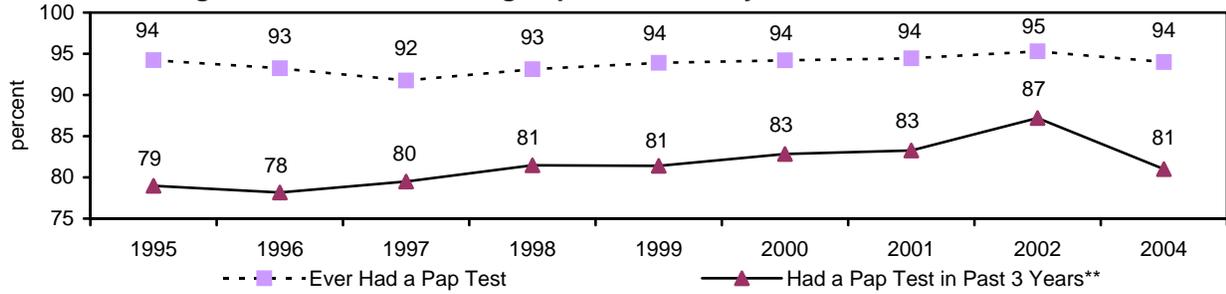


Figure 15B: Percent Who Have Had a Pap Test in the Past 3 Years Pennsylvania Adult Women by Education **, 2004

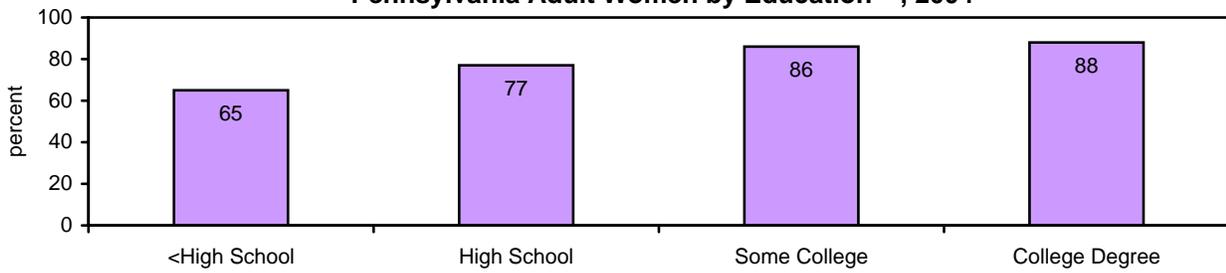


Table 15: Women's Health - Pap Test Pennsylvania Adult Women, 2004 (with 95% confidence intervals)

	Ever Had a Pap Test*				Had a Pap Test in Past 3 Years**			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Adult Females	3,733	3,574	94	93-95	3,692	2,980	81	79-82
Age:								
18-29	435	397	88	83-91	435	385	85	80-89
30-44	938	916	97	96-98	935	850	90	88-92
45-64	1,351	1,335	98	97-99	1,343	1,129	84	82-86
65+	973	891	91	89-93	944	585	60	57-64
Education:								
<High School	329	296	88	83-92	322	206	65	59-71
High School	1,532	1,452	93	92-95	1,512	1,162	77	74-79
Some College	850	833	97	95-99	845	713	86	83-88
College Degree	1,016	987	96	94-97	1,009	896	88	86-90
Income:								
<\$15,000	458	417	89	85-93	452	305	69	64-74
\$15,000 to \$24,999	661	632	95	93-97	652	482	74	70-78
\$25,000 to \$49,999	981	947	95	93-97	977	818	84	82-87
\$50,000 to \$74,999	510	505	99	97-99	507	457	89	85-92
\$75,000+	512	506	97	94-99	512	472	91	88-94
Race:								
White, non-Hispanic	3,312	3,180	95	94-96	3,275	2,633	80	79-82
Black, non-Hispanic	254	242	95	90-97	252	215	84	78-89
Hispanic	67	#			67	#		

*Excludes missing, don't know, and refused. **Denominator is women who have had a Pap test.
 #Data not reported due to N<50 or deemed unreliable (see "Technical Notes").

Men's Health - Prostate Cancer Screening

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

- ¥ In the 2004 survey, 78 percent of men age 50+ responded that they had a Prostate Specific Antigen (PSA) blood test.
- ¥ Significantly higher percentages of men age 65+ reported having ever had a PSA blood test (age 65-74, 83 percent; age 75+, 91 percent) compared to men age 50-64 (71 percent).
- ¥ No significant differences were seen by education or income.

Age 50 and older and had a PSA blood test in the past year?

- ¥ Fifty-two percent (CI: 49-56) of Pennsylvania men age 50+ responded in the 2004 survey that they had a Prostate Specific Antigen blood test in the past year.
- ¥ There were significantly higher percentages among men age 65+ (age 65-74, 63 percent CI: 56-68; age 65+, 66 percent CI: 58-72) compared to men age 50-64 (43 percent CI: 39-48).
- ¥ No significant differences were seen by education, income, or race/ethnicity.

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

- ¥ In the 2004 survey, 84 percent of Pennsylvania men age 50+ responded "Yes" to ever having had a digital rectal examination.
- ¥ Men age 50+ with a high school diploma or a college degree had significantly higher percentages (high school diploma, 84 percent; college degree, 90 percent) compared to men age 50+ with less than a high school education (69 percent).
- ¥ A significantly higher percentage was seen for adults with a household income of \$75,000+ (91 percent) compared to adults with a household income of less than \$15,000 (75 percent) and adults with a household income of \$25,000-\$49,999 (80 percent).
- ¥ No significant difference was seen by age.

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

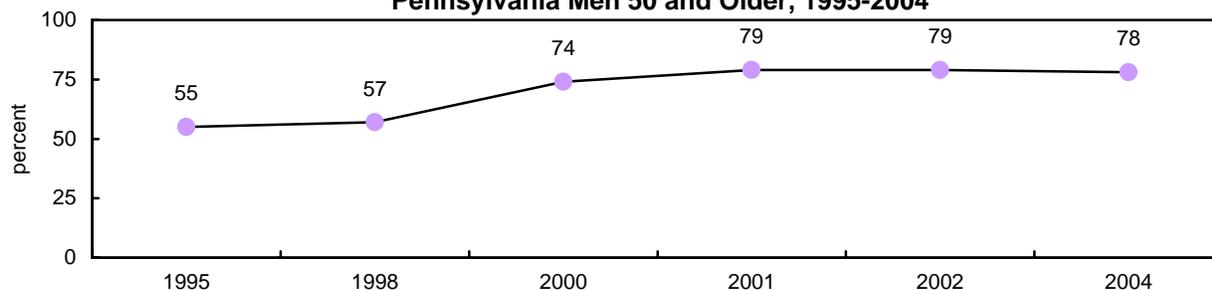
- ¥ Forty-seven percent (CI:44-50) of Pennsylvania men age 50+ responded in the 2004 survey that they had a digital rectal examination in the past year.
- ¥ A significantly higher percentage was seen for adults age 65-74 (56 percent CI: 50-62) compared to adults age 50-64 (42 percent CI: 37-46).
- ¥ No significant differences were seen by education, income, or race/ethnicity.

Age 50 and older and have ever been told they had prostate cancer?

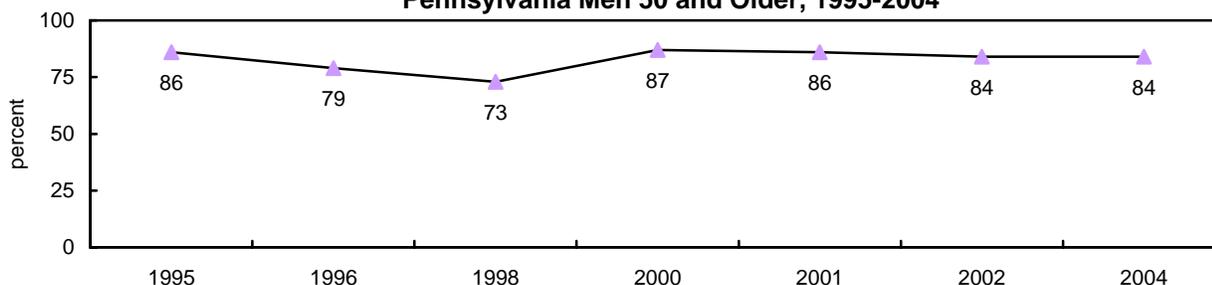
- ¥ In the 2004 BRFSS survey, 6 percent of Pennsylvania men age 50+ reported having been told by a doctor, nurse, or other health professional that they had prostate cancer.
- ¥ Significantly higher percentages of men age 65+ had been told they had prostate cancer (age 65-74, 9 percent; age 75+, 16 percent) compared to men age 50-64 (1 percent).
- ¥ No significant differences were seen by education or income.

Men's Health - Prostate Cancer Screening

**Figure 16A: Percent Ever Had a PSA Blood Test
Pennsylvania Men 50 and Older, 1995-2004**



**Figure 16B: Percent Ever Had a Digital Rectal Exam
Pennsylvania Men 50 and Older, 1995-2004**



**Table 16: Men's Health - Prostate Cancer Screening
Pennsylvania Men 50 and Older, 2004 (with 95% confidence intervals)**

	Ever Had a PSA Blood Test*				Ever Had a Digital Rectal Exam*				Ever Told Had Prostate Cancer*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
Males Age 50+	1,117	871	78	75-80	1,145	967	84	81-86	1,157	72	6	5-8
Age:												
50-64	617	447	71	67-75	639	524	81	77-84	644	11	1	1-2
65-74	283	229	83	78-87	288	254	88	84-92	291	23	9	6-13
75+	217	195	91	86-94	218	189	85	79-89	222	38	16	12-22
Education:												
<High School	107	77	72	62-80	110	78	69	58-78	111	6	5	2-10
High School	446	343	77	73-81	459	391	84	80-88	464	36	8	6-11
Some College	191	144	77	70-82	198	155	77	69-83	200	10	5	3-9
College Degree	370	304	81	76-85	376	341	90	86-93	379	20	5	3-8
Income:												
<\$15,000	99	68	70	59-79	100	77	75	64-84	104	3	2	1-7
\$15,000 to \$24,999	196	148	76	68-82	200	163	82	75-87	202	19	9	6-14
\$25,000 to \$49,999	333	258	76	70-81	340	281	80	74-85	344	19	6	4-10
\$50,000 to \$74,999	138	101	72	64-79	145	121	83	75-89	147	5	3	1-7
\$75,000+	222	186	84	79-89	226	208	91	86-95	226	6	2	1-6
Race:												
White, non-Hispanic	1,030	796	77	74-80	1,055	895	84	82-87	1,063	66	6	5-8
Black, non-Hispanic	40	#			42	#			43	#		
Hispanic	13	#			14	#			14	#		

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

#Data not reported due to N<50 or deemed statistically unreliable (see "Technical Notes").

Colorectal Cancer Screening

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

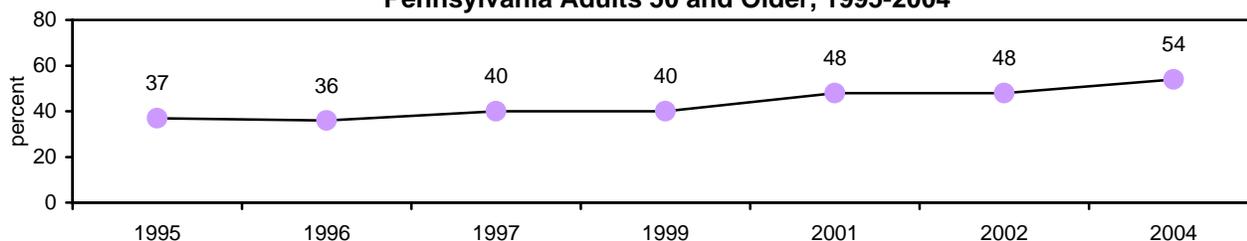
- ¥ · Fifty-four percent of Pennsylvania adults age 50+ indicated in the 2004 survey that they had ever had a sigmoidoscopy or a colonoscopy.
- ¥ · Significantly higher percentages of adults age 65+ had ever had a sigmoidoscopy or colonoscopy (age 65-74 and age 75+, 61 percent each) compared to adults age 50-64 (47 percent).
- ¥ · No significant differences were seen by sex, education, income, or race/ethnicity.

Age 50 and older and had a home blood stool test in the past 2 year?

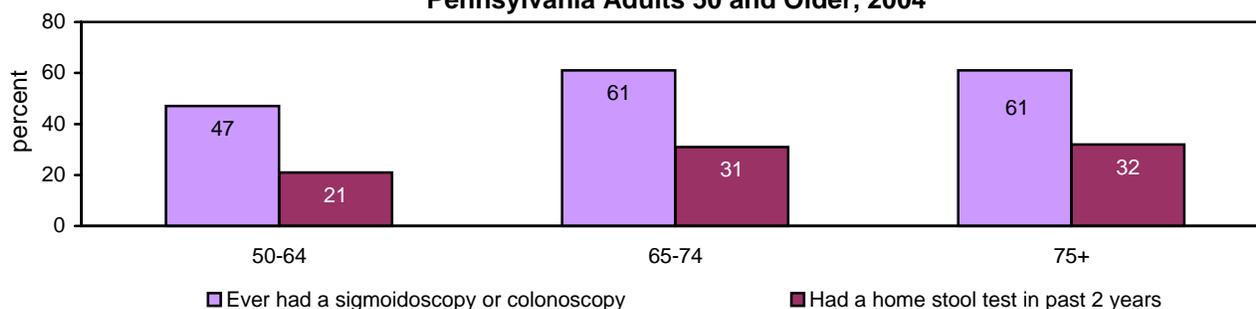
- ¥ · In the 2004 survey, 26 percent of Pennsylvanians age 50+ said they had had a home blood stool test within the past 2 years.
- ¥ · Thirty-two percent of adults age 75+ and 31 percent of adults ages 65-74 had a home blood stool test in the past 2 years. These are significantly higher than the 21 percent reported by adults ages 50-64.
- ¥ · A significantly higher percentage was seen for adults with a high school diploma (28 percent) compared to adults with some college education (21 percent).
- ¥ · Adults age 50+ with a household income of \$25,000-\$49,999 had a significantly higher percentage (29 percent) compared to adults age 50+ with a household income of \$50,000-\$74,999 (20 percent).
- ¥ · No significant differences were seen by sex or race/ethnicity.

Colorectal Cancer Screening

**Figure 17A: Percent Who Ever Had a Sigmoidoscopy or Colonoscopy
Pennsylvania Adults 50 and Older, 1995-2004**



**Figure 17B: Colorectal Cancer Screening, Percent by Type and Age
Pennsylvania Adults 50 and Older, 2004**



**Table 17: Colorectal Cancer Screening
Pennsylvania Adults 50 and Older, 2004 (with 95% confidence intervals)**

	Ever Had a Sigmoidoscopy or Colonoscopy*				Had a Home Blood Stool Test in the Past 2 Years*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Adults Age 50+	3,132	1,700	54	52-56	3,133	805	26	24-28
Male	1,156	645	54	51-57	1,160	328	28	26-31
Female	1,976	1,055	53	51-56	1,973	477	24	22-26
Age:								
50-64	1,616	783	47	45-50	1,614	350	21	19-23
65-74	818	505	61	57-65	819	244	31	28-35
75+	650	390	61	57-65	652	201	32	28-36
Education:								
<High School	325	162	48	42-54	327	83	26	21-32
High School	1,404	731	52	49-55	1,402	378	28	25-30
Some College	606	335	55	50-59	608	132	21	17-24
College Degree	792	469	58	54-62	791	211	27	23-30
Income:								
<\$15,000	389	199	52	46-58	395	91	23	19-28
\$15,000 to \$24,999	607	321	52	48-57	606	154	26	22-31
\$25,000 to \$49,999	811	449	55	51-58	815	228	29	26-33
\$50,000 to \$74,999	335	182	55	49-60	331	67	20	16-25
\$75,000+	419	238	55	50-60	417	110	26	22-31
Race:								
White, non-Hispanic	2,878	1,575	55	53-57	2,878	752	26	25-28
Black, non-Hispanic	140	75	53	43-62	142	31	22	15-31
Hispanic	30	#			30	#		

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

#Data not reported due to N<50 or deemed statistically unreliable (see "Technical Notes").

Disability

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

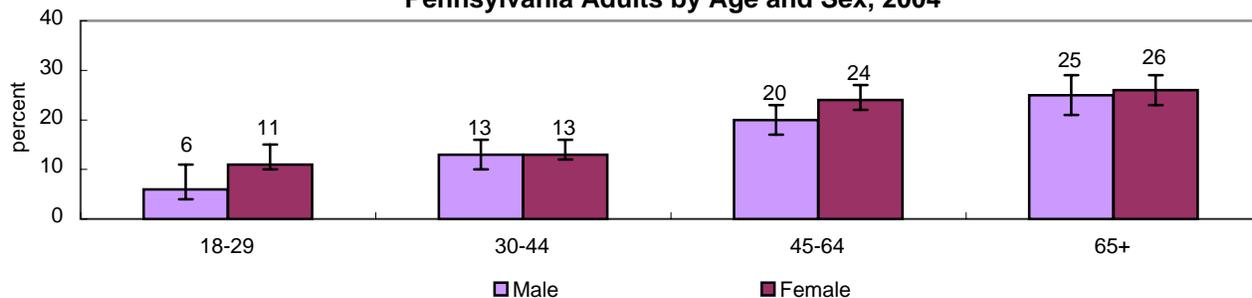
- ¥ Eighteen percent of Pennsylvania adults reported that they were limited due to physical, mental, or emotional problems in 2004.
- ¥ Adults age 45+ had significantly higher percentages (ages 45-64, 22 percent; age 65+, 26 percent) compared to adults under age 45 (ages 18-29, 9 percent; ages 30-44, 13 percent).
- ¥ Pennsylvania adults with a less than a high school education had a significantly higher percentage (26) compared to adults with some college education or higher (some college education, 18 percent; college degree, 12 percent).
- ¥ Adults with household incomes of less than \$15,000 had a significantly higher percentage (35) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 22 percent; \$25,000-\$49,999, 18 percent; \$50,000-\$74,999, 12 percent; \$75,000+, 9 percent). Also, adults with household incomes of \$15,000-\$24,999 and \$25,000-\$49,999 had significantly higher percentages compared to adults with household incomes of \$50,000+.
- ¥ No significant differences were seen by sex or race/ethnicity.

Have health problems requiring use of special equipment

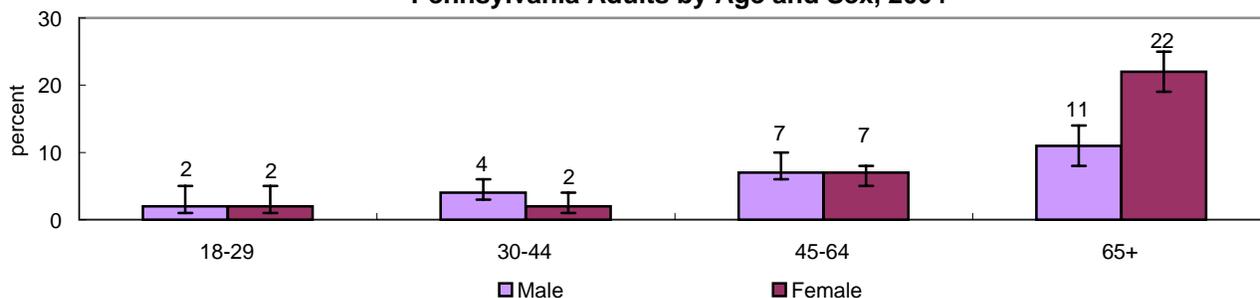
- ¥ Seven percent of Pennsylvania adults indicated in 2004 that they had a health problem that required them to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone.
- ¥ A significantly higher percentage was seen for adults age 65+ (17 percent) compared to adults under age 65 (ages 18-29, 2 percent; ages 30-44, 3 percent; ages 45-64, 7 percent). Also, adults age 45-64 had a significantly higher percentage compared to adults less than 45 years of age.
- ¥ Pennsylvania adults with less than a high school education had a significantly higher percentage (13 percent) compared to adults with some college education or higher (some college education, 6 percent; college degree, 4 percent). In addition, adults with a high school diploma had a significantly higher percentage (9 percent) compared to adults with a college degree.
- ¥ Adults with a household income of less than \$15,000 had a significantly higher percentage of using special equipment (18 percent) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999, 10 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 by sex or race/ethnicity.

Disability

**Figure 18A: Percent Indicating They Are Limited Due to Health Problems
Pennsylvania Adults by Age and Sex, 2004**



**Figure 18B: Percent With Health Problem Requiring Use of Special Equipment
Pennsylvania Adults by Age and Sex, 2004**



**Table 18: Disability
Pennsylvania Adults, 2004 (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	5,934	1,158	18	17-19	5,947	478	7	6-8
Male	2,234	411	16	15-18	2,242	151	6	5-7
Female	3,700	747	19	18-20	3,705	327	8	7-9
Age:								
18-29	680	64	9	7-11	681	14	2	1-4
30-44	1,527	199	13	11-15	1,525	43	3	2-4
45-64	2,214	516	22	20-24	2,220	166	7	6-8
65+	1,468	373	26	23-28	1,476	253	17	15-20
Education:								
<High School	490	143	26	22-30	490	74	13	10-16
High School	2,361	505	20	18-22	2,374	227	9	7-10
Some College	1,311	262	18	15-20	1,311	103	6	5-8
College Degree	1,766	246	12	11-14	1,765	74	4	3-5
Income:								
<\$15,000	615	248	35	31-40	618	135	18	15-22
\$15,000 to \$24,999	1,004	238	22	19-25	1,006	110	10	8-13
\$25,000 to \$49,999	1,625	306	18	16-20	1,627	109	6	5-8
\$50,000 to \$74,999	883	120	12	10-15	882	32	3	2-5
\$75,000+	994	96	9	7-12	994	17	2	1-3
Race:								
White, non-Hispanic	5,276	1,029	18	17-19	5,292	416	7	6-8
Black, non-Hispanic	358	73	17	13-21	356	36	8	6-12
Hispanic	114	22	16	10-24	114	8	5	2-10

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

Veteran's Status

Served Active Duty in the United States Armed Forces:

- ¥ Fifteen percent of Pennsylvania adults in 2004 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 in younger age groups had significantly lower percentages compared to adults in each older age groups (18-29, 3 percent; 30-44, 10 percent; ages 45-64, 15 percent; age 65+, 31 percent).
- ¥ A significantly higher percentage of adults with a household income of \$25,000-\$49,999 (17 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 (10 percent).
- ¥ Non-Hispanic white adults had a significantly higher percentage (15) compared to non-Hispanic black adults (9 percent).
- ¥ No significant difference was seen by education.

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

- ¥ Seventeen 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, according to the 2004 survey.
- ¥ Adults age 65+ had a significantly higher percentage (25) compared to adults ages 45-64 (15 percent) and adults age 30-44 (6 percent).
- ¥ Adults with a high school diploma had a significantly higher percentage (21) compared to adults with a college degree (10 percent).
- ¥ A significantly lower percentage was seen for adults with a household income of \$75,000+ (6 percent) compared to adults with household incomes less than \$50,000 (less than \$15,000, 23 percent; \$15,000-\$24,999, 25 percent; \$25,000-\$49,999, 20 percent).

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 Race/Ethnicity, 2004**

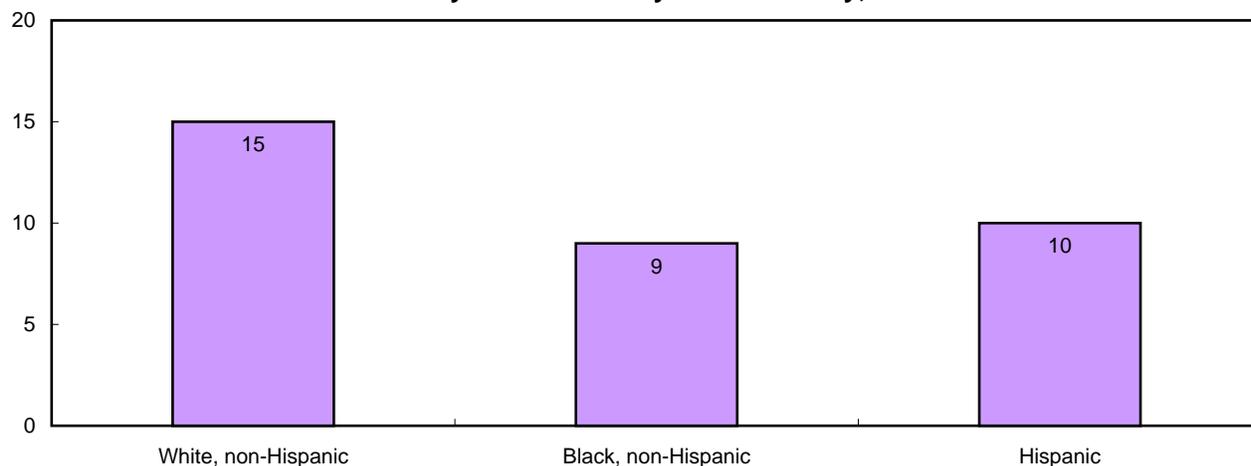


Table 19: Veteran's Status, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	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	6,060	862	15	14-16	823	152	17	15-20
Male	2,305	807	29	27-31	776	145	17	15-20
Female	3,755	55	1	1-2	47	#		
Age:								
18-29	694	23	3	2-6	17	#		
30-44	1,553	129	10	8-12	112	7	6	3-12
45-64	2,262	308	15	14-17	300	48	15	11-19
65+	1,500	396	31	28-33	388	93	25	20-29
Education:								
<High School	500	61	11	8-14	57	#		
High School	2,430	357	16	14-17	346	78	21	17-26
Some College	1,321	197	15	13-18	189	33	16	11-22
College Degree	1,799	243	14	12-16	227	26	10	7-14
Income:								
<\$15,000	624	71	10	8-13	64	16	23	14-36
\$15,000 to \$24,999	1,026	158	15	13-18	154	39	25	18-33
\$25,000 to \$49,999	1,656	276	17	15-20	266	55	20	15-25
\$50,000 to \$74,999	896	121	15	12-18	113	8	7	3-14
\$75,000+	1,007	137	14	12-17	133	8	6	3-12
Race:								
White, non-Hispanic	5,385	785	15	14-16	751	134	17	15-20
Black, non-Hispanic	369	36	9	6-13	32	#		
Hispanic	116	13	10	6-17	13	#		

Data not reported due to N<50 or deemed statistically unreliable (see "Technical Notes").

*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.

Organ Donor

Do you plan to be an organ donor?

- ¥ Fifty-two percent of Pennsylvania adults said that they do plan on being organ donors in the 2004 Pennsylvania BRFSS survey. Nine percent of Pennsylvania adults responded that they did not know if they planned on being an organ donor.
- ¥ Significantly higher percentages of adults less than age 65 planned on being organ donors (age 18-29, 60 percent; age 30-44, 58 percent; age 45-64, 54 percent) compared to adults age 65+ (32 percent).
- ¥ Adults with some college education or higher had significantly higher percentages (some college education, 56 percent; college degree, 64 percent) compared to adults with a high school education or less (less than a high school education, 35 percent; high school diploma, 44 percent).
- ¥ Significantly higher percentages of adults with household incomes of \$25,000+ planned on being organ donors (\$25,000-\$49,999, 52 percent; \$50,000-\$74,999, 60 percent; \$75,000+, 69 percent) compared to adults with household incomes less than \$25,000 (less than \$15,000, 39 percent; \$15,000-\$24,999, 40 percent). For adults with household incomes of \$25,000+, each household income group under \$75,000 was significantly lower in percentage than higher household income groups.
- ¥ Non-Hispanic white adults and Hispanic adults had significantly higher percentages (non-Hispanic white, 54 percent; Hispanic, 55 percent) compared to non-Hispanic black adults (34 percent).
- ¥ No significant difference was seen by sex.

Indicate organ donation on card or document:

- ¥ Ninety-three percent of Pennsylvania adults who plan on being organ donors responded that they had indicated their wish to be an organ donor on a Pennsylvania photo driver's license or photo ID card, another organ donor card, or other document.
- ¥ Adults age 45-64 had a significantly higher percentage (95) compared to adults ages 18-29 (90 percent).
- ¥ A significantly higher percentage of adults with a college degree who plan on being an organ donor indicated their wishes on a card or document (96 percent) compared to adults with a high school diploma (90 percent).
- ¥ Non-Hispanic white adults had a significantly higher percentage (94) compared to non-Hispanic black adults (83 percent).
- ¥ Of Pennsylvania adults who indicated their wish to be organ donors on documentation, 94 percent indicated their wishes only on a Pennsylvania photo driver's license or photo ID card, 3 percent only on another card or document, and 3 percent indicated their wish on both a photo driver's license and another card or document.
- ¥ No significant differences were seen by sex or income.

Organ Donor

FIGURE 20: Percent Planning to be an Organ Donor By Adults Indicating Or Not Indicating Their Wish to Be an Organ Donor on Documentation Pennsylvania Adults by Race, 2004

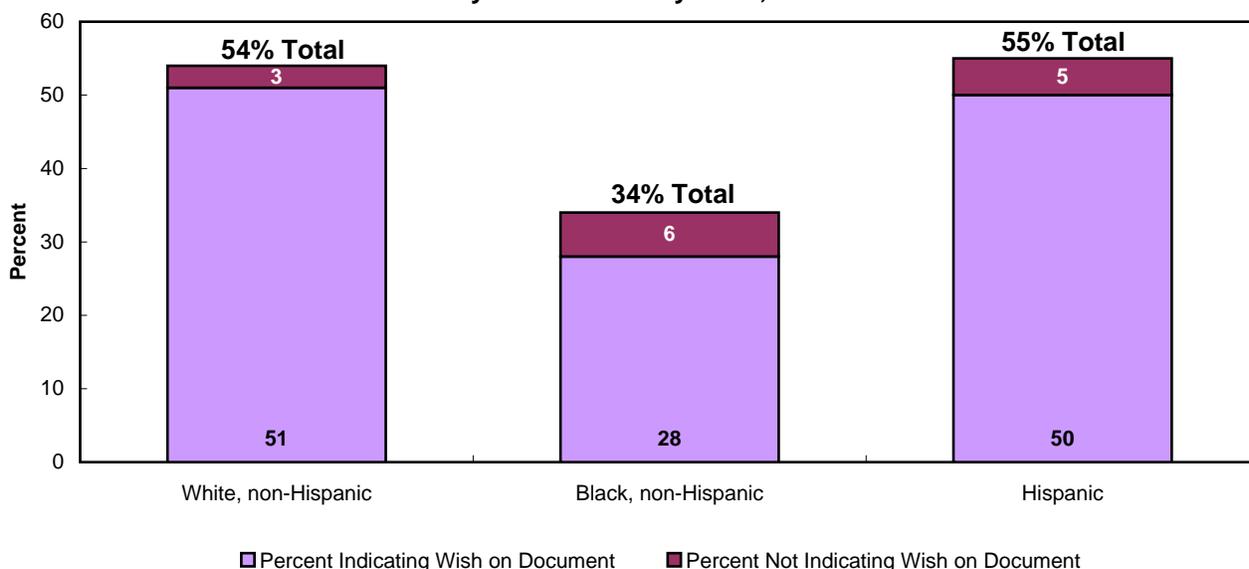


TABLE 20: Organ Donor, Pennsylvania Adults, 2004 (with 95% confidence intervals)

	Planning on Being Organ Donors*				Indicating Wish to Be Organ Donors** ***			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Total	5,810	2,989	52	50-53	2,969	2,797	93	92-94
Males	2,192	1,093	51	48-53	1,087	1,012	92	89-93
Females	3,618	1,896	52	50-54	1,882	1,785	95	93-96
Age:								
18-29	661	403	60	55-64	402	365	90	85-93
30-44	1,494	885	58	55-60	880	822	93	90-95
45-64	2,170	1,210	54	52-57	1,203	1,153	95	94-97
65+	1,441	478	32	30-35	471	444	94	92-96
Education:								
<High School	473	144	35	30-41	144	129	89	81-94
High School	2,312	993	44	41-46	986	907	90	88-93
Some College	1,286	728	56	53-60	722	684	94	92-96
College Degree	1,732	1,122	64	61-66	1,115	1,075	96	94-97
Income:								
<\$15,000	599	218	39	34-44	216	190	89	83-93
\$15,000 to \$24,999	984	393	40	36-43	391	363	91	87-94
\$25,000 to \$49,999	1,591	857	52	49-55	848	803	94	92-96
\$50,000 to \$74,999	873	529	60	56-63	527	499	94	91-96
\$75,000+	972	669	69	65-72	665	636	95	92-97
Race:								
White, non-Hispanic	5,177	2,745	54	52-55	2,725	2,577	94	93-95
Black, non-Hispanic	343	112	34	28-41	112	96	83	73-90
Hispanic	109	54	55	44-65	54	#		

Data not reported due to N<50 or deemed statistically unreliable (see "Technical Notes).

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

HIV/AIDS

Ages 18 to 64 and ever had your blood tested for HIV, except blood donation?

- ¥ Thirty-nine percent of Pennsylvania adults ages 18-64 had an HIV blood test (excluding tests through blood donation) according to the 2004 survey.
- ¥ Significant differences were evident by age with 48 percent of adults ages 18-29 and 50 percent of adults ages 30-44 indicating that they had their blood tested for HIV infection compared to the 23 percent of adults ages 45-64.
- ¥ Adults with some college education had a significantly higher percentage (42) compared to adults with a high school diploma (34 percent).
- ¥ Pennsylvania adults with a household income of \$15,000-\$24,999 had a significantly higher percentage (45) compared to adults with household incomes of \$50,000-\$74,999 (35 percent).
- ¥ Non-Hispanic black and Hispanic adults ages 18-64 had significantly higher percentages for having had an HIV blood test (67 and 54 percent, respectively) compared to non-Hispanic white adults ages 18-64 (34 percent).

Considered at risk for HIV:

- ¥ Four percent of Pennsylvanians ages 18-64 considered themselves to be at risk for HIV according to the results of the 2004 survey.
- ¥ Adults ages 18-29 had a significantly higher percentage (10) compared to adults ages 30-64 (ages 30-44, 4 percent; ages 45-64, 1 percent). Adults ages 30-44 had a significantly higher percentage compared to adults ages 45-64.
- ¥ A significantly higher percentage was seen for adults with less than a high school education (14 percent) compared to adults with a high school education or higher (high school diploma, 4 percent; some college education, 3 percent; college degree, 4 percent).
- ¥ Non-Hispanic black adults ages 18-64 had a significantly higher percentage (12) compared to non-Hispanic white adults (3 percent) and Hispanic adults (2 percent) ages 18-64.

Medical treatments to help persons with HIV and their effectiveness

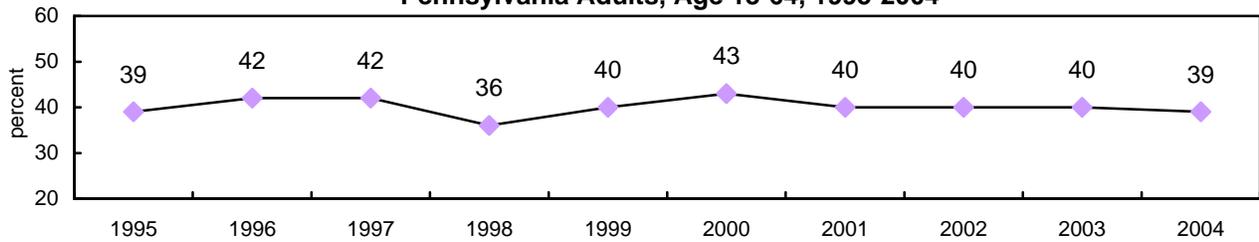
- ¥ Ninety-one percent (CI:90-92) of Pennsylvanians ages 18-64 agreed in 2004 with the statement that “there are medical treatments available that are intended to help a person who is infected with HIV to live longer” while 7 percent (CI: 6-8) indicated that they did not know if that was true.
- ¥ Adults with some college education or more had significantly higher percentages (some college education, 95 percent CI: 93-96; college degree, 96 percent CI: 95-97) compared to adults with a high school education or less (less than a high school education, 79 percent CI: 73-85; high school diploma, 86 percent CI: 84-88).
- ¥ Significantly higher percentages were seen for adults with household incomes of \$50,000+ (\$50,000-\$74,999, 95 percent CI: 93-97; \$75,000+, 96 percent CI: 94-97) compared to adults with household incomes of less than \$25,000 (less than \$15,000, 82 percent CI: 75-88; \$15,000-\$24,999, 87 percent CI: 83-90). Adults with a household income of \$75,000+ had a significantly higher percentage compared to adults with a household income of \$25,000-\$49,999 (91 percent CI: 89-93).

Medical treatments to help pregnant women with HIV

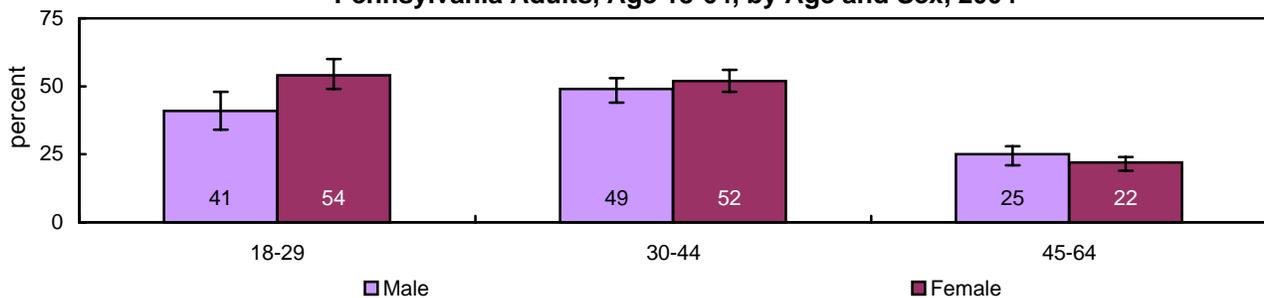
- ¥ Fifty-two percent (CI: 50-54) of Pennsylvanians ages 18-64 agreed in 2004 with the statement that “A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby” while 32 percent (CI: 30-33) indicated that they did not know if that was true.
- ¥ Women ages 18-64 had a significantly higher percentage of agreement with this statement (56 percent CI: 54-59) compared to males ages 18-64 (47 percent CI: 45-50).
- ¥ Adults ages 18-64 with at least some college education had significantly higher percentages (some college education, 52 percent CI: 45-60; college degree, 60 percent CI: 57-63) compared to adults ages 18-64 with a high school diploma (45 percent CI: 42-48).
- ¥ Non-Hispanic black adults age 18-64 had a significantly higher percentage (62 CI: 55-69) compared to non-Hispanic white adults (51 percent CI: 49-52).

HIV/AIDS

**Figure 21A: Percent Tested for HIV, Except Blood Donation
Pennsylvania Adults, Age 18-64, 1995-2004**



**Figure 21B: Percent Tested for HIV, Except Blood Donation
Pennsylvania Adults, Age 18-64, by Age and Sex, 2004**



**Table 21: HIV/AIDS
Pennsylvania Adults, Age 18-64, 2004 (with 95% confidence intervals)**

	Ever Tested for HIV Except Blood Donation*				Considered At Risk for HIV*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Adults Age 18-64	4,329	1,569	39	37-40	4,418	135	4	4-6
Male	1,674	592	37	35-40	1,718	61	5	4-7
Female	2,655	977	40	38-42	2,700	74	3	3-4
Age:								
18-29	665	327	48	43-52	668	60	10	8-14
30-44	1,482	756	50	47-53	1,510	46	4	3-6
45-64	2,138	479	23	21-25	2,198	28	1	1-2
Education:								
<High School	249	96	42	35-51	253	24	14	8-23
High School	1,564	487	34	32-37	1,597	44	4	3-5
Some College	1,024	420	42	38-45	1,053	29	3	2-5
College Degree	1,488	566	40	37-43	1,511	38	4	2-6
Income:								
<\$15,000	370	158	43	36-49	373	19	6	3-9
\$15,000 to \$24,999	588	245	45	40-50	600	31	8	5-12
\$25,000 to \$49,999	1,243	457	40	37-43	1,263	45	5	4-8
\$50,000 to \$74,999	784	261	35	31-38	797	13	3	2-5
\$75,000+	896	319	37	34-41	920	18	3	1-5
Race:								
White, non-Hispanic	3,802	1,244	34	32-36	3,889	96	3	3-4
Black, non-Hispanic	298	199	67	60-74	298	25	12	7-20
Hispanic	94	55	54	43-65	93	4	2	1-6

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

**Year 2010 Health Objectives for the Nation:
Pennsylvania State Summary of BRFSS Data, 2004**

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2004	Objective Met ²
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	85 ∂ 2	No
01-04c: Percent of adults with specific source of ongoing care (age-adjusted to 2000 std population)	96%	88 ∂ 1	No
03-11a: Percent of women aged 18+ who have ever received a Pap test (age-adjusted to 2000 std population)	97%	95 ∂ 1	No
03-11b: Percent of women aged 18+ who received a Pap test within past 3 years (age-adjusted to 2000 std population)	90%	84 ∂ 2	No
03-12a: Percent of adults aged 50+ who received a fecal occult blood test (FOBT) for colorectal cancer within the past 2 years (age-adjusted to 2000 std population)	50%	26 ∂ 2	No
03-12b: Percent of adults aged 50+ who ever received a sigmoidoscopy for colorectal cancer (age-adjusted to 2000 std population)	50%	54 ∂ 2	Yes ⁺
03-13: Percent of women aged 40+ with a mammogram in last 2 years (age-adjusted to 2000 std population)	70%	73 ∂ 2	Yes ⁺
05-03: Rate per 1000 of adults who have been diagnosed with diabetes (age-adjusted to 2000 std population)	25	72 ∂ 7	No
05-12: Percent of adults with diabetes who have a glycosylated hemoglobin measurement at least once a year (age-adjusted to 2000 std population)	50%	91 ∂ 6	Yes ⁺
05-13: Percent of adults with diabetes who have an annual dilated eye examination (age-adjusted to 2000 std population)	75%	67 ∂ 9	Yes
05-14: Percent of adults with diabetes who have an annual foot examination (age-adjusted to 2000 std population)	75%	79 ∂ 7	Yes
05-17: Percent of adults with diabetes who perform self-blood-glucose-monitoring at least once daily (age-adjusted to 2000 std population)	60%	60 ∂ 8	Yes
07-01: Percent of adults ages 18-24 who completed high school	90%	86 ∂ 5	Yes
14-29a: Percent of adults 65+ with flu shot in past year (age-adjusted to 2000 std population)	90%	64 ∂ 3	No
14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	63 ∂ 3	No
14-29c: Percent of adults ages 18-64 with flu shot in the past year (age-adjusted to 2000 std population)	60%	23 ∂ 1	No

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

2 The "Yes⁺" designation refers Pennsylvania's 2004 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, 2004**

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2004	Objective Met ²
14-29d: Percent of adults ages 18-64 who ever had a vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	15 ∂ 2	No
15-04: Percent of adults living in a home where a firearm is loaded and unlocked (age-adjusted to 2000 std population)	16%	9 ∂ 2	Yes ⁺
19-01: Percent of adults with a healthy weight (age 20+) (age-adjusted to 2000 std population)	60%	37 ∂ 2	No
19-02: Percent of obese adults (age 20+) (age-adjusted to 2000 std population)	15%	25 ∂ 1	No
21-03: Percent of adults (aged 35-44) who have no permanent tooth extraction due to dental caries or periodontal disease	42%	58 ∂ 3	Yes ⁺
21-04: Percent of older adults (aged 65-74) who had all their natural teeth extracted	20%	20 ∂ 3	Yes
21-10: Percent of adults who have visited a dentist in the past year	56%	68 ∂ 1	Yes ⁺
22-01: Percent of adults who engage in no leisure-time physical activity (age-adjusted to 2000 std population)	20%	24 ∂ 1	No
26-11c: Percent adults who engaged in binge drinking in past month	6%	18 ∂ 1	No
26-13a: Percent of adult females who exceed guidelines for low-risk drinking (8+ drinks per week or 4+ drinks per occasion)	50%	14 ∂ 1	Yes ⁺
26-13b: Percent of adult males who exceed guidelines for low-risk drinking (15+ drinks per week or 5+ drinks per occasion)	50%	27 ∂ 2	Yes ⁺
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	24 ∂ 1	No
27-05: Percent of adults who attempted to quit smoking (age-adjusted to 2000 std population)	75%	53 ∂ 3	No

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

2 The "Yes⁺" designation refers Pennsylvania's 2004 percentage being significantly better compared to the Healthy People 2010 goal percentage.

Technical Notes

Survey Management

The Behavioral Risk Factor Surveillance System (BRFSS) is a cooperative effort of the Centers for Disease Control and Prevention (CDC) and participating states. The CDC develops the core questionnaire and provides training, technical assistance, standardized data analyses and funding. The Pennsylvania Department of Health develops supplemental questions (or modules), facilitates the Pennsylvania BRFSS Over Sampling Program, performs analyses, and responds to requests for data. Sampling and interviewing in 2004 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 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 described in the previous paragraph are selected 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 known 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 2003 BRFSS survey. All items new to the 2004 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, asthma, cardiovascular disease, sexually transmitted diseases, colorectal cancer screening, disability, organ donation, and physical activity. This 2004 questionnaire appears on pages 54-65.

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 6,097 completed interviews. The CASRO response rate for 2004 was 46 percent.

**Disposition of All Telephone Numbers
2004 Pennsylvania Behavioral Risk Factor Survey Sample**

<u>Disposition Code</u>	<u>Number</u>	<u>Percent</u>
Interview		
Complete	5,807	13.7
Partial Complete	290	0.7
Eligible, Non-Interview		
Termination within questionnaire	477	1.1
Refusal after respondent selection	1,987	4.7
Selected respondent never reached or was reached but did not begin interview during interviewing period	400	0.9
Selected respondent away from residence during the entire interviewing period	638	1.5
Language problem after respondent selection	79	0.2
Selected respondent physically or mentally unable to complete an interview during the entire interviewing period	258	0.6
Hang up or termination after number of adults recorded but before respondent selection	47	0.1
Household contact after number of adults recorded but before respondent selection	4	0.0
Unknown Eligibility, Non-Interview		
Household members away from residence during entire interviewing period	160	0.4
Hang-up or termination, housing unit, unknown if eligible respondent	2,564	6.0
Household contact, eligibility undetermined	295	0.7
Language problem before respondent selection	156	0.4
Physical or mental impairment before respondent selection	104	0.2
Hang-up or termination, unknown if private residence	3,548	8.4
Contact, unknown if private residence	123	0.3
Telephone answering device, message confirms private residential status	1,167	2.8
Telecommunication technological barrier, message confirms private residential status	5	0.0
Telephone answering device, not sure if private residence	393	0.9
Telecommunication technological barrier, not sure if private residence	27	0.1
Telephone number is no longer in service or has been changed	459	1.1
No answer	2,460	5.8
Busy	250	0.6
Not Eligible		
Out-of-state	4	0.0
Household, no eligible respondent	34	0.1
Not a private residence	5,974	14.1
Dedicated fax/data/modem line with no human contact	1,751	4.1
Cellular Phone	103	0.2
Fast busy	475	1.1
Non-working/disconnected number	12,411	29.2
Total	42,450	

Sample Characteristics

The following table compares the final interview sample for the 2004 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 2004 Pennsylvania BRFSS Survey Sample and
2003 Pennsylvania Adult Population Estimates For Selected Characteristics**

		<u>2004 BRFSS Survey Sample</u>		<u>2003 Population Estimates</u>	
		Number	Percent	Number	Percent
All Adults		6,097	100.00	9,470,965	100.00
Sex	Male	2,322	38.08	4,507,404	47.59
	Female	3,775	61.92	4,963,561	52.41
Race	White	5,497	90.16	8,297,655	87.61
	Black	385	6.31	894,487	9.44
	Other	164	2.69	278,823	2.94
	Unknown/Refused	51	0.84	NA	NA
Hispanic Origin	Yes	117	1.92	270,128	2.85
	No	5,948	97.56	9,200,837	97.15
	Unknown/Refused	32	0.52	NA	NA
Age	18-29	701	11.50	1,886,488	19.92
	30-44	1,562	25.62	2,614,638	27.61
	45-64	2,275	37.31	3,068,041	32.39
	65+	1,507	24.72	1,901,798	20.08
	Unknown/Refused	52	0.85	NA	NA

Note¹: Race data include Hispanics.

Note²: 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 percentages estimated by multiple samples of the same population would be found (95% of the time). The size of the confidence interval is directly related to the sample taken or the probability of selection and characteristics of the people surveyed within the universe being sampled. 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 or when the portion of the sample being represented was of size greater than or equal to 50 but the calculated percentage was deemed to be statistically unreliable. The method utilized to determine the reliability of percentages calculated from sample sizes of 50 or more consisted of a comparison of the coefficient of variation of the calculated percentage compared to the coefficient of variation of the same percentage outcome for a simple random sample. If the coefficient of variation was smaller for the percentage being tested compared to the coefficient of variation of the same percentage outcome for the simple random sample, then the calculated percentage was considered reliable.

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, 6th Floor, Harrisburg, PA 17101-1914.

Synthetic Estimation Process for Local Data

The BRFSS is an ongoing telephone survey consisting of interviews conducted each month. Until this year, approximately 3,000-4,000 completed surveys per year made up the sample data set.

On the state level, data from the BRFSS serve several purposes. BRFSS data help to identify subgroups, which should be targeted for health promotion and disease prevention programs due to elevated risks. Multiple years of BRFSS data are useful for tracking Pennsylvania's progress in achieving selected Healthy People 2010 National Health Objectives. Data from Pennsylvania, when compared to similar data from other states, identifies the need for increased health promotion and disease prevention program efforts. In 2004, 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 (latest available) Dauphin County census population 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 2002 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 2,135.

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 Census Population		Fair or Poor Health from 2004 Pa. BRFSS		Estimate of Dauphin County Adults Indicating Fair or Poor Health, 2002
18-29	35,590	x	8	=	2,847
30-44	59,218	x	10	=	5,922
45-64	60,033	x	17	=	10,206
65+	35,844	x	30	=	10,753
					Total
					29,728

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 = **29,728**

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.

$$\begin{aligned} \text{Synthetically Estimated Percentage} & & \text{Total Synthetically Estimated Number of Adults} \\ \text{With Fair or Poor Health in Dauphin County} & = & \text{With Fair or Poor Health in Dauphin County} & \times 100 \\ & & \hline & & \text{Total Population Age 18+ in Dauphin County} \\ \text{Synthetically Estimated Percentage} & = & (29,728 / 193,407) \times 100 \\ \text{With Fair or Poor Health in Dauphin County} & & \\ \text{Synthetically Estimated Percentage} & = & \mathbf{15 \text{ Percent}} \\ \text{With Fair or Poor Health in Dauphin County} & & \end{aligned}$$

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.

2004 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

Section 1: Health Status

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

Please read

1. Excellent
2. Very Good
3. Good
4. Fair

Or

5. Poor

Do not read

7. Don't know / Not sure
9. Refused

Section 2: Healthy Days – Health-related Quality of Life

2.1. 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 |
| 8 | 8 | None |
| 7 | 7 | Don't know / Refused |
| 9 | 9 | Refused |

2.2. 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 |
| 8 | 8 | None If Q2.1 and Q2.2 are none, go to next section |
| 7 | 7 | Don't know / Not sure |
| 9 | 9 | Refused |

2.3. 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 |
| 8 | 8 | None |
| 7 | 7 | Don't know / Not sure |
| 9 | 9 | Refused |

Section 3: Health Care Access

3.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

3.2. 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?")

1. Yes, only one
2. More than one
3. No
7. Don't know / Not sure
9. Refused

3.3. When you are sick or need advice about your health, to which one of the following places do you usually go?

Would you say?

Please read

1. A doctor's office
 2. A public health clinic or community health center
 3. A hospital outpatient department
 4. A hospital emergency room
 5. Urgent care center
 6. Some other kind of place
 8. No usual place
- Do not read
7. Don't know
 9. Refused

3.4. Was there a time in the past 12 months when you needed medical care, but could not get it?

1. Yes
2. No **Go to next section**
7. Don't know **Go to next section**
9. Refused **Go to next section**

3.5. What is the main reason you did not get medical care?

Note: if more than one instance, ask about the most recent.

Would you say:

Please read

01. Cost [**Include no insurance**]
 02. Distance
 03. Office wasn't open when I could get there
 04. Too long a wait for an appointment
 05. Too long a wait in the waiting room
 06. No child care
 07. No transportation
 08. No access for people with disabilities
 09. The medical provider didn't speak my language
 10. Other
- Do not read
77. Don't know / Not sure
 99. Refused

2004 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

Section 4: Exercise

4.1. 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?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 5: Environmental Factors

The next two questions are about things in the air you breathe that may make you ill, not about an illness you can catch from other people, such as a cold.

5.1. Things like dust, mold, smoke, and chemicals inside the home or office can cause poor indoor air quality. In the past 12 months have you had an illness or symptom that you think was caused by something in the air inside a home, office, or other building?

Read if necessary:

If respondent is experiencing an illness or symptom within the past 12 months that was caused by something in the air they encountered over 12 months ago, the answer is "Yes".

1. Yes
2. No
7. Don't know
9. Refused

5.2. Things like smog, automobile exhaust, and chemicals can cause outdoor air pollution. In the past 12 months have you had an illness or symptom that you think was caused by pollution in the air outdoors?

Read if necessary:

This question does not refer to natural agents like pollen or dust in outdoor air. If respondent is experiencing an illness or symptom within the past 12 months that was caused by something in the air they encountered over 12 months ago, the answer is "Yes".

1. Yes
2. No
7. Don't know
9. Refused

Section 6: Excess Sun Exposure

The next question is about sunburns including anytime that even a small part of your skin was red for more than 12 hours.

6.1. Have you had a sunburn within the past 12 months?

1. Yes
2. No **[Go to next section]**
7. Don't know / Not Sure **[Go to next section]**
9. Refused **[Go to next section]**

6.2. 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?

1. One
2. Two
3. Three
4. Four
5. Five
6. Six or more
7. Don't know / Not sure
9. Refused

Section 7: Tobacco Use

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

5 packs = 100 cigarettes

1. Yes
2. No **Go to next section**
7. Don't know / Not sure **Go to next section**
9. Refused **Go to next section**

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

1. Every day
2. Some days
3. Not at all **Go to next section**
9. Refused **Go to next section**

7.3. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

1. Yes
2. No
7. Don't know/Not sure
9. Refused

Section 8: Alcohol Consumption

8.1. 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?

- 1__ __ Days per week
2__ __ Days in past 30
8 8 8 No drinks in past 30 days **Go to next section**
7 7 7 Don't know / Not sure
9 9 9 Refused **Go to next section**

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

- __ __ Number of drinks
7 7 Don't know / Not sure
9 9 Refused

2004 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

8.3. 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 times
8 8 None
7 7 Don't know / Not sure
9 9 Refused

Section 9: Asthma

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

1. Yes
2. No **Go to next section**
7. Don't know / Not sure **Go to next section**
9. Refused **Go to next section**

9.2. Do you still have asthma?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 10: Diabetes

10.1. 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?") (If Respondent says pre-diabetes or borderline diabetes, use response code 4.)

1. Yes
2. Yes, but female told only during pregnancy
3. No
4. No, pre-diabetes or borderline diabetes
7. Don't know / Not sure
9. Refused

Section 11: Oral Health

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

Include visits to dental specialists, such as orthodontists

Read Only if Necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. 5 or more years ago
7. Don't know / Not sure
8. Never
9. Refused

11.2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics. (105)

Include teeth lost due to "infection"

1. 1 to 5
2. 6 or more but not all
3. All
8. None

IF Q11.1 = 8/NEVER OR Q11.2 = 3/ALL, SKIP TO NEXT SECTION

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

Read only if necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. 5 or more years ago
7. Don't know / Not sure
8. Never
9. Refused

Section 12: Immunization

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

Read if necessary: We want to know if you had a flu shot injected in your arm.

1. Yes
2. No
7. Don't know / Not sure
9. Refused

12.2. During the past 12 months, have you had a flu vaccine that was sprayed in your nose?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

12.3. 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.

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 13: Demographics

13.1. What is your age?

- ___ Code age in years
0 7 Don't know / Not sure
0 9 Refused

13.2. Are you Hispanic or Latino?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

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13.3. Which one or more of the following would you say is your race?

(Check all that apply)

Please read

1. White
2. Black or African American
3. Asian
4. Native Hawaiian or Other Pacific Islander
5. American Indian, Alaska Native

Or

6. Other [specify] _____

Do not read

8. No additional choices
7. Don't know / Not sure
9. Refused

If more than one response to Q13.3, continue. Otherwise, go to Q13.5

13.4. Which one of these groups would you say best represents your race?

1. White
2. Black or African American
3. Asian
4. Native Hawaiian or Other Pacific Islander
5. American Indian or Alaska Native
6. Other [specify] _____
7. Don't know / Not sure
9. Refused

13.5. Are you?

Please read

1. Married
2. Divorced
3. Widowed
4. Separated
5. Never married

Or

6. A member of an unmarried couple

Do not read

9. Refused

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

___ Number of children

- 8 8 None
- 9 9 Refused

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

Read only if necessary

1. Never attended school or only attended kindergarten
2. Grades 1 through 8 (Elementary)
3. Grades 9 through 11 (Some high school)
4. Grade 12 or GED (High school graduate)
5. College 1 year to 3 years (Some college or technical school)
6. College 4 years or more (College graduate)
9. Refused

13.8. Are you currently?

Please read

1. Employed for wages
2. Self-employed
3. Out of work for more than 1 year
4. Out of work for less than 1 year
5. A homemaker
6. A student
7. Retired

Or

8. Unable to work

Do not read

9. Refused

13.9. Is your annual household income from all sources?

If respondent refuses at ANY income level, code '99 Refused'

Read as appropriate

04. Less than \$25,000 **If "no," ask 05; if "yes," ask 03** (\$20,000 to less than \$25,000)
03. Less than \$20,000 **If "no," code 04; if "yes," ask 02** (\$15,000 to less than \$20,000)
02. Less than \$15,000 **If "no," code 03; if "yes," ask 01** (\$10,000 to less than \$15,000)
01. Less than \$10,000 **If "no," code 02**
05. Less than \$35,000 **If "no," ask 06** (\$25,000 to less than \$35,000)
06. Less than \$50,000 **If "no," ask 07** (\$35,000 to less than \$50,000)
07. Less than \$75,000 **If "no," code 08** (\$50,000 to less than \$75,000)
08. \$75,000 or more

Do not read

77. Don't know / Not sure
99. Refused

13.10. About how much do you weigh?

Note: If respondent answers in metrics, put "1" in column 127. Round fractions up

___ ___ ___ Weight pounds/kilograms

- 7 7 7 7 Don't know / Not sure
- 9 9 9 9 Refused

2004 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

13.11. About how tall are you without shoes?

Note: If respondent answers in metrics, put "1" in column 131.

Round fractions down

___/___/___ Height ft / inches/meters/centimeters
7 7 7 7 7 Don't know / Not sure
9 9 9 9 9 Refused

13.12. What county do you live in?

___ FIPS county code
7 7 7 Don't know / Not sure
9 9 9 Refused

13.13. 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.

1. Yes
2. No **Go to Q13.15**
7. Don't know / Not sure **Go to Q13.15**
9. Refused **Go to Q13.15**

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

___ Residential telephone numbers [**6=6 or more**]
7. Don't know / Not sure
9. Refused

13.15. 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.

1. Yes
2. No
7. Don't know / Not sure
9. Refused

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

1. Male **Go to next section**
2. Female

If respondent 45 years old or older, go to next section.

13.17. To your knowledge, are you now pregnant?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 14: Veteran's Status

14.1. 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?

1. Yes
2. No (**Go to next section**)
7. Don't know/Not sure (**Go to next section**)
9. Refused (**Go to next section**)

14.2. Which of the following best describes your service in the United States Military?

Please read:

1. Currently on active duty (**Go to next section**)
2. Currently in a National Guard or Reserve unit (**Go to next section**)
3. Retired from military service
4. Medically discharged from military service
5. Discharged from military service

Do not read:

7. Don't know/not sure (**Go to next section**)
9. Refused (**Go to next section**)

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

If "Yes" probe for "all" or "some" of the health care.

1. Yes, all of my health care
2. Yes, some of my health care
3. No, no VA health care received
7. Don't know/Not sure
9. Refused

Section 15: Women's Health

If respondent is male go to next section

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

1. Yes
2. No **Go to Q15.3**
7. Don't know / Not sure **Go to Q15.3**
9. Refuse **Go to Q15.3**

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

Read only if necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (3 years but less than 5 years ago)
5. 5 or more years ago
7. Don't know / Not sure
9. Refused

2004 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

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

1. Yes
2. No **Go to Q15.5**
7. Don't know / Not sure **Go to Q15.5**
9. Refused **Go to Q15.5**

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

Read only if necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (3 years but less than 5 years ago)
5. 5 or more years ago
7. Don't know / Not sure
9. Refused

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

1. Yes
2. No **Go to Q15.7**
7. Don't know / Not sure **Go to Q15.7**
9. Refused **Go to Q15.7**

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

Read only if necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (3 years but less than 5 years ago)
5. 5 or more years ago
7. Don't know / Not sure
9. Refused

If response to Q13.17 is 1 (is pregnant) go to next section

15.7. Have you had a hysterectomy?

A hysterectomy is an operation to remove the uterus (womb)

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 16: Prostate Cancer Screening

If respondent is 39 years old or younger, or is female, go to Q17.1

16.1. A prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

1. Yes
2. No **Go to Q16.3**
7. Don't know / Not sure **Go to Q 16.3**
9. Refused **Go to Q16.3**

16.2. How long has it been since you had your last PSA test?

Read only if necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (3 years but less than 5 years ago)
5. 5 or more years ago
7. Don't know / Not sure
9. Refused

16.3. A digital rectal exam is an exam in which a doctor or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?

1. Yes
2. No **Go to Q16.5**
7. Don't know / Not sure **Go to Q16.5**
9. Refused **Go to Q16.5**

16.4. How long has it been since your last digital rectal exam?

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 3 years (2 years but less than 3 years ago)
4. Within the past 5 years (3 years but less than 5 years ago)
5. 5 or more years ago
7. Don't know / Not sure
9. Refused

16.5. Have you ever been told by a doctor or other health professional that you had prostate cancer?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 17: Colorectal Cancer Screening

If respondent is 49 years old or younger, go to Q18.1

17.1. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

1. Yes
2. No **Go to Q17.3**
7. Don't know / Not sure **Go to Q17.3**
9. Refused **Go to Q17.3**

17.2. How long has it been since you had your last blood stool test using a home kit?

Read only if necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. 5 or more years ago
7. Don't know / Not sure
9. Refused

2004 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

17.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?

1. Yes
2. No **Go to next section**
7. Don't know / Not sure **Go to next section**
9. Refused **Go to next section**

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

Read only if necessary

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. Within the past 10 years (5 years but less than 10 years ago)
5. 10 or more years ago
7. Don't know / Not sure
9. Refused

Section 18: Family Planning

If respondent is female and 45 years of age or older, has had a hysterectomy, is pregnant, or male 60 years or older, go to next section.

The next set of questions asks you about your thoughts and experiences with family planning. Please remember that all of your answers will be kept confidential.

18.1. Some things people do to keep from getting pregnant include not having sex at certain times, using birth control methods such as the pill, implants, shots, condoms, diaphragm, foam, IUD, having their tubes tied, or having a vasectomy. Are you or your [if female, insert husband/partner, if male, insert wife/partner] doing anything now to keep [if female, insert you], if male, insert her] from getting pregnant?

NOTE: If more than one partner, consider usual partner.

1. Yes
2. No (**Go to Q18.4**)
3. No partner/not sexually active **Go to next section**
4. Same sex partner **Go to next section**
7. Don't know / Not sure **Go to next section**
9. Refused **Go to next section**

18.2. What are you or your [if female, insert husband/partner, if male, insert wife/partner] doing now to keep [if female, insert you, if male, insert her] from getting pregnant?

Read only if necessary

01. Tubes tied or closed or hysterectomy (female sterilization) **Go to next section**
02. Vasectomy (male sterilization) **Go to next section**
03. Pill
04. Condoms (male or female)
05. contraceptive implants (Jadelle or Implants)
06. Shots (Depo-Provera)
07. Shots (Lunelle)
08. Contraceptive Patch
09. Diaphragm, cervical ring, or cap (Nuvaring or others)
10. IUD (including Mirena)
11. Emergency contraception (EC)
12. Withdrawal

13. Not having sex at certain times (rhythm)

14. Other method (foam, jelly, cream, etc.)

77. Don't know / Not sure **Go to Q18.5**

99. Refused **Go to Q18.5**

18.3. What is the main reason for not doing anything to keep [if female, insert "you," if male, insert "your wife/partner"] from getting pregnant?

Read only if necessary

01. Didn't think was going to have sex/no regular partner
02. You want a pregnancy
03. You or your partner don't want to use birth control
04. You or your partner don't like birth control/fear side effects
05. You can't pay for birth control
06. Lapse in use of a method
07. Don't think you or your partner can get pregnant
08. You or your partner had tubes tied (sterilization) (**Go to next section**)
09. You or your partner had a vasectomy (sterilization) (**Go to next section**)
10. You or your partner had a hysterectomy (**Go to next section**)
11. You or your partner are too old
12. You or your partner are currently breast-feeding
13. You or your partner just had a baby/postpartum
14. Other reason
15. Don't care if get pregnant
16. Partner is pregnant now (**Go to next section**)

Do not read

77. Don't know / Not sure
99. Refused

18.4. How do you feel about having a child now or sometime in the future? Would you say:

Please read

1. You don't want to have one **Go to next section**
2. You do want to have one **Go to Q18.5**
3. You're not sure if you do or don't **Go to next section**

Do not read

7. Don't know / Not sure **Go to next section**
9. Refused **Go to next section**

18.5. How soon would you want to have a child? Would you say:

Please read

1. Less than 12 months from now
2. Between 12 months to less than two years from now
3. Between two years to less than 5 years from now, or
4. 5 or more years from now

Do not read

7. Don't know / Not sure
9. Refused

Section 19: Disability

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

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

1. Yes
2. No
7. Don't know / Not sure
9. Refused

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19.2. 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?

Include occasional use or use in certain circumstances

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 20: HIV/AIDS

If respondent is 65 years old or older, go to next section

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. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

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

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

1. True
2. False
7. Don't know / Not sure
9. Refused

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

1. True
2. False
7. Don't know / Not sure
9. Refused

20.3. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

Include saliva tests

1. Yes
2. No **Go to Q20.10**
7. Don't know/ Not sure **Go to Q20.10**
9. Refused **Go to Q20.10**

20.4. In the past 12 months, how many times have you been tested for HIV, including times you did not get your results:

- __ Times
8 8 None
7 7 Don't know / Not sure
9 9 Refused

20.5. 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
7 7 7 7 7 Don't know / Not sure
9 9 9 9 9 Refused

20.6. 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?

01. It was required
02. Someone suggested you should be tested
03. You thought you may have gotten HIV through sex or drugs
04. You just wanted to find out whether you had HIV
05. You were worried that you could give HIV to someone
06. IF FEMALE: You were pregnant
07. It was done as part of a routine medical check-up
08. Or you were tested for some other reason

Do not read

- 7 7. Don't know / Not sure
- 9 9. Refused

20.7. Where did you have your last HIV test – at a private doctor or HMO, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, in a drug treatment facility, at home, or somewhere else?

01. Private doctor or HMO
02. Counseling and testing site
03. Hospital
04. Clinic
05. Jail or prison
06. Drug treatment facility
07. At home
08. Somewhere else

Do not read

- 7 7. Don't know / Not sure
- 9 9. Refused

If Q20.7 is "04" (clinic) continue, if Q20.7 is "07" (at home) go to Q20.9, else go to Q20.10

20.8. What type of clinic did you go to for your last HIV test?

1. Family planning clinic
2. STD clinic
3. Prenatal clinic
4. Public health clinic
5. Community health clinic
6. Hospital clinic
8. Other
7. Don't know / Not sure
9. Refused

20.9. Was this test done by a nurse or other health worker, or with a home testing kit?

1. Nurse or health worker
2. A home testing kit
7. Don't know / Not sure
9. Refused

20.10. 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.

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Do any of these situations apply to you?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

20.11. 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 or other health professional talked to you about preventing sexually transmitted diseases through condom use?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Section 21: Firearms

The next questions are about firearms. We are asking these in a health survey because of our interest in firearm-related injuries. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire. Include those kept in a garage, outdoor storage area, or motor vehicle.

21.1. Are any firearms kept in or around your home?

1. Yes
2. No **Go to closing statement**
7. Don't know / Not sure **Go to closing statement**
9. Refused **Go to closing statement**

21.2. Are any of these firearms now loaded?

1. Yes
2. No **Go to closing statement**
7. Don't know / Not sure **Go to closing statement**
9. Refused **Go to closing statement**

21.3. Are any of these loaded firearms also unlocked? By unlocked, we mean you do not need a key or combination to get the gun or to fire it. We don't count a safety as a lock.

1. Yes
2. No
7. Don't know / Not sure
9. Refused

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

Module 1: Diabetes

To be asked following core Q10.1 if response is "Yes"

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

- ___ Code age in years [97 = 97 and older]
- 9 8 Don't know / Not sure
 - 9 9 Refused

2. Are you now taking insulin?

1. Yes
2. No
9. Refused

3. Are you now taking diabetes pills?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

4. 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.

- 1 ___ Times per day
- 2 ___ Times per week
- 3 ___ Times per month
- 4 ___ Times per year
- 8 8 8 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

5. 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.

- 1 ___ Times per day
- 2 ___ Times per week
- 3 ___ Times per month
- 4 ___ Times per year
- 8 8 8 Never
- 5 5 5 No feet
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

6. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

7. 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]
- 8 8 None
 - 7 7 Don't know / Not sure
 - 9 9 Refused

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8. A test for "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 "A one C"?

- ___ ___ Number of times [76 = 76 or more]
8 8 None
9 8 Never heard of "A one C" test
7 7 Don't know / Not sure
9 9 Refused

If "no feet" to Q5, go to Q10

9. 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]
8 8 None
7 7 Don't know / Not sure
9 9 Refused

10. 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:

1. Within the past month (anytime less than 1 month ago)
2. Within the past year (1 month but less than 12 months ago)
3. Within the past 2 years (1 year but less than 2 years ago)
4. 2 or more years ago
8. Never
7. Don't know / Not sure
9. Refused

11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

12. Have you ever taken a course or class in how to manage your diabetes yourself?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Module 9: Adult Asthma History

If "Yes" to core Q9.1, continue...

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

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

- ___ ___ Age in years 11 or older [96 = 96 and older]
9 7 Age 10 or younger
9 8 Don't know / Not sure
9 9 Refused

If "Yes" to Core Q9.2, continue...

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

1. Yes
2. No
7. Don't know / Not sure
9. Refused

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

- ___ ___ Number of visits [87 = 87 or more]
8 8 None
9 8 Don't know / Not sure
9 9 Refused

4. [If one or more visits to Q3, fill in (Besides those emergency room visits.)] During the past 12 months, how many times did you see a doctor, nurse or other health professional for urgent treatment of worsening asthma symptoms?

- ___ ___ Number of visits [87 = 87 or more]
8 8 None
9 8 Don't know / Not sure
9 9 Refused

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

- ___ ___ Number of visits [87 = 87 or more]
8 8 None
9 8 Don't know / Not sure
9 9 Refused

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

- ___ ___ ___ Number of days
8 8 8 None
7 7 7 Don't know / Not sure
9 9 9 Refused

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

Please read: Would you say?

8. Not at any time **Go to Q9**

1. Less than once a week
2. Once or twice a week
3. More than 2 times a week, but not every day
4. Every day, but not all the time

Or

5. Every day, all the time

Do not read

7. Don't know / Not sure
9. Refused

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

Would you say? **Please read**

- 8. None
- 1. One or two
- 2. Three to four
- 3. Five
- 4. Six to ten

Or

- 5. More than ten
- Do not read**
- 7. Don't know / Not sure
- 9. Refused

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

Please read

Would you say?

- 8. Didn't take any
- 1. Less than once a week
- 2. Once or twice a week
- 3. More than 2 times a week, but not every day
- 4. Once every day

Or

- 5. Two or more times every day

Do not read

- 7. Don't know / Not sure
- 9. Refused

Module 12: Cardiovascular Disease

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

a. Eating fewer high fat or high cholesterol foods?

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

b. Eating more fruits and vegetables?

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

c. More physically active?

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

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

a. Eat fewer high fat or high cholesterol foods?

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

b. Eat more fruits and vegetables?

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

c. Be more physically active?

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

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

a. A heart attack, also called a myocardial infarction

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

b. Angina or coronary heart disease

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

c. A stroke

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

If "Yes" to Q3a, continue. Otherwise, go to Q5.

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

- 1 0 Code ages 10 years or less
- ___ Code age in years
- 0 7 Don't know / Not sure
- 0 9 Refused

If "Yes" to Q3c, continue. Otherwise, go to Q6.

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

- 1 0 Code ages 10 years or less
- ___ Code age in years
- 0 7 Don't know / Not sure
- 0 9 Refused

If "Yes" to question 3a or 3c, continue. Otherwise, go to Q7.

6. After you left the hospital following your [Fill in (heart attack) if "yes" to Q3a or Q3a and Q3c; fill in (stroke) if "Yes" to Q3c and "No" to Q3a], did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab."

- 1. Yes
- 2. No
- 7. Don't know / Not sure
- 9. Refused

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If respondent is aged 35 years or older continue with Q7, otherwise go to the next module.

7. Do you take aspirin daily or every other day?

1. Yes **Go to Q9**
2. No
7. Don't know / Not sure
9. Refused

8. Do you have a health problem or condition that makes taking aspirin unsafe for you?

If "Yes," ask "Is this a stomach condition?" [**Code upset stomach as stomach problems**]

1. Yes, not stomach related **Go to next module**
2. Yes, stomach problems **Go to next module**
3. No **Go to next module**
7. Don't know / Not sure **Go to next module**
9. Refused **Go to next module**

9. Why do you take aspirin...

a. To relieve pain?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

b. To reduce the chance of a heart attack?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

c. To reduce the chance of a stroke?

1. Yes
2. No
7. Don't know / Not sure
9. Refused

Closing Statement

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

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Notes

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