

2005 Behavioral Health Risks



Of Pennsylvania Adults

DEPARTMENT OF
HEALTH

Bureau of Health Statistics and Research

Edward G. Rendell, Governor

2005
BEHAVIORAL HEALTH RISKS
of PENNSYLVANIA ADULTS

**A Report of Data Collected During 2005 for the
Behavioral Risk Factor Surveillance System**

January 2007

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

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

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

The BRFSS survey results provide valuable tools in measuring health trends, assessing chronic disease risk, and monitoring the effectiveness of policies, programs, and awareness campaigns. The information obtained from the data is used to guide health policy decisions, monitor progress toward achieving national year 2010 health objectives, propose and support legislation, develop public awareness strategies, and identify critical areas for future attention.

Since sample data were used in this report, it was necessary to use weighted data for calculating percentages. This was done to adjust for under-representation of certain population subgroups in the sample. Please note that respondents who had missing, don't know, and refused answers were removed from all analyses. 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 2005 Pennsylvania BRFSS survey. It consists of 26 Healthy People 2010 objectives, each with goal or baseline information, comparable percentage data, and an indication if Pennsylvania complied with the objectives goal.

The Bureau of Health Statistics 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 Bureau of Health Statistics and Research web pages of the Department's website 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 15 percent of Pennsylvania adults in 2005; “good” said 31 percent; and, “excellent” or “very good” responded 54 percent.
- ◆ Women had a significantly higher percentage (16 percent) compared to men (13 percent) for fair or poor health.
- ◆ Percentages of “fair” or “poor” health were significantly higher for adults 45 years and greater, when compared to those adults who were less than 45 years of age. Twenty-six percent of adults age 65+, 17 percent ages 45-64, 9 percent ages 30-44, and 7 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 (32 percent with less than a high school education; 18 percent with high school diploma; 12 percent with some college education; 6 percent with a college degree).
- ◆ Significantly higher percentages of fair or poor health were seen for adults with lower household incomes. For each household income group, each subsequent group had a significantly lower percentage (37 percent for less than \$15,000 in household income; 26 percent for \$15,000-\$24,999 income; 12 percent for \$25,000-\$49,999 income; 8 percent for \$50,000-\$74,999 income; 4 percent for \$75,000+).
- ◆ No significant differences were seen for race/ethnicity.

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

- ◆ Thirty-seven percent of Pennsylvania adults in 2005 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 (34 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 (34) compared to adults with less than a high school education (45 percent).
- ◆ The poorest adults (household incomes below \$15,000) had significantly higher percentages (less than \$15,000, 55 percent) compared to adults with household incomes of \$25,000+ (\$25,000-\$49,999 = 35 percent; \$50,000-\$74,999 = 34 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 2005 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 (29 percent) for having at least one day in the past month when their mental health was not good.
- ◆ Younger adults had significantly higher percentages compared to adults in every older age group (18-29 at 48 percent; 30-44 at 38 percent; 45-64 at 32 percent; and 65+ at 21 percent).
- ◆ Adults with some college education had a significantly higher percentage (38) 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 (51 percent) compared to adults with household incomes of \$15,000+ (\$15,000-\$24,999 = 39 percent; \$25,000-\$49,999 = 34 percent; \$50,000-\$74,999 = 33 percent; and \$75,000+ = 29 percent).
- ◆ No significant differences were seen for race/ethnicity.

General Health

Figure 1A: General Health, Percent by Type, Pennsylvania Adults, 1995-2005

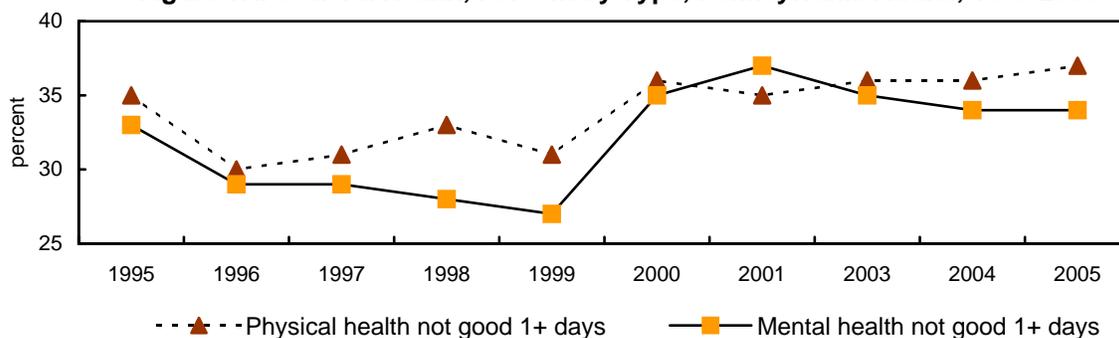


Figure 1B: General Health, Percent by Type and Age Pennsylvania Adults, 2005

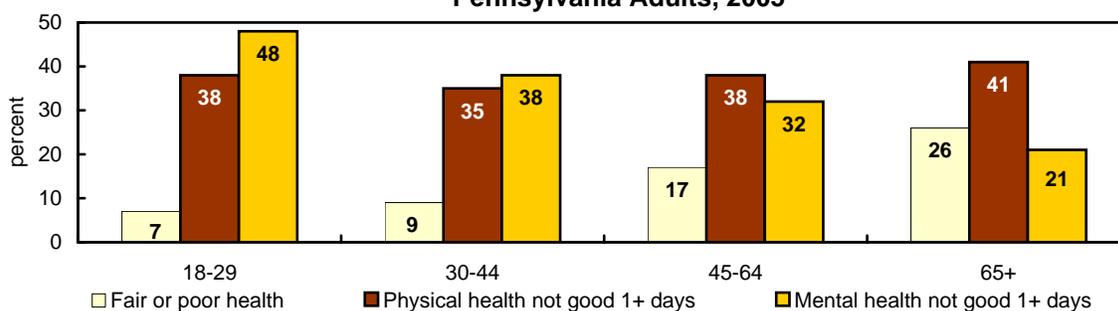


Table 1: General Health, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Fair or poor health*		Physical health not good 1+ days past month*		Mental health not good 1+ days past month*	
	%	CI	%	CI	%	CI
All Adults	15	14-15	37	36-39	34	33-36
Male	13	12-14	34	32-36	29	27-31
Female	16	15-17	41	39-43	40	38-41
Age:						
18-29	7	5-9	38	34-42	48	43-52
30-44	9	7-10	35	32-37	38	36-41
45-64	17	15-18	38	36-40	32	30-34
65+	26	25-29	41	38-43	21	19-23
Education:						
<High School	32	28-36	45	41-50	39	34-43
High School	18	16-19	38	36-40	34	32-36
Some College	12	11-14	37	34-40	38	35-41
College Degree	6	5-8	34	32-37	31	29-33
Income:						
<\$15,000	37	33-42	55	50-59	51	47-56
\$15,000 to \$24,999	26	23-29	46	43-50	39	36-42
\$25,000 to \$49,999	12	11-14	35	33-38	34	31-36
\$50,000 to \$74,999	8	6-9	34	31-37	33	30-36
\$75,000+	4	3-5	29	27-32	29	27-32
Race:						
White, non-Hispanic	14	13-15	37	36-39	34	33-35
Black, non-Hispanic	18	15-22	37	32-43	38	32-43
Hispanic	19	13-27	43	34-53	45	35-54

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

Health Care Access

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

- ◆ “No” responded 13 percent of Pennsylvania adults ages 18-64 in 2005.
- ◆ Significantly more young adults (21 percent of those ages 18-29) reported having no health insurance compared to older adults (12 percent for ages 30-44 and 9 percent for ages 45-64).
- ◆ Adults with less than a high school education recorded a significantly higher percentage with no health care coverage (31 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 with 16 percent and some college education with 12 percent) compared to adults with a college degree (5 percent).
- ◆ Significantly higher percentages were seen for adults reporting household incomes of less than \$25,000 (30 percent for <\$15,000 and 29 percent for \$15,000-\$24,999) compared to adults with household incomes of \$25,000 or higher. Adults with household incomes of \$25,000-\$49,999 had significantly higher percentages (13 percent) compared to adults with incomes of \$50,000 or higher (5 percent for \$50,000-\$74,999 and 4 percent for \$75,000+).
- ◆ Non-Hispanic white adults had a significantly lower percentage (11) compared to non-Hispanic black adults (22 percent).

Have any kind of dental coverage?

- ◆ 41 percent of Pennsylvania adults indicated they did not have dental insurance in 2005.
- ◆ Adults ages 30-44 had a significantly lower percentage (28) compared to the other age groups (ages 18-29 with 35 percent; ages 45-64 with 34 percent; and ages 65+ with 76 percent).
- ◆ Less educated adults had significantly higher percentages than adults with more education (less than a high school education at 61 percent; high school diploma at 48 percent; some college education at 38 percent; a college degree at 29 percent).
- ◆ Adults with household incomes less than \$50,000 had significantly higher percentages (less than \$15,000 and \$15,000-\$24,999 = 63 percent each; \$25,000-\$49,999 = 44 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999 = 24 percent; \$75,000+ = 21 percent).

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

- ◆ 11 percent of Pennsylvania adults indicated that they do not have someone they consider a personal doctor or health care provider during the 2005 BRFSS survey.
- ◆ Men had a significantly higher percentage of no personal health care provider (15 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 24 percent, ages 30-44 had 12 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 (16) compared to adults with a college degree (9 percent).
- ◆ Adults with household incomes of less than \$50,000 had significantly higher percentages (less than \$15,000 at 16 percent; \$15,000-\$24,999 and \$25,000-\$49,999 at 13 percent each) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999 at 7 percent; \$75,000+ at 8 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (18) compared to non-Hispanic white adults (10 percent).

Needed to see a doctor but could not because of cost

- ◆ 10 percent of Pennsylvania adults responded in 2005 that there was an instance when they needed to see a doctor 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 at 14 percent and 30-44 at 13 percent) compared to adults ages 45+. Adults ages 45-64 had a significantly higher percentage (9 percent) compared to adults ages 65+ (3 percent).
- ◆ A significantly lower percentage was seen for adults with a college degree (6 percent) compared to adults with less than a college education (less than high school at 14 percent; high school diploma at 11 percent; and some college education at 10 percent).
- ◆ Adults with a household income less than \$50,000 had significantly higher percentages than adults with higher household incomes (less than \$15,000 at 21 percent; \$15,000-\$24,999 at 17 percent; \$25,000-\$49,999 at 11 percent; \$50,000-\$74,999 at 5 percent; and \$75,000+ at 4 percent).
- ◆ Non-Hispanic black adults and Hispanic adults had significantly higher percentages (15 and 16 respectively) compared to non-Hispanic white adults (9 percent).

Health Care Access

Figure 2A: No Health Insurance, Ages 18-64, Pennsylvania Adults, 1995-2005

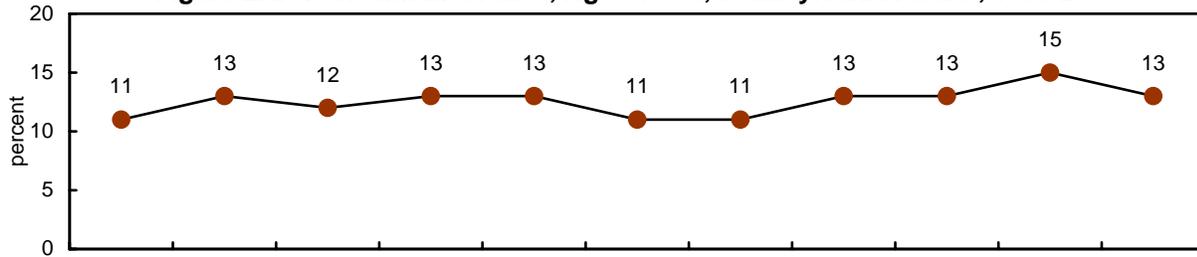


Figure 2B: Health and Dental Insurance, Percent by Insurance Type and Age Pennsylvania Adults, 2005

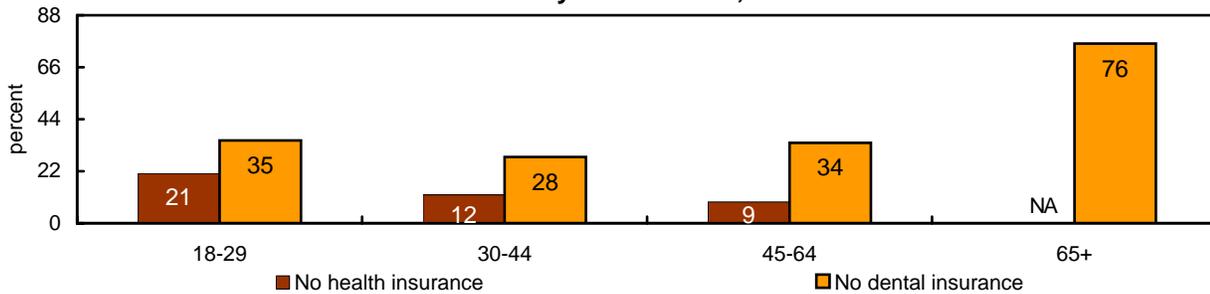


Table 2: Health Care Access, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	No Health Insurance Ages 18-64*		No Dental Insurance*		No Personal Health Care Provider*		No Care Due to Cost Past Year*	
	%	CI	%	CI	%	CI	%	CI
All Adults	13	12-14	41	40-42	11	10-12	10	9-11
Male	14	12-16	41	38-43	15	13-17	8	7-10
Female	12	10-13	42	40-43	7	6-8	11	10-12
Age:								
18-29	21	17-25	35	31-40	24	20-28	14	11-17
30-44	12	11-14	28	26-30	12	10-13	13	11-14
45-64	9	8-10	34	32-36	8	7-9	9	8-10
65+			76	74-78	3	3-4	3	3-4
Education:								
<High School	31	25-37	61	56-66	16	13-20	14	11-17
High School	16	14-19	48	46-50	11	9-13	11	10-13
Some College	12	10-15	38	35-40	11	9-13	10	9-12
College Degree	5	4-6	29	27-31	9	8-11	6	5-7
Income:								
<\$15,000	30	24-36	63	59-68	16	13-21	21	17-25
\$15,000 to \$24,999	29	25-33	63	60-66	13	11-16	17	15-20
\$25,000 to \$49,999	13	11-15	44	41-47	13	11-15	11	10-13
\$50,000 to \$74,999	5	4-7	24	22-27	7	6-9	5	4-7
\$75,000+	4	3-6	21	19-24	8	6-10	4	3-5
Race:								
White, non-Hispanic	11	10-13	41	40-43	10	9-11	9	8-9
Black, non-Hispanic	22	17-29	38	32-44	18	13-24	15	11-20
Hispanic	13	8-21	38	29-48	11	6-19	16	10-24

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

Exercise

No leisure time physical activity in past month:

- ◆ Twenty-six percent of Pennsylvania adults responded in 2005 that they had not engaged in any leisure time physical activity in the past month.
- ◆ Pennsylvania adults ages 45+ had significantly higher percentages of not having engaged in leisure time physical activity in the past month (ages 45-64 at 26 percent; and ages 65+ at 37 percent) compared to adults ages 18-29 (17 percent). Additionally, adults ages 30-44 had significantly lower percentages compared to adults ages 65+.
- ◆ 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 with 42 percent; high school diploma with 32 percent; some college education with 23 percent; and a college degree with 14 percent).
- ◆ Adults with household incomes of <\$25,000 had significantly higher percentages of no leisure time physical activity compared to adults in households with incomes above \$25,000 (less than \$15,000 = 42 percent; \$15,000-\$24,999 = 39 percent; \$25,000-\$49,999 = 25 percent; \$50,000-\$74,999 = 21 percent; \$75,000+ = 12 percent).
- ◆ Hispanic adults and non-Hispanic black adults had a significantly higher percentage (both 35) compared to non-Hispanic white adults (24 percent) for no leisure time physical activity in the past month.

Sufficient moderate physical activity in a week:

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

- ◆ In 2005, forty-nine percent of Pennsylvania adults responded that they engaged in enough moderate physical activity in a usual week.
- ◆ Adults ages 65+ had a significantly lower percentage than younger adults (ages 18-29 at 59 percent; ages 30-44 at 51 percent; ages 45-64 at 47 percent; ages 65+ at 39 percent). Adults ages 18-29 had a significantly higher percentage than adults ages 30-64.
- ◆ Those adults with less than a high school education had a significantly lower percentage (42) than those with at least some college (some college education with 51 percent and college degree with 53 percent). Those with a college degree also had a significantly higher percentage than those with a high school diploma (45 percent).
- ◆ Households with annual incomes of less than \$25,000 had significantly lower percentages compare to those with incomes of at least \$25,000 (less than \$15,000 at 35 percent; \$15,000-\$24,999 at 41 percent; \$25,000-\$49,999 at 51 percent; \$50,000-\$74,999 at 51 percent; \$75,000+ at 56 percent).
- ◆ No significant difference was seen for gender or race/ethnicity.

Sufficient vigorous physical activity in a week:

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

- ◆ Twenty-seven percent of Pennsylvania adults indicated that they engaged in enough vigorous physical activity in a usual week.
- ◆ A significantly higher percentage of men engaged in enough vigorous physical activity (31 percent) compared to women (24 percent).
- ◆ Younger adults consistently had significantly higher percentages than older adults (ages 18-29 with 42 percent; ages 30-44 with 30 percent; ages 45-64 with 25 percent; ages 65+ with 15 percent)
- ◆ Those adults with a high school education or less had significantly lower percentages than those with at least some college education (less than high school at 20 percent; high school diploma at 23 percent; some college education at 31 percent; college degree at 33 percent).
- ◆ Households with annual incomes of less than \$25,000 had significantly lower percentages compared to those with incomes of at least \$25,000 (less than \$15,000 = 17 percent; \$15,000-\$24,999 = 20 percent; \$25,000-\$49,999 = 29 percent; \$50,000-\$74,999 = 30 percent; \$75,000+ = 36 percent).
- ◆ No significant difference was seen for race/ethnicity.

Exercise

Figure 3A: No Physical Activity, Pennsylvania Adults, 1995-2005

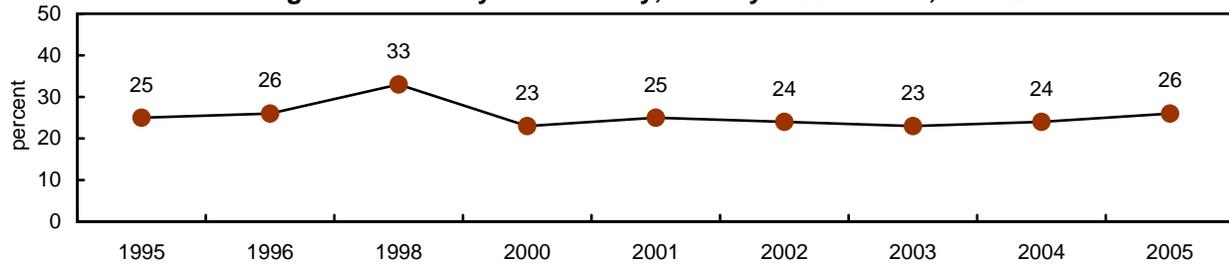


Figure 3B: No Physical Activity By Sex and Race, Pennsylvania Adults, 2005

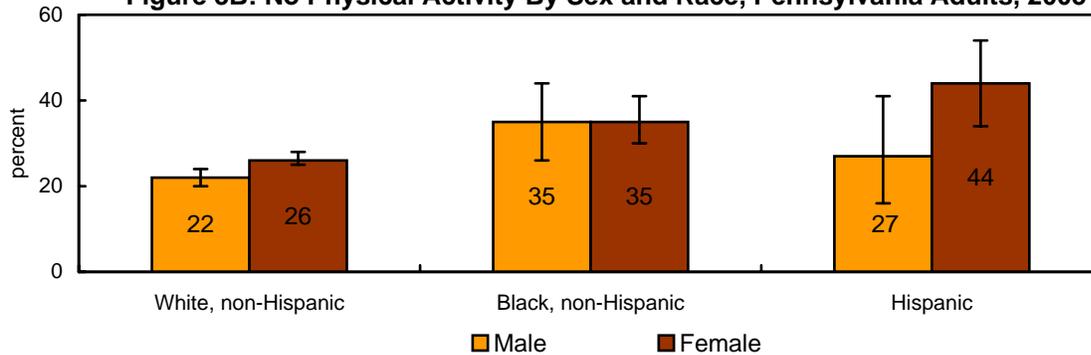


Table 3: Exercise, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	No Leisure Activity Past Month*		Sufficient Moderate Physical Activity/wk*		Sufficient Vigorous Physical Activity/wk*	
	%	CI	%	CI	%	CI
All Adults	26	25-27	49	47-50	27	26-29
Male	24	22-26	50	48-52	31	29-34
Female	28	26-29	48	46-49	24	22-25
Age:						
18-29	17	14-21	59	55-63	42	38-46
30-44	23	21-26	51	48-53	30	28-33
45-64	26	25-28	47	45-49	25	23-26
65+	37	34-39	39	36-41	15	13-16
Education:						
<High School	42	37-46	42	37-47	20	16-24
High School	32	30-34	45	43-48	23	21-25
Some College	23	21-26	51	48-54	31	28-34
College Degree	14	12-15	53	51-55	33	31-35
Income:						
<\$15,000	42	38-47	35	30-40	17	13-21
\$15,000 to \$24,999	39	36-43	41	38-45	20	17-23
\$25,000 to \$49,999	25	23-27	51	48-54	29	26-32
\$50,000 to \$74,999	21	18-24	51	48-55	30	27-33
\$75,000+	12	10-14	56	53-59	36	33-39
Race:						
White, non-Hispanic	24	23-25	50	48-51	28	26-29
Black, non-Hispanic	35	30-41	43	37-49	26	21-32
Hispanic	35	27-44	44	35-54	26	19-35

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

Overweight & Obese

Overweight adults:

- ◆ Sixty-two percent of Pennsylvania adults were overweight according to the 2005 survey results. (Please note that obese adults are included in the overweight adult percentages.)
- ◆ Males had a significantly higher percentage of being overweight (70 percent) compared to females (54 percent).
- ◆ Adults ages 18-29 had a significantly lower percentage of being overweight (44 percent) compared to the older age groups (ages 30-44 at 62 percent; ages 45-64 at 70 percent; age 65+ at 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 compared to adults with a high school diploma (high school diploma with 66 percent and college degree with 57 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (71) compared to non-Hispanic white adults (62 percent).
- ◆ No significant difference was seen for income.

Obese adults:

- ◆ Twenty-five percent of Pennsylvania adults were obese according to the 2005 survey results. (Please note that obese adults are included in the overweight adult percentages.)
- ◆ Adults ages 30+ had significantly higher percentages (26, 31, and 24 percent for age groups 30-44, 45-64 and 65+ respectively) for being obese compared to adults ages 18-29 (14 percent). Adults ages 45-64 also had a significantly higher percentage than adults ages 30-44 and 65+.
- ◆ A significantly lower percentage of adults with a college degree (20 percent) were obese compared to adults with less than a college education (less than a high school education with 30 percent; high school diploma with 29 percent; some college education with 25 percent).
- ◆ Adults with a household income of less than \$50,000 had significantly higher percentages (less than \$15,000 at 30 percent; \$15,000-\$24,999 at 29 percent; and \$25,000-\$49,999 at 27 percent) compared to adults with a household income of \$75,000+ (20 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (34 percent) compared to non-Hispanic white adults (24 percent).
- ◆ No significant differences were seen for sex.

Notes:

1. According to the 2005 survey, two percent of Pennsylvania adults were underweight. Underweight is defined as having a BMI of less than 18.5.
2. 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, 1995-2005

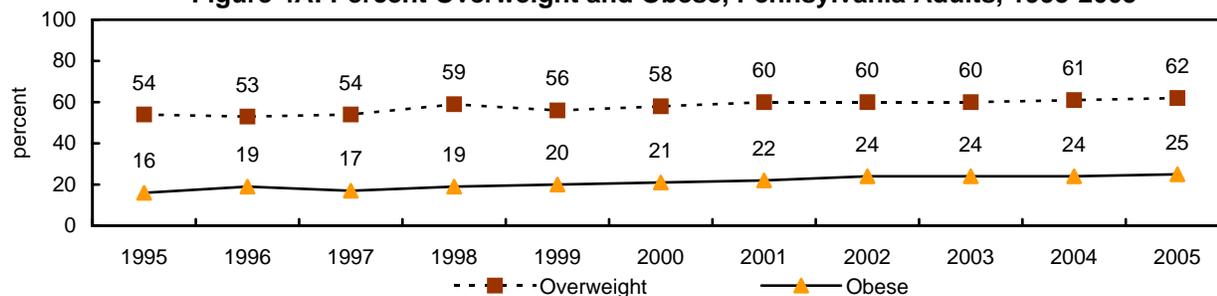


Figure 4B: Percent Overweight and Obese by Age, Pennsylvania Adults, 2005

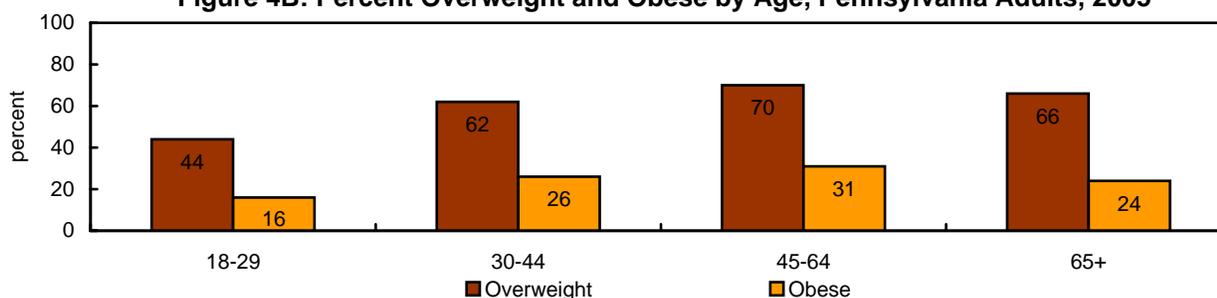


Table 4: Overweight & Obese, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Overweight*		Obese*	
	%	CI	%	CI
All Adults	62	60-63	25	24-26
Male	70	68-72	27	25-29
Female	54	52-56	24	23-25
Age:				
18-29	44	40-48	16	13-19
30-44	62	60-65	26	24-28
45-64	70	68-71	31	29-33
65+	66	64-68	24	22-26
Education:				
<High School	62	57-67	30	26-34
High School	66	63-68	29	27-31
Some College	62	59-65	25	23-27
College Degree	57	54-59	20	18-22
Income:				
<\$15,000	62	57-66	30	27-34
\$15,000 to \$24,999	64	61-67	29	26-32
\$25,000 to \$49,999	63	60-66	27	25-30
\$50,000 to \$74,999	65	61-68	25	22-28
\$75,000+	61	58-64	20	18-23
Race:				
White, non-Hispanic	62	60-63	24	23-26
Black, non-Hispanic	71	65-76	34	29-40
Hispanic	60	51-69	29	21-38

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

Note: Obese is included in the overweight percentage.

Cigarette Use

Current cigarette smokers:

- ◆ Twenty-four percent of all Pennsylvania adults indicated that they were current cigarette smokers, smoking cigarettes everyday or some days, in 2005.
- ◆ For adults ages 45+, the percentages of current smokers were significantly lower than for younger age groups (ages 18-29 at 33 percent; ages 30-44 at 28 percent; ages 45-64 at 23 percent; age 65+ at 9 percent).
- ◆ Only 12 percent of adults with college degrees were current smokers. This is significantly lower than for the other educational groups (less than high school education with 39 percent; a high school diploma with 28 percent; some college education with 24 percent). Adults with less than a high school education had a significantly higher percentage of current cigarette smokers.
- ◆ Adults with a household income of less than \$75,000 had significantly higher percentages of smoking (less than \$15,000 = 37 percent; \$15,000-\$24,999 = 30 percent; \$25,000-\$49,999 = 26 percent; and \$50,000-\$74,999 = 22 percent) compared to adults with a household income of \$75,000+ (14 percent). Adults in a household with income of \$50,000-\$74,999 had a significantly lower percentage than those in a household with income <\$25,000. Similarly, adults in a household with income of \$25,000-\$49,999 had a significantly lower percentage than those in a household with income <\$15,000.
- ◆ Non-Hispanic black adults had a significantly higher percentage for being current cigarette smokers (31 percent) compared to non-Hispanic white adults (22 percent).
- ◆ No significant difference was seen for sex.

Former cigarette smokers:

- ◆ In the 2005 survey, 25 percent of Pennsylvania adults responded that they were former cigarette smokers.
- ◆ A significantly higher percentage of males (29 percent) were former smokers than females (22 percent) in 2005.
- ◆ All younger adult age groups were significantly lower in percentages compared to older adult groups (ages 18-29 at 9 percent; ages 30-44 at 20 percent; ages 45-64 at 31 percent; ages 65+ at 40 percent).
- ◆ Adults with a household income of less than \$15,000 had a significantly lower percentage (20) compared to adults with a household income of \$25,000-\$49,999 (28 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage of former smokers (26 percent) compared to non-Hispanic black adults (19 percent).
- ◆ No significant differences were seen for education.

Quit smoking for at least one day in past year:

- ◆ Among those who were currently smoking everyday in 2005, 51 percent had quit for at least one day in the past year.
- ◆ No significant differences were seen in sex, age, education, income, or race/ethnicity.

Cigarette Use

**Figure 5A: Current Smokers Who Smoke Everyday
And Quit Smoking 1+ Days in the Past Year, Pennsylvania Adults, 1995-2005**

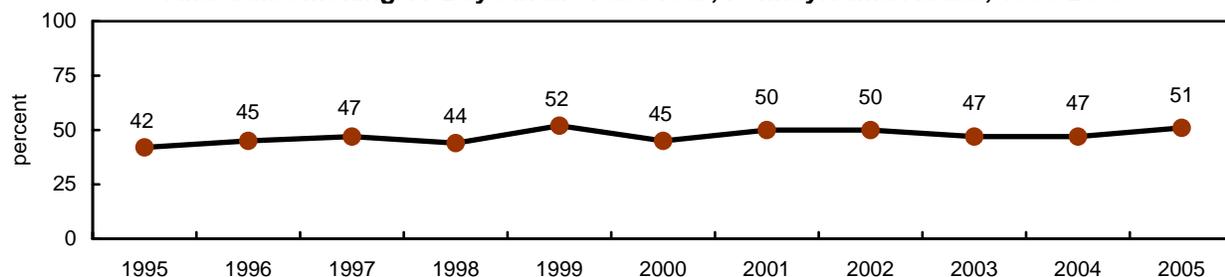


Figure 5B: Percent of Current Smokers, Pennsylvania Adults by Age and Race, 2005

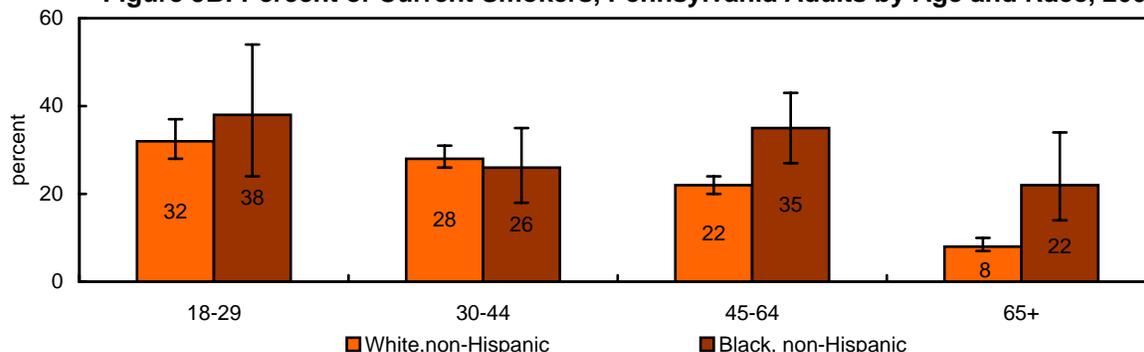


Table 5: Cigarette Use, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Current Smoker* **		Former Smoker*		Quit At Least 1 Day in Past Year* ***	
	%	CI	%	CI	%	CI
All Adults	24	22-25	25	24-26	51	48-55
Male	25	23-27	29	28-31	50	45-56
Female	22	21-24	22	20-23	52	48-56
Age:						
18-29	33	30-38	9	7-11	57	48-66
30-44	28	26-30	20	18-22	52	47-57
45-64	23	22-25	31	29-32	48	43-53
65+	9	8-11	40	38-43	40	31-49
Education:						
<High School	39	34-43	23	20-27	44	35-53
High School	28	26-30	26	24-28	50	45-54
Some College	24	22-27	25	23-28	57	50-64
College Degree	12	10-13	25	23-27	56	48-64
Income:						
<\$15,000	37	33-42	20	17-24	53	44-62
\$15,000 to \$24,999	30	27-34	25	23-28	55	47-62
\$25,000 to \$49,999	26	24-29	28	26-30	48	42-55
\$50,000 to \$74,999	22	20-26	25	22-28	56	47-64
\$75,000+	14	12-17	25	23-27	46	36-56
Race:						
White, non-Hispanic	22	21-24	26	25-27	49	45-52
Black, non-Hispanic	31	26-37	19	16-23	#	
Hispanic	31	23-41	21	15-30	#	

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

**Includes adults who smoke cigarettes somedays or everyday.

***Denominator is current smokers who smoke everyday.

Alcohol Consumption

Binge drinking:

Definition: For the purposes of this report, binge drinking is defined as having five or more alcoholic drinks on one occasion.

- ◆ Sixteen percent of Pennsylvania adults admitted in 2005 to binge drinking in the previous month.
- ◆ Nine percent of female adults said that they had been binge drinking in the past month, a significantly lower percentage compared to the 24 percent of male adults.
- ◆ According to the 2005 survey, as age increased, the percentage of binge drinking significantly decreased (ages 18-29 at 29 percent; ages 30-44 at 20 percent; ages 45-64 at 13 percent; ages 65+ at 3 percent).
- ◆ No significant difference was seen for education, income, or race/ethnicity.

Heavy drinking:

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

- ◆ During the 2005 survey, 5 percent of Pennsylvania adults were determined to be heavy drinkers.
- ◆ Males had a significantly higher percentage (6) than females (3 percent) for heavy drinking.
- ◆ A significantly higher percentage of adults ages 18-29 were identified as being at risk for problem drinking (7 percent) compared to adults ages 65+ (3 percent).
- ◆ No significant differences were seen for education, or income, or race/ethnicity.

Chronic drinking:

Definition: For the purposes of this report, chronic drinking is defined as having an average of 2 drinks or more every day for the past 30 days.

- ◆ Four percent of Pennsylvania adults indicated that they were chronic drinkers in 2005.
- ◆ The percentage of males who were chronic drinkers (8) was significantly higher than the percentage of female chronic drinkers (2).
- ◆ No significant differences were seen for age, education, income, or race/ethnicity

Alcohol Consumption

Figure 6A: Binge Drinking, Pennsylvania Adults, 1995-2005

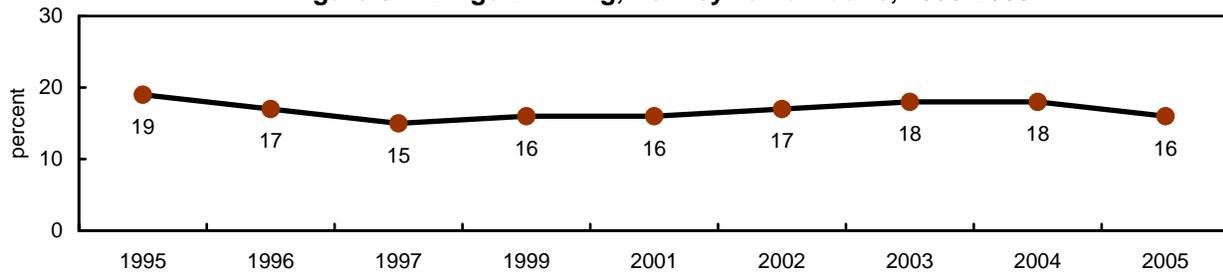


Figure 6B: Binge Drinking Pennsylvania Adults by Age and Sex, 2005

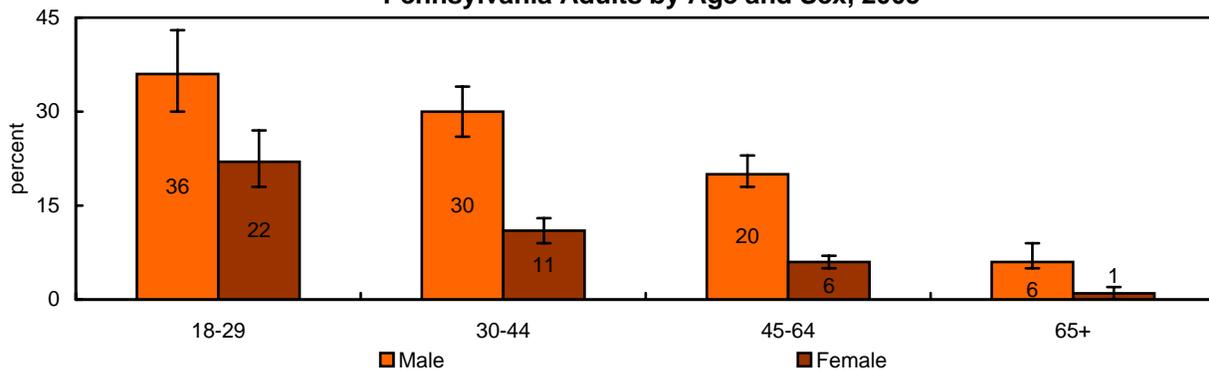


Table 6: Alcohol Consumption, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Binge Drinking* **		Heavy Drinking* ***		Chronic Drinking* ****	
	%	CI	%	CI	%	CI
All Adults	16	15-17	5	4-5	4	4-5
Male	24	22-26	6	5-7	8	7-9
Female	9	8-10	3	3-4	2	1-2
Age:						
18-29	29	25-33	7	5-10	6	4-8
30-44	20	18-23	5	4-6	5	4-6
45-64	13	12-14	4	3-5	4	3-5
65+	3	2-4	3	2-3	3	3-4
Education:						
<High School	15	12-20	4	3-7	4	3-7
High School	15	14-17	4	4-6	5	4-6
Some College	18	16-20	5	4-6	5	3-6
College Degree	15	14-17	4	4-6	4	3-5
Income:						
<\$15,000	16	13-20	5	4-7	4	3-6
\$15,000 to \$24,999	14	11-17	5	3-7	4	3-6
\$25,000 to \$49,999	18	16-21	5	4-7	5	4-7
\$50,000 to \$74,999	18	15-21	4	3-6	4	3-6
\$75,000+	19	16-21	5	4-7	5	4-7
Race:						
White, non-Hispanic	16	15-17	5	4-5	5	4-5
Black, non-Hispanic	14	10-20	4	2-7	3	1-6
Hispanic	24	16-34	5	2-14	6	2-15

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

** Defined as having five or more alcoholic drinks on one occasion

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

**** Defined as having an average of 2 drinks or more every day for the past 30 days

Weight Control

Overweight and trying to lose weight:

- ◆ In the 2005 survey, 60 percent of Pennsylvania adults who were overweight reported that they were trying to lose weight.
- ◆ Overweight women had a significantly higher percentage for trying to lose weight (72 percent) compared to overweight men (51 percent).
- ◆ Adults ages 65+ reported a significantly lower percentage for trying to lose weight compared to adults ages 45-64 (ages 45-64 at 64 percent; ages 65+ at 56 percent).
- ◆ No significant difference was seen for education, income, or race/ethnicity.

Overweight and using physical activity to lose or maintain weight:

- ◆ Out of those adults who were overweight and were trying to lose or maintain weight, 67 percent indicated that they were using physical activity to control their weight.
- ◆ A significantly higher percentage of men said they were using physical activity to control weight (71 percent) compared to women (63 percent).
- ◆ Adults over age 45 had significantly lower percentages for using physical activity to control weight compared to adults under 45 (ages 18-29 at 82 percent; ages 30-44 at 75 percent; ages 45-64 at 68 percent; ages 65+ at 49 percent). Within the group of adults over age 45, those over 65 had a significantly lower percentage than those in the 45-64 age group.
- ◆ Overweight adults with less than a high school education had a significantly lower percentage for using physical activity to control weight compared to those with at least some college education (less than high school education at 55 percent; some college education at 70 percent; a college degree at 76 percent). The percentage for those with a high school diploma (63) was significantly lower compared to those with a college degree (76).
- ◆ Adults in households with incomes of less than \$25,000 had significantly lower percentages compared to adults in households with incomes of \$25,000+. (less than \$15,000 = 50 percent; \$15,000-\$24,999 = 57 percent; \$25,000-\$49,999 = 70 percent; \$50,000-\$74,999 = 72 percent; \$75,000+ = 78 percent). In households with incomes of \$25,000-\$49,999, the percentage of adults using physical activity to control weight was significantly lower compared to the percentage of adults who did the same in households with incomes of \$75,000+.
- ◆ No significant difference was seen for race/ethnicity.

Overweight and advised to lose weight by a Health Professional:

- ◆ 22 percent of overweight adults surveyed in 2005 indicated “yes” when asked whether they had been advised to lose weight by a healthcare professional.
- ◆ A significantly higher percentage (25) of overweight women indicated that they were advised to lose weight compared to overweight men (19 percent).
- ◆ Adults ages 45-64 had a significantly higher percentage for being advised to lose weight compared to adults ages 18-29 and ages 65+ (ages 18-29 at 13 percent; ages 45-64 at 27 percent; ages 65+ at 18 percent). Additionally, adults ages 30-44 had a significantly higher percentage (22) than those age 18-29 (13).
- ◆ No significant differences were seen for education, income, or race/ethnicity.

Weight Control

Figure 7A: Weight Control by Gender, Pennsylvania Overweight Adults, 2005

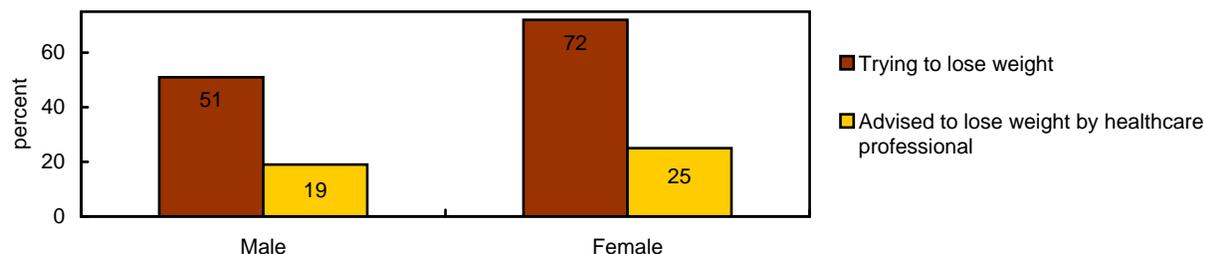


Figure 7B: Weight Control by Age, Pennsylvania Overweight Adults, 2005

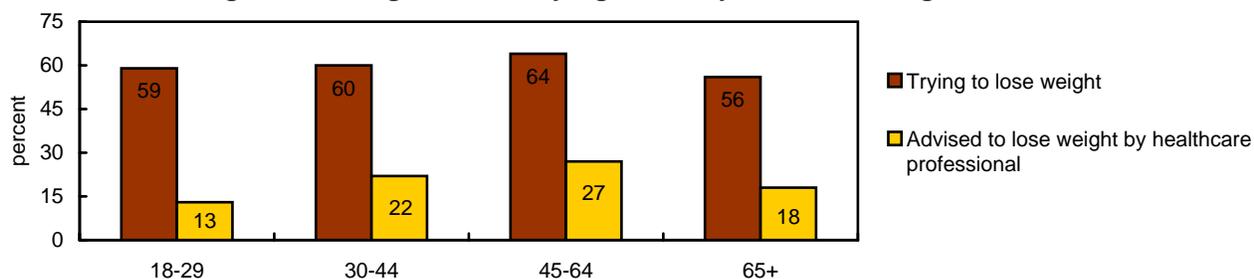


Table 7: Weight Control, Pennsylvania Overweight Adults, 2005 (with 95% confidence intervals)

	Trying to lose wgt.* **		Using phys. act to control wgt.* ***		Advised to lose wgt.* **	
	%	CI	%	CI	%	CI
All Adults	60	59-62	67	66-69	22	20-23
Male	51	49-54	71	69-74	19	17-21
Female	72	70-74	63	61-65	25	23-27
Age:						
18-29	59	52-65	82	75-87	13	9-18
30-44	60	56-63	75	71-78	22	19-25
45-64	64	61-66	68	65-70	27	25-29
65+	56	53-59	49	46-52	18	16-21
Education:						
<High School	56	50-62	55	49-61	19	15-24
High School	58	56-61	63	61-66	21	18-23
Some College	62	58-66	70	66-73	23	20-26
College Degree	63	59-66	76	73-78	23	21-26
Income:						
<\$15,000	59	53-64	50	44-56	22	18-27
\$15,000 to \$24,999	60	55-64	57	53-61	22	19-26
\$25,000 to \$49,999	59	56-63	70	67-73	22	19-24
\$50,000 to \$74,999	62	57-66	72	68-77	22	19-26
\$75,000+	62	58-66	78	75-81	22	19-25
Race:						
White, non-Hispanic	61	59-62	68	66-70	21	20-23
Black, non-Hispanic	55	48-62	63	55-70	28	22-34
Hispanic	61	49-72	73	61-82	16	9-27

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

*** Denominator is overweight adults trying to lose or maintain weight

Asthma

Were you ever told you have asthma?

- ◆ Twelve percent of Pennsylvania adults responded in the 2005 survey that a health care professional had told them that they had asthma.
- ◆ A significantly higher percentage of females said that they had been diagnosed with asthma (14 percent) compared to males (10 percent).
- ◆ Adults age 18-29 had a significantly higher percentage compared to adults in age groups over 45 (ages 18-29 at 17 percent, ages 45-64 at 11 percent; ages 65+ at 8 percent). Additionally, adults between ages 30 and 64 had significantly higher percentages (ages 30-44 at 14 percent; ages 45-64 at 11 percent) compared to adults ages 65+ (8 percent).
- ◆ The percentage of adults in households with incomes of <\$15,000 who reported being diagnosed with asthma (18) was significantly more than the percentage for adults in households with incomes \$75,000+ who reported a diagnosis of asthma (10).
- ◆ No significant differences were seen for education or race/ethnicity.

Do you currently have asthma?

- ◆ Eight percent of Pennsylvania adults indicated in the 2005 survey that they currently have asthma.
- ◆ Women had a significantly higher percentage of currently having asthma (10 percent) compared to men (6 percent).
- ◆ Adults ages 18-29 and ages 30-44 had significantly higher percentages (ages 18-29 at 10 percent and ages 30-44 at 9 percent) compared to adults ages 65+ (6 percent).
- ◆ Adults with household incomes less than \$15,000 had a significantly higher figure (15 percent) compared to those adults with a household income \$75,000+ (6 percent).
- ◆ No significant difference was seen for education or race/ethnicity.

Asthma

Figure 8A: Percent Currently Has Asthma, Pennsylvania Adults, 1999-2005

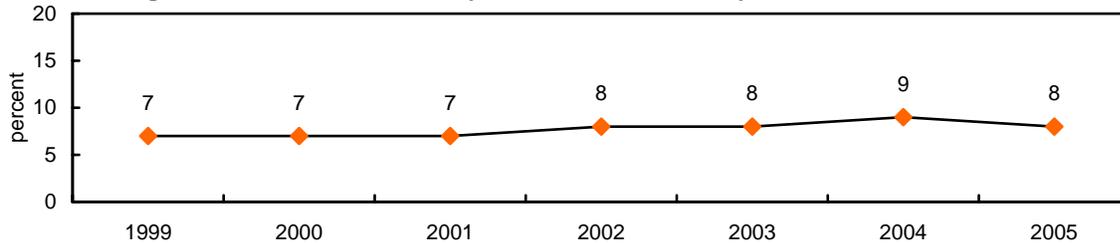


Figure 8B: Percent Currently Has Asthma, Pennsylvania Adults by Age and Race, 2005

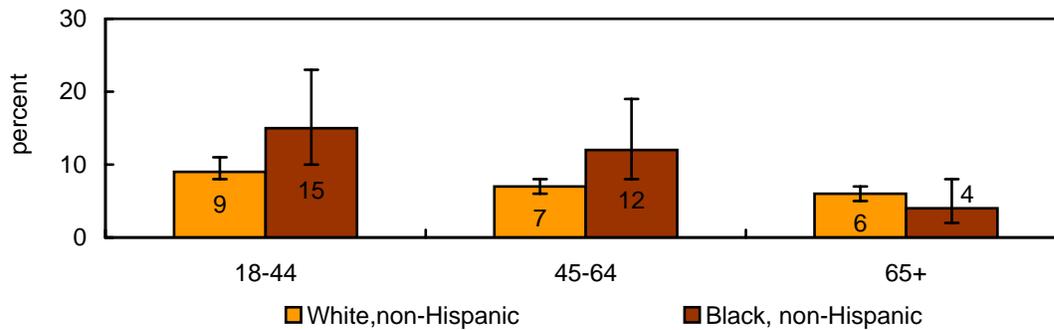


Table 8: Asthma, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Ever Told Had Asthma*		Currently Has Asthma*	
	%	CI	%	CI
All Adults	12	11-13	8	7-9
Male	10	9-12	6	5-7
Female	14	13-16	10	9-11
Age:				
18-29	17	14-21	10	8-13
30-44	14	12-15	9	8-11
45-64	11	10-12	8	7-9
65+	8	7-9	6	5-7
Education:				
<High School	16	13-20	11	8-14
High School	12	11-14	8	7-9
Some College	12	10-14	8	6-9
College Degree	12	10-13	7	6-9
Income:				
<\$15,000	18	15-22	15	12-18
\$15,000 to \$24,999	15	12-17	10	8-13
\$25,000 to \$49,999	11	10-13	7	6-9
\$50,000 to \$74,999	12	10-15	7	5-9
\$75,000+	10	8-12	6	5-8
Race:				
White, non-Hispanic	12	11-13	8	7-8
Black, non-Hispanic	17	13-22	13	9-18
Hispanic	16	10-23	11	6-17

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

Diabetes

Were you ever told you have diabetes?

- ◆ Eight percent of Pennsylvania adults responded “yes” in the 2005 survey when asked if they were ever told by a doctor that they have diabetes.
- ◆ The 18 percent of adults ages 65+ who had ever been told that they have diabetes was significantly higher than for any of the other, younger age groups (ages 18-29 at 2 percent; ages 30-44 at 4 percent; and ages 45-64 at 9 percent). Also, adults ages 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 having ever been told that they had diabetes – significantly higher than those with at least a high school diploma (high school diploma = 9 percent; some college education = 8 percent; college degree = 5 percent). Those adults with a college degree had a significantly lower percentage than all other educational groups.
- ◆ Significantly higher percentages were seen for adults reporting household incomes less than \$25,000 (less than \$15,000 = 15 percent and \$15,000-\$24,999 = 13 percent) compared to adults with household incomes of \$25,000 or higher (\$25,000-49,999 = 8 percent; \$50,000-\$74,999 = 5 percent; and \$75,000+ = 3 percent). Those adults in households with incomes of \$75,000+ had a significantly lower percentage compared to adults in a household with income of \$25,000-\$49,999.
- ◆ No significant differences were seen for sex or race/ethnicity.

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

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

Are you currently taking insulin?

- ◆ Among Pennsylvania adults with diabetes, 26 percent were taking insulin in 2005.
- ◆ The percentage of Pennsylvania adults with diabetes who were currently taking insulin was significantly lower for those with a college degree compared to those with only some college education (some college education at 31 percent and college degree at 16 percent).
- ◆ Adults with a household income of <\$15,000 had a significantly percentage (38) compared to adults with a household income of \$75,000+ (15 percent).
- ◆ No significant differences were seen for sex, age, or race/ethnicity.

Are you now taking diabetes pills?

- ◆ Among Pennsylvania adults who had ever been told that they have diabetes by a doctor, 71 percent responded that they were taking diabetes pills.
- ◆ A significantly higher percent of adults ages 65+ were taking diabetes pills compared to adults ages 18-29 (ages 18-29 at 57 percent and ages 65+ at 77 percent).
- ◆ No significant differences were seen for sex, age, education, income, or race/ethnicity.

Diabetes

Figure 9A: Diabetes Prevalence Per 1,000, Pennsylvania Adults, 1995-2005

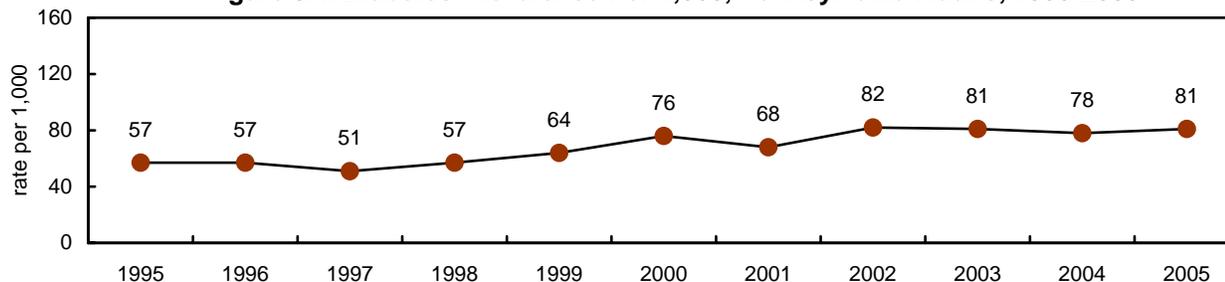


Figure 9B: Percent by Age When Diabetes Diagnosed, Pennsylvania Adults, 2005

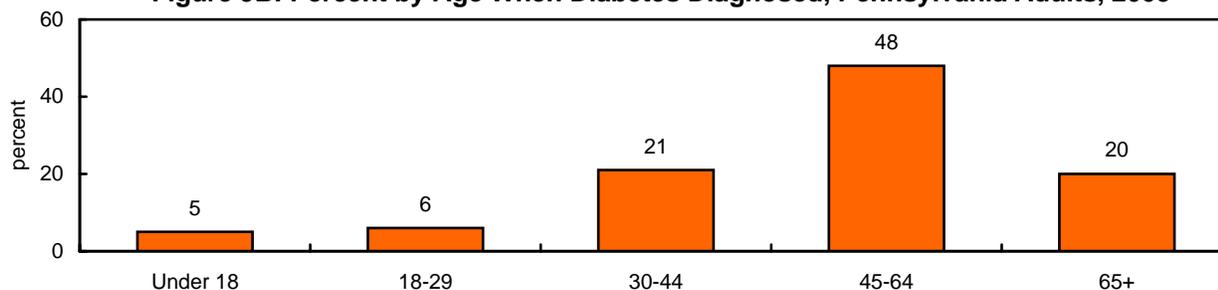


Table 9: Diabetes, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Ever Told Had Diabetes*		Currently Taking Insulin* **		Taking Diabetes Pills* **	
	%	CI	%	CI	%	CI
All Adults	8	7-9	26	23-30	71	67-75
Male	8	7-9	24	19-30	73	66-78
Female	8	7-9	28	23-32	69	64-74
Age:						
18-29	2	1-3				
30-44	4	3-5	21	13-32	57	43-69
45-64	9	8-11	28	22-34	72	66-78
65+	18	17-20	24	19-28	77	71-81
Education:						
<High School	13	11-16	29	21-38	69	60-77
High School	9	8-10	26	20-32	72	66-77
Some College	8	7-10	31	24-40	72	64-79
College Degree	5	4-6	16	10-23	68	57-76
Income:						
<\$15,000	15	13-18	38	30-47	67	58-75
\$15,000 to \$24,999	13	11-15	25	18-33	74	66-81
\$25,000 to \$49,999	8	7-9	23	17-31	76	68-82
\$50,000 to \$74,999	5	4-7	#		#	
\$75,000+	3	3-5	15	7-27	#	
Race:						
White, non-Hispanic	8	7-9	26	23-30	71	66-75
Black, non-Hispanic	11	9-15	23	15-34	77	65-86
Hispanic	6	3-11	#		#	

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

**Denominator is persons who have diabetes.

#Data not reported due to N<50.

Arthritis

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

- ◆ Forty percent of Pennsylvania adults said that they had pain aching, stiffness, or swelling in or around a joint during the past 30 days in 2005.
- ◆ Adults over age 45 had significantly higher percentages compared to younger adults (ages 18-29 with 25 percent; ages 30-44 with 35 percent; ages 45-64 with 48 percent; and ages 65+ with 50 percent). Adults ages 30-44 had a significantly higher percentage than adults ages 18-29.
- ◆ Adults with household incomes of \$25,000+ had significantly lower percentages (\$25,000-\$49,999 at 40 percent; \$50,000-\$74,999 at 36 percent; and \$75,000+ at 37 percent) compared to adults with household incomes less than \$25,000 (less than \$15,000 at 52 percent; \$15,000-\$24,999 at 47 percent).
- ◆ No significant difference was seen for sex, education, or race/ethnicity.

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

- ◆ In the 2005 survey, 32 percent of Pennsylvania adults responded that a doctor or other health professional had told them that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.
- ◆ Women had a significantly higher percentage of diagnosis (35 percent) than men (28 percent).
- ◆ There were significant differences between every age group. Percentages increased significantly with advancing age (ages 18-29 at 8 percent; ages 30-44 at 17 percent; ages 45-64 at 41 percent; ages 65+ at 58 percent).
- ◆ Adults with a college degree had a significantly lower percentage than adults without a college degree (less than high school education at 38 percent; high school diploma at 35 percent; some college education at 31 percent; a college degree at 25 percent)
- ◆ Adults with household incomes of \$25,000+ had significantly lower percentages (\$25,000-\$49,999 = 31 percent; \$50,000-\$74,999 = 27 percent; and \$75,000+ = 21 percent) compared to adults with household incomes less than \$25,000 (less than \$15,000 = 46 percent; \$15,000-\$24,999 = 42 percent). Also, adults with household incomes of \$75,000+ had a significantly lower percentage than adults with a household income of less than \$75,000.
- ◆ Hispanics had a significantly lower percentage than non-Hispanics (non-Hispanic whites at 33 percent; non-Hispanic blacks at 31 percent; Hispanics at 16 percent).

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

- ◆ Among Pennsylvania adults who have had pain, aching, stiffness or swelling of joints in the past 30 days, 28 percent reported that they were limited in usual activities because of arthritis or joint symptoms in 2005.
- ◆ A significantly higher percentage of women reported being limited by arthritis or joint symptoms compared to men (female at 30 percent and male at 25 percent).
- ◆ Adults over age 45 had significantly higher percentages than younger adults (ages 18-29 at 12 percent; ages 30-44 at 22 percent; ages 45-64 at 31 percent; ages 65+ at 33 percent). Adults ages 18-29 had a significantly lower percentage than those ages 30-44.
- ◆ Adults with less than a high school education had a significantly higher percentage compared to more highly educated adults (less than a high school education = 44 percent; high school diploma = 28 percent; some college education = 27 percent; a college degree = 21 percent). Adults with a high school diploma also had a significantly higher percentage than those with a college degree.
- ◆ Adults with household incomes of \$25,000+ had significantly lower percentages (\$25,000-\$49,999 = 22 percent; \$50,000-\$74,999 = 23 percent; and \$75,000+ = 15 percent) compared to adults with household incomes less than \$25,000 (less than \$15,000 = 50 percent; \$15,000-\$24,999 = 37 percent). Adults with household incomes of less than \$15,000 had a significantly higher percentage than adults with a household income of \$15,000-\$24,999.

Arthritis

Figure 10A: Percent Having Joint Symptoms in the Past 30 Days, Pennsylvania Adults by Age and Race, 2005

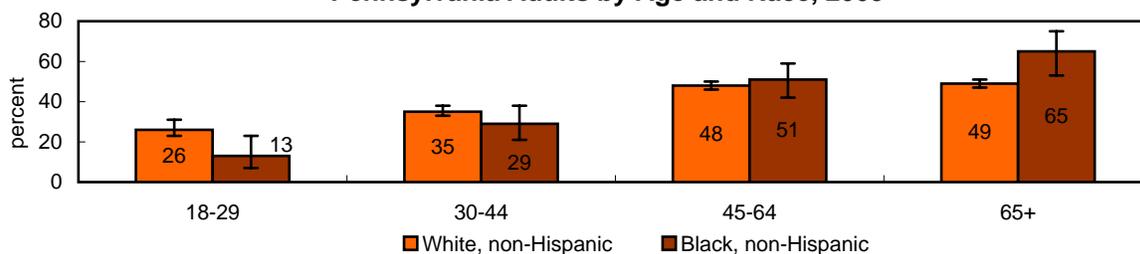


Figure 10B: Percent Ever Told They Have Arthritis, Pennsylvania Adults by Age and Race, 2005

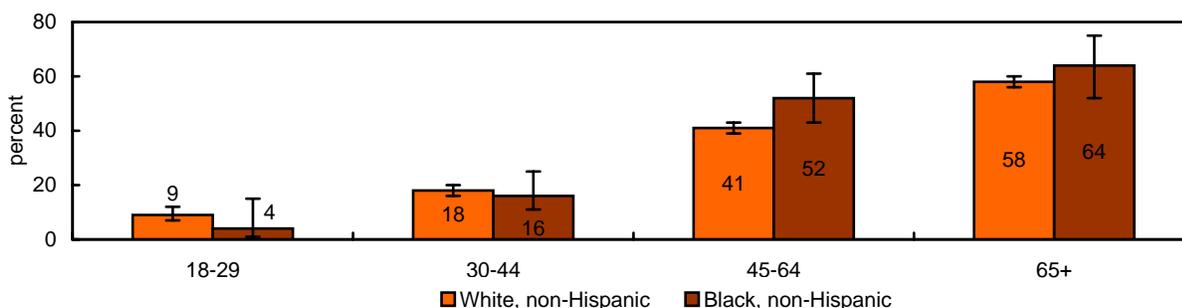


Table 10: Arthritis, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Pain, Aching, or Stiffness In or Around a Joint in Past 30 Days*		Have Arthritis, Gout, Lupus, or Fibromyalgia*	
	%	CI	%	CI
All Adults	40	39-42	32	31-33
Male	39	37-41	28	26-30
Female	42	40-44	35	34-37
Age:				
18-29	25	21-28	8	6-10
30-44	35	32-37	17	16-19
45-64	48	46-50	41	39-43
65+	50	48-53	58	56-61
Education:				
<High School	43	38-47	38	34-42
High School	41	39-43	35	33-37
Some College	42	39-45	31	29-34
College Degree	37	35-40	25	23-27
Income:				
<\$15,000	52	48-56	46	41-50
\$15,000 to \$24,999	47	44-50	42	39-46
\$25,000 to \$49,999	40	37-42	31	29-34
\$50,000 to \$74,999	36	33-39	27	24-30
\$75,000+	37	34-40	21	19-23
Race:				
White, non-Hispanic	41	40-42	33	31-34
Black, non-Hispanic	37	32-42	31	26-36
Hispanic	41	32-51	16	11-24

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

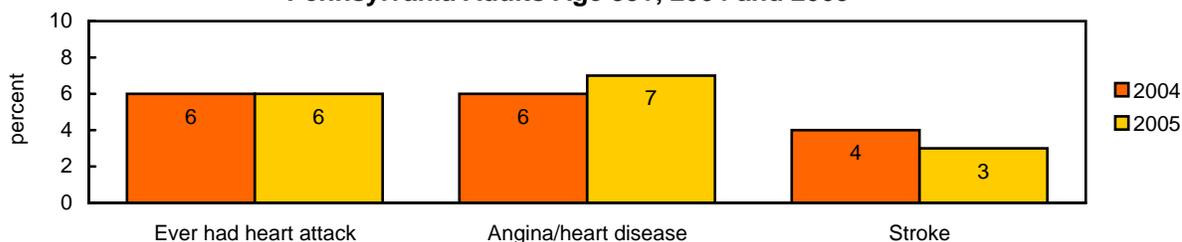
Cardiovascular Disease

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

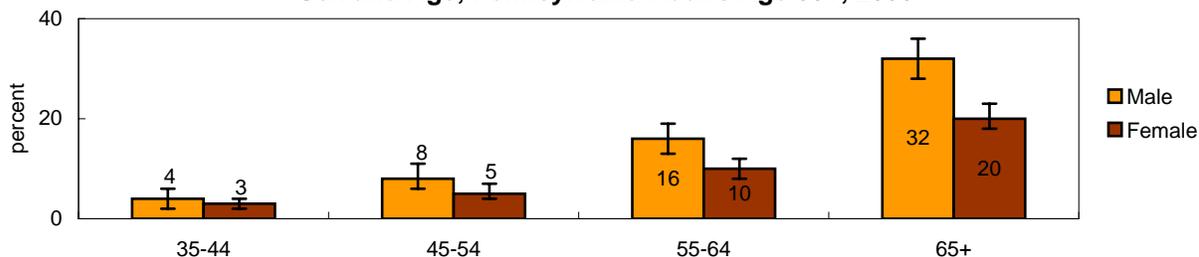
- ◆ According to the 2005 survey, 6 percent of Pennsylvania adults over 35 had been told by a doctor that they had a heart attack; 7 percent had been told that they had angina or heart disease; and, 3 percent were told that they had a stroke.
- ◆ 12 percent of Pennsylvania adults aged 35+ had either one or a combination of these cardiovascular conditions.
- ◆ Men had a significantly higher percentage (14) compared to women (10 percent) of having been 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 (ages 35-44 with 3 percent; ages 45-54 with 7 percent; ages 55-64 with 13 percent; ages 65+ with 25 percent).
- ◆ Adults ages 35+ with less than a college degree had significantly higher percentages of having been told they had a heart attack, heart disease or a stroke (less than a high school education = 23 percent; high school diploma = 12 percent; some college education = 12 percent) compared to adults ages 35+ with a college degree (8 percent). Adults with less than a high school education had a significantly higher percentage compared to those with a high school diploma or some college education.
- ◆ Significantly higher percentages of adults ages 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 = 25 percent; \$15,000-\$24,999 = 21 percent; \$25,000-\$49,999 = 12 percent) compared to adults ages 35+ with household incomes of \$50,000+ (\$50,000-\$74,999 = 5 percent; \$75,000+ = 4 percent). Adults with a household income of \$25,000-\$49,999 had a significantly lower percentage than adults with a household income of less than \$25,000.
- ◆ No significant difference was seen for race/ethnicity.

Cardiovascular Disease

**FIGURE 11A: Cardiovascular Disease, Percent by Type
Pennsylvania Adults Age 35+, 2004 and 2005**



**FIGURE 11B: Percent Told They Had a Heart Attack, Heart Disease, or a Stroke By
Sex and Age, Pennsylvania Adults Age 35+, 2005**



**TABLE 11: Cardiovascular Disease,
Pennsylvania Adults Age 35+, 2005 (with 95% confidence intervals)**

	Ever told they had heart attack, heart disease, or stroke*	
	%	CI
All Adults	12	11-13
Male	14	13-16
Female	10	9-11
Age:		
35-44	3	2-4
45-54	7	5-8
55-64	13	11-15
65+	25	23-27
Education:		
<High School	23	19-27
High School	12	11-14
Some College	12	11-15
College Degree	8	6-9
Income:		
<\$15,000	25	22-29
\$15,000 to \$24,999	21	18-24
\$25,000 to \$49,999	12	11-14
\$50,000 to \$74,999	5	4-7
\$75,000+	4	3-6
Race:		
White, non-Hispanic	12	11-13
Black, non-Hispanic	14	10-18
Hispanic	8	4-15

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

Immunization

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

- ◆ Twenty-five percent of Pennsylvanians aged 50-64 reported in 2005 that they had a flu shot in the past year.
- ◆ Those adults in households with an income of \$15,000-\$24,999 were significantly more likely to have had a flu shot compared to adults in households with incomes of \$50,000-\$74,999 (\$15,000-\$24,999 at 31 percent; \$50,000-\$74,999 at 20 percent).
- ◆ The annual percentages of adults ages 50-64 who had a flu shot in the past year steadily increased between 1995 (27 percent) and 2003 (45 percent); however, in 2005, the figure declined to 25 percent.
- ◆ There were no significant differences in sex, education or race/ethnicity in 2005.

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

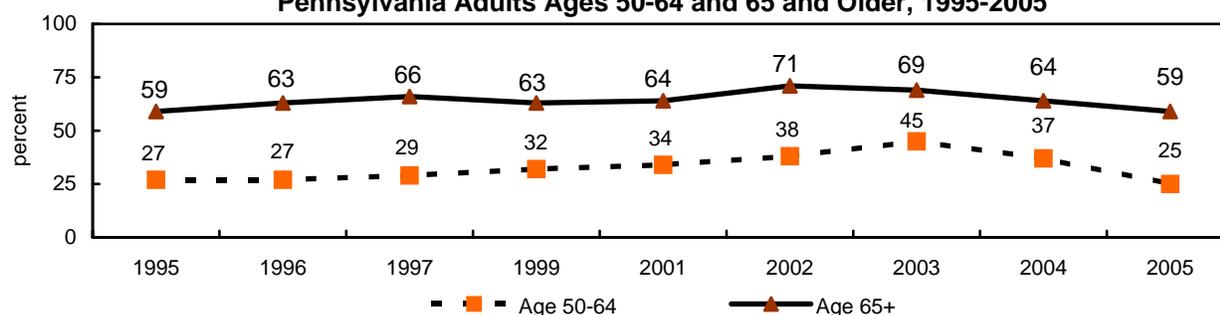
- ◆ Fifty-nine percent of Pennsylvanians aged 65+ in 2005 reported that they received a flu shot in the past year.
- ◆ Adults with a high school education had a significantly lower percentage (57) compared to adults with a college degree (67 percent).
- ◆ Adults aged 65+ had shown an increase over time of having had a flu shot in the past year, from a percentage of 59 in 1995 to 71 percent in 2002, but have experienced a decline since then.
- ◆ There were no significant differences in sex, income, or race/ethnicity.

Age 65 and older and ever had a pneumonia vaccination:

- ◆ Sixty-seven percent of Pennsylvania adults aged 65+ answered “yes” to ever having had a pneumonia vaccination in the 2005 survey.
- ◆ Non-Hispanic whites had a significantly higher percentage (70) compared to non-Hispanic blacks (41 percent).
- ◆ Adults ages 65+ have shown a fairly steady increase over time of ever having had a pneumonia vaccination, from 38 percent in 1995 to a high of 67 percent in 2005.
- ◆ No significant differences were seen for adults aged 65+ who had ever had a pneumonia vaccination by sex, education or income.

Immunization

**Figure 12A: Percent Who Had Flu Shots in the Past Year
Pennsylvania Adults Ages 50-64 and 65 and Older, 1995-2005**



**Figure 12B: Percent Who Ever Had a Pneumonia Vaccination
Pennsylvania Adults Age 65 and Older, 1995-2005**

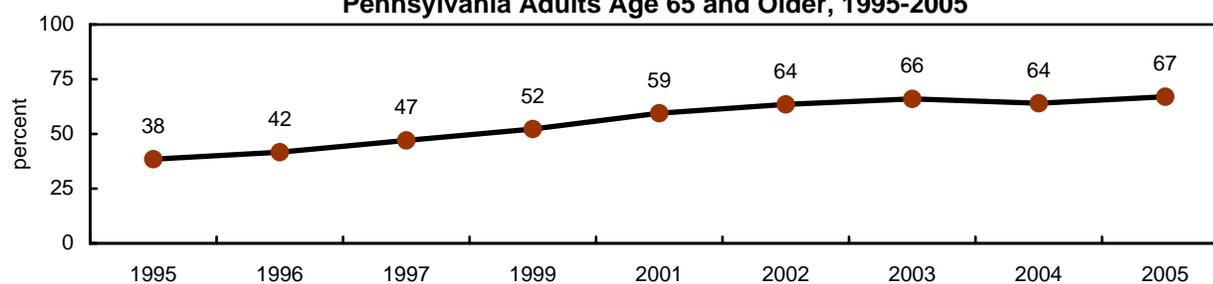


Table 12: Immunization, Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Had Flu Shot in Past Year Age 50-64*		Had Flu Shot in Past Year Age 65+*		Ever had a Pneumonia Vaccination, Age 65+*	
	%	CI	%	CI	%	CI
All Adults	25	23-27	59	57-62	67	65-69
Male	22	20-26	60	56-64	63	59-67
Female	27	25-30	59	56-62	70	67-73
Education:						
<High School	24	17-32	56	50-62	65	59-70
High School	25	22-28	57	54-60	67	64-70
Some College	25	22-30	59	54-65	69	63-74
College Degree	25	22-29	67	62-72	68	63-73
Income:						
<\$15,000	28	22-36	56	51-62	68	62-73
\$15,000 to \$24,999	31	25-37	62	58-66	71	67-75
\$25,000 to \$49,999	24	20-28	58	53-63	66	61-70
\$50,000 to \$74,999	20	16-24	66	57-73	69	60-77
\$75,000+	23	19-27	57	46-68	66	55-75
Race:						
White, non-Hispanic	25	23-27	60	57-62	70	67-72
Black, non-Hispanic	25	18-35	48	37-59	41	31-52
Hispanic	#		#		#	

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

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

Hypertension Awareness

Were you ever told that your blood pressure was high?

- ◆ Twenty-seven percent of Pennsylvania adults responded “Yes” to the question, “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”
- ◆ The percentage of those who were diagnosed with high blood pressure showed a consistently significant increase with age (ages 18-29 at 7 percent; ages 30-44 at 13 percent; ages 45-64 at 33 percent; ages 65+ at 56 percent).
- ◆ Significantly lower percentages were seen for adults with some college education or higher (some college education = 25 percent and college degree = 21 percent) compared to adults with a high school diploma or less (less than a high school education = 36 percent and high school diploma = 31 percent).
- ◆ Adults with household incomes of less than \$50,000 had significantly higher percentages of high blood pressure (less than \$15,000 = 40 percent; \$15,000-\$24,999 = 38 percent; \$25,000-\$49,999 = 26 percent) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999 = 20 percent; \$75,000+ = 19 percent). Adults with a household income of \$25,000-\$49,999 had a significantly lower percent than adults with a household income of less than \$25,000.
- ◆ Non-Hispanic white adults had a significantly lower percentage (27) compared to non-Hispanic black adults (35 percent).
- ◆ No significant difference was seen by sex.

Are you taking medication for your high blood pressure?

- ◆ Seventy-nine percent of Pennsylvania adults, who were ever told that they had high blood pressure, reported that they were taking blood pressure medication in 2005.
- ◆ A significantly higher percentage of women were taking blood pressure medication (86 percent) compared to men (72 percent).
- ◆ The percentage of adults taking medication for high blood pressure showed a significant increase with age (ages 30-44 at 55 percent; ages 45-64 at 81 percent; ages 65+ at 92 percent).
- ◆ Adults with household incomes of \$15,000-\$24,999 had a significantly higher percentage compared to adults with household incomes of \$75,000+ (\$15,000-\$24,999 = 85 percent; \$75,000+ = 70 percent).
- ◆ No significant difference was seen by education or race/ethnicity.

Hypertension Awareness

Figure 13A: Percent Ever Told Blood Pressure Was High, Pennsylvania Adults, 1995-2005

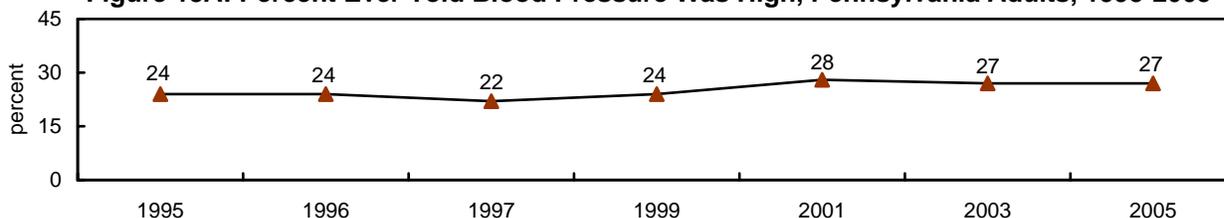


Figure 13B: Percent With High Blood Pressure Taking Medication Pennsylvania Adults by Sex and Age, 2005

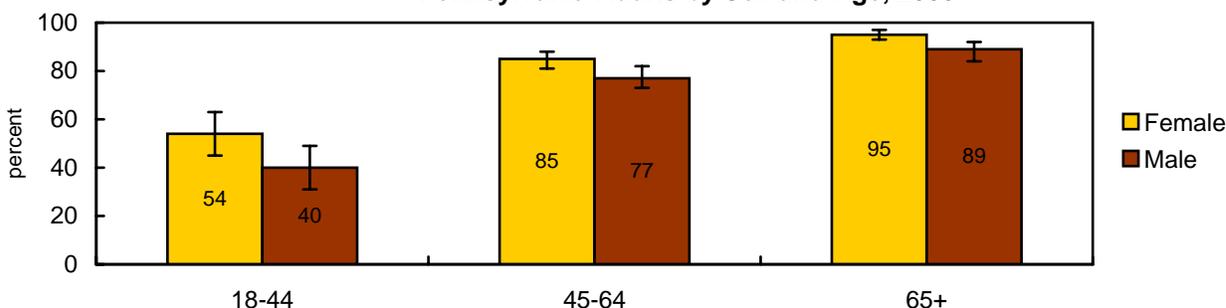


Table 13: Hypertension Awareness Pennsylvania Adults, 2005 (with 95% confidence intervals)

	Ever Told Blood Pressure Was Too High*		Taking Medication For High Blood Pressure **	
	%	CI	%	CI
All Adults	27	26-28	79	77-81
Male	27	25-29	72	69-76
Female	27	26-29	86	83-88
Age:				
18-29	7	5-10	#	
30-44	13	11-15	55	48-62
45-64	33	31-35	81	78-84
65+	56	54-58	92	90-94
Education:				
<High School	36	32-40	78	71-85
High School	31	29-33	81	78-84
Some College	25	22-27	79	74-83
College Degree	21	19-22	76	72-81
Income:				
<\$15,000	40	36-44	81	75-86
\$15,000 to \$24,999	38	35-42	85	81-89
\$25,000 to \$49,999	26	24-28	80	76-84
\$50,000 to \$74,999	20	17-22	76	69-82
\$75,000+	19	17-21	70	63-76
Race:				
White, non-Hispanic	27	26-28	80	78-82
Black, non-Hispanic	35	30-40	74	64-83
Hispanic	21	15-29	#	

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

** Denominator is those who were told they had high blood pressure

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

Cholesterol Awareness

Have you ever had your blood cholesterol checked?

- ◆ “Yes” responded 79 percent of Pennsylvania adults in 2005 to having ever had their cholesterol checked.
- ◆ A significantly lower percentage of men (77) reported having had their cholesterol checked compared to women (81 percent).
- ◆ The percentage of adults who had ever had a cholesterol check showed a significant increase with age (ages 18-29 at 42 percent; ages 30-44 at 75 percent; ages 45-64 at 91 percent; ages 65+ at 96 percent).
- ◆ Pennsylvania adults with a college degree had a significantly higher percentage than those with less education (less than a high school education = 72 percent; high school diploma = 78 percent; some college education = 76 percent; college degree = 86 percent).
- ◆ Adults with household incomes of \$75,000+ had a significantly higher percentage compared to adults with household incomes of less than \$50,000 (less than \$15,000 = 74 percent; \$15,000-\$24,999 = 78 percent; \$25,000-\$49,999 = 76 percent; \$75,000+ = 86 percent).
- ◆ No significant difference was seen by education or race/ethnicity.

Had blood cholesterol checked in the past 5 years?

- ◆ Seventy-five percent of adults in Pennsylvania reported in 2005 that they had their blood cholesterol checked in the past 5 years.
- ◆ Women had a significantly higher percentage than men (women at 78 percent and men at 73 percent)
- ◆ The percentage of adults who had a cholesterol check in the past 5 years showed a significant increase with age (ages 18-29 at 39 percent; ages 30-44 at 69 percent; ages 45-64 at 88 percent; ages 65+ at 95 percent).
- ◆ Pennsylvania adults with a college degree had a significantly higher percentage than those with less education (less than a high school education = 70 percent; high school diploma = 74 percent; some college education = 73 percent; college degree = 81 percent).
- ◆ Adults with household incomes of \$75,000+ had a significantly higher percentage compared to adults with household incomes of less than \$15,000 and those with incomes of \$25,000-\$49,999 (less than \$15,000 = 70 percent; \$25,000-\$49,999 = 73 percent; \$75,000+ = 81 percent).

Were you ever told your blood cholesterol was high?

- ◆ Thirty-seven percent of Pennsylvania adults reported in 2005 that they had ever been told by a medical professional that their blood cholesterol was high.
- ◆ Adults aged 45+ had significantly higher percentages compared to younger adults (ages 18-29 at 17 percent; ages 30-44 at 24 percent; ages 45-64 at 42 percent; ages 65+ at 51 percent). Adults aged 65+ had a significantly higher percentage than adults ages 45-64.
- ◆ Those adults with a college degree had a significantly lower percentage than those with less than a high school education or a high school diploma. Adults with some college education had a lower percentage than those with a high school diploma (less than a high school education and high school diploma = 42 percent each; some college education = 34 percent; a college degree = 31 percent).
- ◆ Adults with household incomes less than \$25,000 had significantly higher percentages compared to adults with household incomes of \$25,000+ (less than \$15,000 = 46 percent; \$15,000-\$24,999 = 43 percent; \$25,000-\$49,999 = 36 percent; \$50,000-\$74,999 = 33 percent; \$75,000+ = 31 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage for being diagnosed with high cholesterol than non-Hispanic blacks (non-Hispanic white at 38 percent; non-Hispanic black at 27 percent).

Cholesterol Awareness

Figure 14A: Cholesterol Awareness, Percent by Type Pennsylvania Adults, 1995-2005

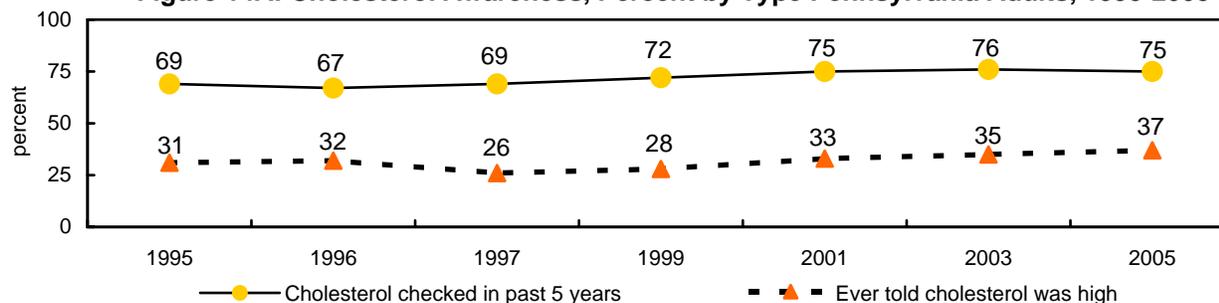
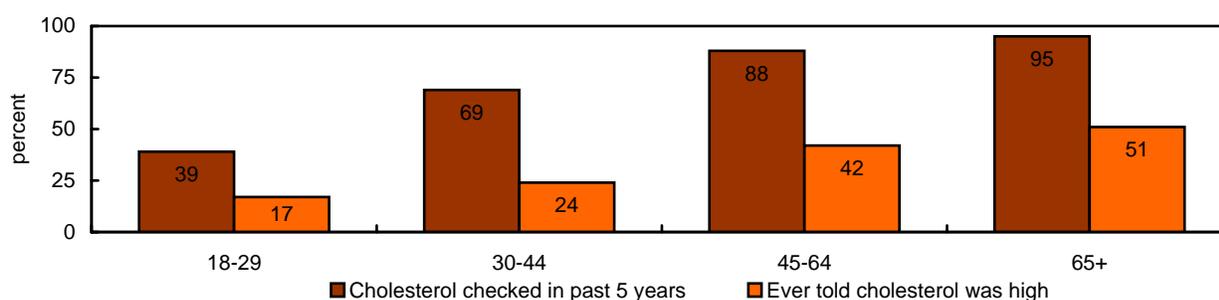


Figure 14B: Cholesterol Awareness, Percent by Type and Age, Pennsylvania Adults, 2005



**Table 14: Cholesterol Awareness
Pennsylvania Adults, 2005 (with 95% confidence intervals)**

	Ever Had Cholesterol Checked*		Cholesterol Checked in Past 5 Years*		Ever Told Cholesterol Was High* **	
	%	CI	%	CI	%	CI
All Adults	79	78-80	75	74-77	37	36-38
Male	77	75-79	73	71-75	39	37-41
Female	81	80-83	78	76-79	35	34-37
Age:						
18-29	42	38-47	39	35-44	17	13-22
30-44	75	73-77	69	67-72	24	22-27
45-64	91	90-93	88	86-89	42	40-44
65+	96	95-97	95	94-96	51	49-54
Education:						
<High School	72	67-77	70	64-74	42	37-47
High School	78	76-80	74	72-76	42	40-44
Some College	76	73-79	73	70-75	34	32-37
College Degree	86	84-87	81	79-83	31	29-33
Income:						
<\$15,000	74	69-79	70	65-75	46	42-51
\$15,000 to \$24,999	78	75-81	75	71-78	43	40-46
\$25,000 to \$49,999	76	74-79	73	70-75	36	34-39
\$50,000 to \$74,999	81	77-83	77	74-80	33	30-37
\$75,000+	86	83-88	81	78-84	31	28-34
Race:						
White, non-Hispanic	80	78-81	76	74-77	38	37-39
Black, non-Hispanic	77	71-82	75	69-80	27	22-33
Hispanic	70	60-78	68	58-76	40	30-52

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

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

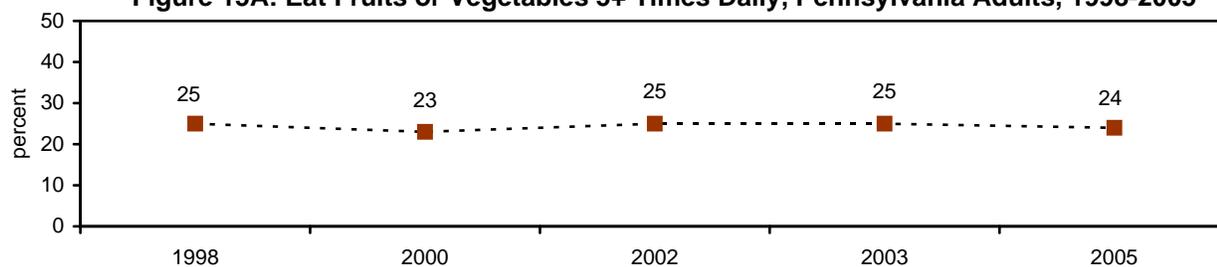
Fruits & Vegetables

Eating fruits and vegetables 5 or more times each day?

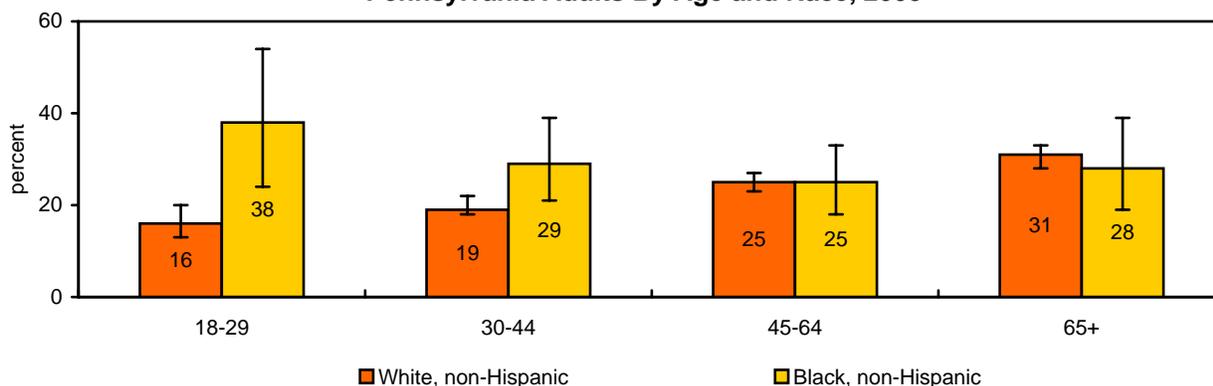
- ◆ Twenty-four percent of Pennsylvania adults indicated in 2005 that they were eating fruits and vegetables 5 or more times a day.
- ◆ Females had a significantly higher percentage (28) than males (19 percent).
- ◆ Adult ages 45+ had significantly higher percentages (ages 45-64 at 25 percent and ages 65+ at 31 percent) compared to adults under 45 (ages 18-29 at 19 percent and ages 30-44 at 21 percent). Adults over age 65 had a significantly higher percentage than those ages 45-64.
- ◆ Adults with only a high school diploma had a significantly lower percentage than those with at least some college education (high school diploma = 20 percent; some college education = 24 percent; college degree = 30 percent). Adults with a college degree had a significantly higher percentage (30) compared to those with less than a high school education (21 percent).
- ◆ A Significantly higher percentage was seen for adults with household incomes of \$75,000+ for eating 5+ fruits and vegetables daily compared to adults with household incomes of \$15,000-\$24,999 (\$15,000-\$24,999 at 21 percent and \$75,000+ at 28 percent).
- ◆ No significant difference was seen for race/ethnicity.

Fruits & Vegetables

Figure 15A: Eat Fruits or Vegetables 5+ Times Daily, Pennsylvania Adults, 1998-2005



**Figure 15B: Eat Fruits or Vegetables 5+ Times Daily
Pennsylvania Adults By Age and Race, 2005**



**Table 15: Eat Fruits or Vegetables 5+ Times Daily*
Pennsylvania Adults, 2005 (with 95% confidence intervals)**

	%	CI
All Adults	24	23-25
Male	19	18-21
Female	28	27-30
Age:		
18-29	19	16-23
30-44	21	19-23
45-64	25	24-27
65+	31	29-33
Education:		
<High School	21	17-25
High School	20	18-21
Some College	24	22-27
College Degree	30	28-33
Income:		
<\$15,000	21	18-25
\$15,000 to \$24,999	21	19-24
\$25,000 to \$49,999	23	21-26
\$50,000 to \$74,999	24	21-27
\$75,000+	28	25-31
Race:		
White, non-Hispanic	23	22-24
Black, non-Hispanic	30	24-36
Hispanic	21	14-28

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

Emotional Support & Life Satisfaction

Rarely or never get social and emotional support they need:

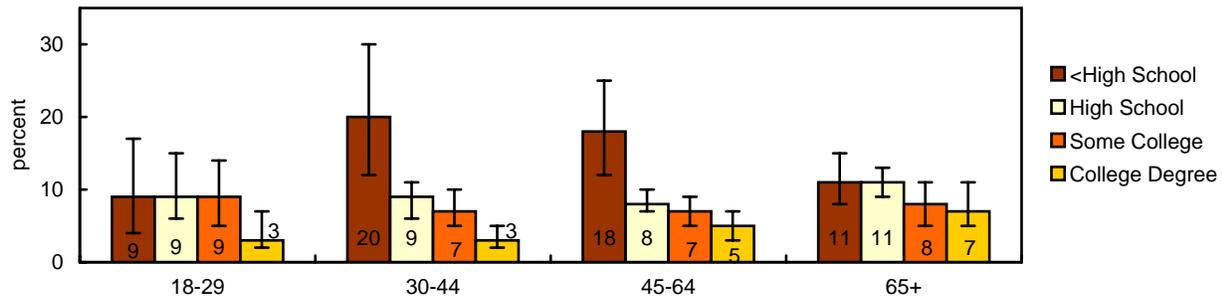
- ◆ In the 2005 survey, eight percent of adults responded that they rarely or never got the social and emotional support they needed.
- ◆ Those adults with less than a college degree had significantly higher percentages than those with a college degree (less than high school education = 13 percent; high school diploma = 9 percent; some college education = 8 percent; college diploma = 4 percent). Adults with some college education had a significantly lower percentage (8) than those with less than a high school education (13).
- ◆ Adults in a household with an income of \$25,000+ had significantly lower percentages than those in households with an income of less than \$25,000 (less than \$15,000 = 16 percent; \$15,000-\$24,999 = 15 percent; \$25,000-\$49,999 = 7 percent; \$50,000-\$74,999 = 5 percent; \$75,000+ = 3 percent). Those with a household income of \$75,000+ had a significantly lower percentage than those with a household income of \$25,000-\$49,999.
- ◆ No significant differences were seen for sex, age, or race/ethnicity.

Very satisfied with their life:

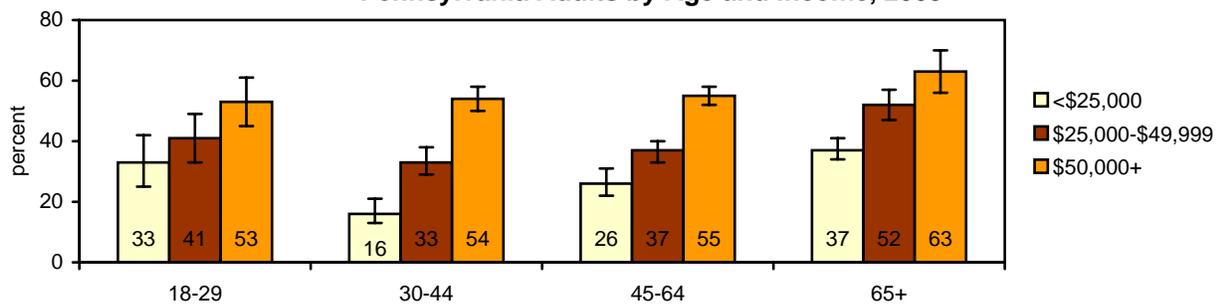
- ◆ Forty-four percent of Pennsylvania adults responded in the 2005 survey that they were very satisfied with their life.
- ◆ Adults with a college degree had a significantly higher percentage compared to adults with less education (less than high school at 34 percent; high school diploma at 38 percent; some college education at 42 percent; a college degree at 56 percent). Adults with some college education had a significantly higher percentage than those with less than a high school education.
- ◆ Adults in a household with an income of \$25,000+ had significantly higher percentages than those in households with an income of less than \$25,000 (less than \$15,000 = 26 percent; \$15,000-\$24,999 = 32 percent; \$25,000-\$49,999 = 39 percent; \$50,000-\$74,999 = 47 percent; \$75,000+ = 61 percent). Adults with an income of \$50,000-\$74,999 had a significantly higher percentage than those with an income of \$25,000-\$49,999. Adults with household income of \$75,000 had a significantly higher percentage than all other income levels.
- ◆ Non-Hispanic whites had a significantly higher percentage than non-Hispanic blacks and Hispanics. (non-Hispanic white at 46 percent; non-Hispanic black at 34 percent; Hispanic at 32 percent).
- ◆ No significant differences were seen for sex or age.

Emotional Support & Life Satisfaction

**Figure 16A: Do Not Receive Enough Social or Emotional Support
Pennsylvania Adults by Age and Education, 2005**



**Figure 16B: Percent Very Satisfied With Their Life
Pennsylvania Adults by Age and Income, 2005**



**Table 16: Emotional Support and Life Satisfaction
Pennsylvania Adults 2005 (with 95% confidence intervals)**

	<u>Do not receive enough social & emotional support*</u>		<u>Very satisfied with life*</u>	
	%	CI	%	CI
All Adults	8	7-9	44	42-45
Male	9	8-10	43	41-45
Female	7	6-8	44	42-46
Age:				
18-29	8	6-10	43	38-47
30-44	7	6-8	41	39-44
45-64	8	7-9	44	42-46
65+	10	8-11	47	44-49
Education:				
<High School	13	11-17	34	29-38
High School	9	8-11	38	36-40
Some College	8	6-9	42	39-45
College Degree	4	4-5	56	54-58
Income:				
<\$15,000	16	13-19	26	22-30
\$15,000 to \$24,999	15	12-17	32	29-35
\$25,000 to \$49,999	7	6-9	39	37-42
\$50,000 to \$74,999	5	4-6	47	44-51
\$75,000+	3	2-4	61	58-64
Race:				
White, non-Hispanic	7	6-8	46	44-47
Black, non-Hispanic	10	7-13	34	29-40
Hispanic	14	8-21	32	24-41

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

Disability

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

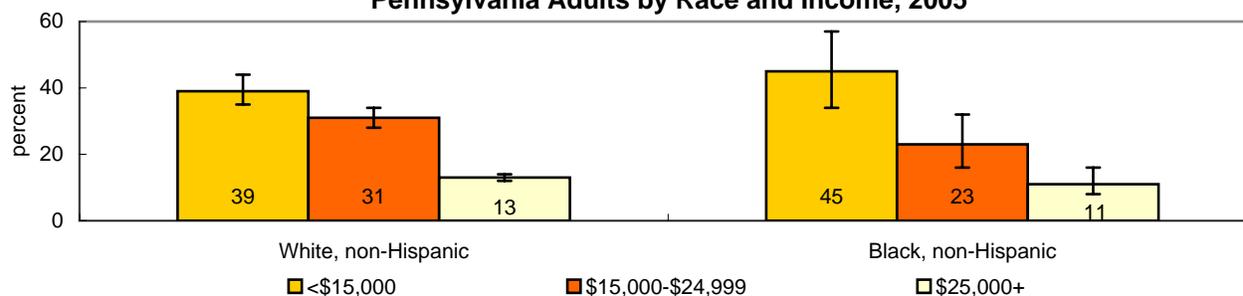
- ◆ Eighteen percent of Pennsylvania adults reported that they were limited due to physical, mental or emotional problems in 2005.
- ◆ Adults aged 45+ had significantly higher percentages (ages 45-64 with 22 percent; ages 65+ with 27 percent) compared to adults under age 45 (ages 18-29 with 9 percent; ages 30-44 with 14 percent). Those over age 65 had a significantly higher percentage than those ages 45-64.
- ◆ Pennsylvania adults with a less than a high school education had a significantly higher percentage (25) compared to adults with a high school diploma or a college degree (high school diploma at 19 percent; college degree at 14 percent). Adults with some college education also had a higher percentage (20) compared to adults with a college degree.
- ◆ Adults with household incomes of less than \$25,000 had significantly higher percentages compared to adults with household incomes of \$25,000+ (less than \$15,000 = 41 percent; \$15,000-\$24,999 = 29 percent; \$25,000-\$49,999 = 15 percent; \$50,000-\$74,999 = 13 percent; \$75,000+ = 10 percent). Also, adults with household incomes of \$15,000-\$24,999 had a significantly lower percentage compared to adults with household incomes of less than \$15,000. Finally, adults with a household income of \$75,000+ had a significantly lower percentage than those with a household income of \$25,000-\$49,999.
- ◆ No significant differences were seen for sex or race/ethnicity.

Have health problems requiring use of special equipment

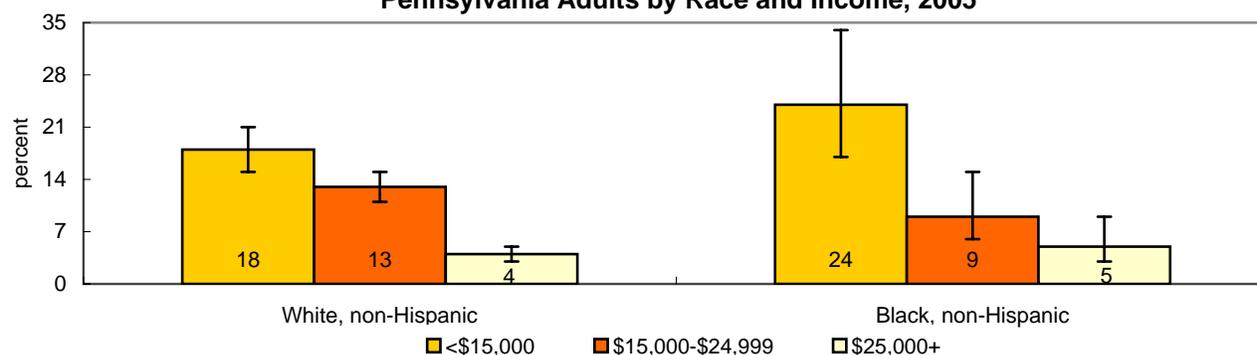
- ◆ Seven percent of Pennsylvania adults indicated in 2005 that they had a health problem that required them to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone.
- ◆ A significantly higher percentage increase was seen with each advancing age group (ages 18-29 with 1 percent; ages 30-44 with 3 percent; ages 45-64 with 8 percent; ages 65+ with 16 percent).
- ◆ Pennsylvania adults with less than a high school education had a significantly higher percentage (14 percent) compared to adults with a high school diploma or higher (high school diploma and some college education at 7 percent each; college degree at 4 percent). In addition, adults with a high school diploma or some college education had a significantly higher percentage compared to adults with a college degree.
- ◆ Adults with household incomes of less than \$25,000 had significantly higher percentages of using special equipment compared to adults with household incomes of \$25,000+ (less than \$15,000 = 18 percent; \$15,000-\$24,999 = 12 percent; \$25,000-\$49,999 = 4 percent; \$50,000-\$74,999 = 4 percent; \$75,000+ = 2 percent). A significantly lower 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 less than \$15,000.
- ◆ No significant differences were seen for sex or race/ethnicity.

Disability

**Figure 17A: Percent Indicating They Are Limited Due to Health Problems
Pennsylvania Adults by Race and Income, 2005**



**Figure 17B: Percent With Health Problem Requiring Use of Special Equipment
Pennsylvania Adults by Race and Income, 2005**



**Table 17: Disability
Pennsylvania Adults, 2005 (with 95% confidence intervals)**

	Limited Due to Health Problems*		Health Problem Requiring Use of Special Equipment*	
	%	CI	%	CI
All Adults	18	17-19	7	6-7
Male	17	16-19	6	5-7
Female	19	18-21	8	7-8
Age:				
18-29	9	7-12	1	0-1
30-44	14	12-16	3	2-4
45-64	22	21-24	8	7-9
65+	27	25-29	16	14-17
Education:				
<High School	25	22-29	14	11-16
High School	19	17-21	7	6-8
Some College	20	18-22	7	6-8
College Degree	14	13-16	4	3-5
Income:				
<\$15,000	41	37-45	18	16-22
\$15,000 to \$24,999	29	26-32	12	10-14
\$25,000 to \$49,999	15	13-17	4	3-5
\$50,000 to \$74,999	13	11-15	4	3-5
\$75,000+	10	8-12	2	2-3
Race:				
White, non-Hispanic	18	17-19	6	6-7
Black, non-Hispanic	20	17-25	10	7-12
Hispanic	16	11-25	5	3-10

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

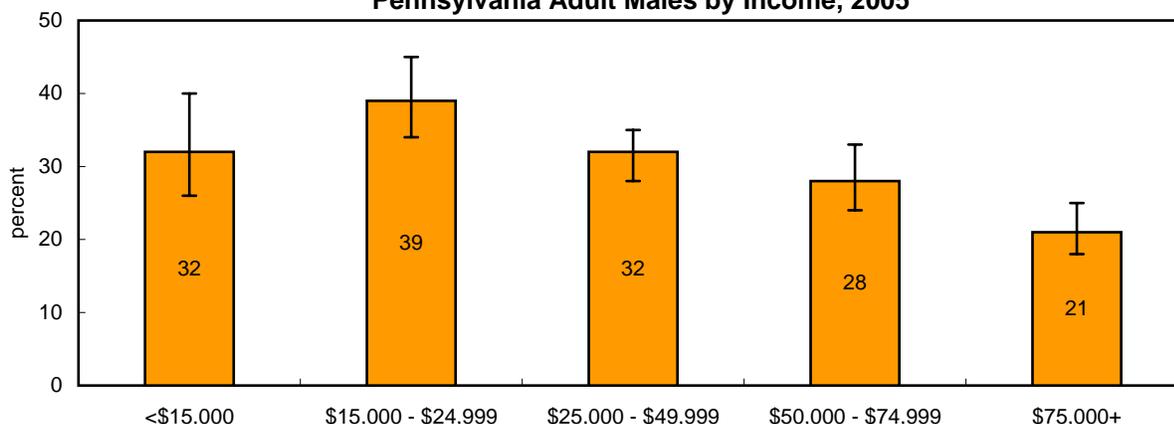
Veteran's Status

Served Active Duty in the United States Armed Forces:

- ◆ 14 percent of Pennsylvania adults in 2005 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).
- ◆ Men in younger age groups had significantly lower percentages compared to adults in older age groups (18-29, 5 percent; 30-44, 16 percent; ages 45-64, 33 percent; age 65+, 70 percent).
- ◆ Significantly higher percentages of males with household incomes of less than \$50,000 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 more than \$75,000 (<\$15,000, 32 percent; \$15,000-\$24,999, 39 percent ; \$25,000-\$49,999, 32 percent; \$75,000+, 21 percent). Men with household incomes of \$50,000-\$74,999 had a significantly lower percentage than men with household incomes of \$15,000-\$24,999.
- ◆ No significant differences were seen for education or race/ethnicity.

Veteran's Status

**Figure 18: Percent Who Ever Served Active Duty in the United States Armed Forces
(Regular Military, National Guard, or Military Reserve Unit)
Pennsylvania Adult Males by Income, 2005**



**Table 18: Veteran's Status,
Pennsylvania Adults, 2005 (with 95% confidence intervals)**

	Served Active Duty In United States Armed Forces*		Males Served Active Duty In United States Armed Forces*	
	%	CI	%	CI
All Adults	14	14-15	29	27-31
Male	29	27-31	29	27-31
Female	1	1-2	NA	NA
Age:				
18-29	3	2-5	5	3-9
30-44	9	7-10	16	14-20
45-64	17	16-19	33	31-36
65+	29	26-31	70	66-73
Education:				
<High School	12	9-15	24	19-29
High School	16	14-17	32	29-35
Some College	15	13-17	30	27-35
College Degree	13	12-15	35	23-29
Income:				
<\$15,000	13	10-16	32	26-40
\$15,000 to \$24,999	18	15-20	39	34-45
\$25,000 to \$49,999	17	15-19	32	28-35
\$50,000 to \$74,999	15	13-18	28	24-33
\$75,000+	12	10-14	21	18-25
Race:				
White, non-Hispanic	15	14-16	30	29-32
Black, non-Hispanic	12	9-16	23	17-31
Hispanic	13	8-22	#	

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

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

Note: "NA" indicates not applicable

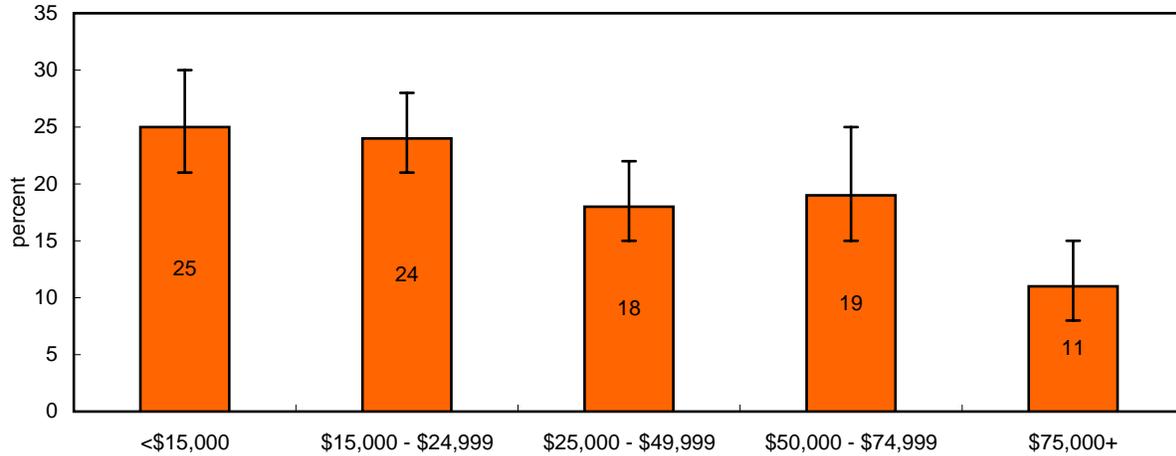
Osteoporosis

Women who were told they have osteoporosis:

- ◆ In the 2005 Pennsylvania BRFSS survey, 21 percent of Pennsylvania women over the age of 50 indicated that they were told they had osteoporosis.
- ◆ A significantly higher percentage of women aged 65+ (30 percent) were ever told they had osteoporosis compared to women ages 50-64 (13 percent).
- ◆ Women in households with incomes of less than \$25,000 had significantly higher percentages (less than \$15,000 = 25 percent and \$15,000-\$24,999 = 24 percent) compared to women in households with incomes of \$75,000+ (11 percent)
- ◆ No significant difference was seen for education or race/ethnicity.

Osteoporosis

**FIGURE 19: Ever Told They Have Osteoporosis
Pennsylvania Women Aged 50+ by Income, 2005**



**TABLE 19: Ever Told They Have Osteoporosis*
Pennsylvania Women Aged 50+, 2005 (with 95% confidence intervals)**

	%	CI
Females, 50+	21	19-23
Age:		
50-64	13	11-15
65+	30	27-32
Education:		
<High School	23	19-29
High School	21	19-24
Some College	22	18-26
College Degree	18	15-22
Income:		
<\$15,000	25	21-30
\$15,000 to \$24,999	24	21-28
\$25,000 to \$49,999	18	15-22
\$50,000 to \$74,999	19	15-25
\$75,000+	11	8-15
Race:		
White, non-Hispanic	22	20-24
Black, non-Hispanic	15	9-22
Hispanic	#	

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

HIV/AIDS

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

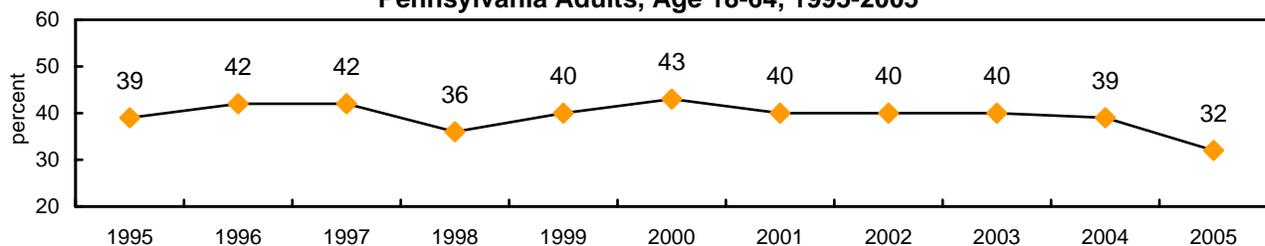
- ◆ Thirty-two percent of Pennsylvania adults ages 18-64 had had an HIV blood test (excluding tests through blood donation) according to the 2005 survey.
- ◆ Significant differences were evident by age with 38 percent of adults ages 18-29 and 43 percent of adults ages 30-44 indicating that they had ever had their blood tested for HIV infection compared to 19 percent for adults ages 45-64.
- ◆ Among those ages 18 to 64, Pennsylvanians with a household income of less than \$15,000 had a significantly higher percentage (43) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999 at 28 percent; \$75,000+ at 33 percent).
- ◆ Non-Hispanic black adults and Hispanic adults ages 18-64 had significantly higher percentages for ever having had an HIV blood test (56 and 49 percent, respectively) compared to non-Hispanic white adults ages 18-64 (29 percent).
- ◆ No significant difference was seen by sex or education.

Considered at risk for HIV:

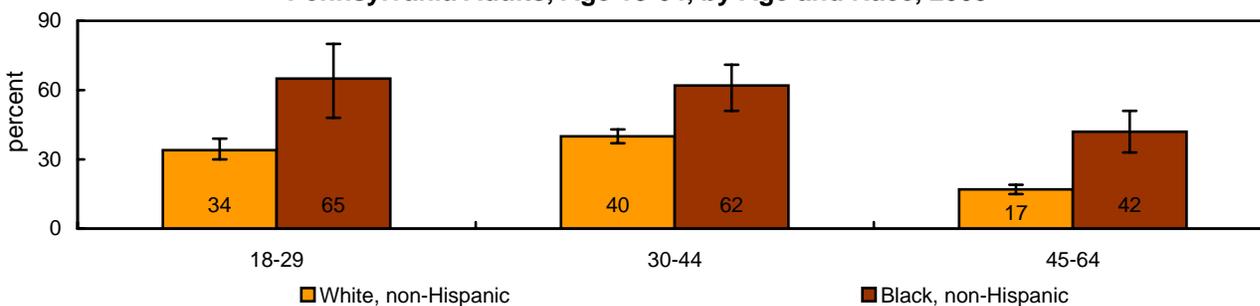
- ◆ Three percent of Pennsylvanians aged 18-64 are considered to be at risk for HIV due to the results of the 2005 survey.
- ◆ Adults aged 18-29 had a significantly higher percentage (7) compared to adults aged 30-64 (ages 30-44 with 2 percent; ages 45-64 with 1 percent).
- ◆ Among those ages 18 to 64, Pennsylvanians with a household income of less than \$15,000 had a significantly higher percentage (7) compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999 at 2 percent; \$75,000+ at 1 percent).
- ◆ Non-Hispanic black adults aged 18-64 had a significantly higher percentage (7) compared to non-Hispanic white adults (2 percent).
- ◆ No significant difference was seen by sex or education.

HIV/AIDS

**Figure 20A: Percent Tested for HIV (Except Blood Donation)
Pennsylvania Adults, Age 18-64, 1995-2005**



**Figure 20B: Percent Tested for HIV (Except Blood Donation)
Pennsylvania Adults, Age 18-64, by Age and Race, 2005**



**Table 20: HIV/AIDS
Pennsylvania Adults, Age 18-64, 2005 (with 95% confidence intervals)**

	Ever Tested for HIV Except Blood Donation*		Considered At Risk for HIV*	
	%	CI	%	CI
Adults Age 18-64	32	31-34	3	2-4
Male	30	28-32	3	2-4
Female	34	32-36	3	2-3
Age:				
18-29	38	34-43	7	5-10
30-44	43	41-46	2	1-3
45-64	19	18-21	1	1-1
Education:				
<High School	33	27-40	5	3-10
High School	29	27-32	3	2-5
Some College	34	31-37	3	2-4
College Degree	34	32-37	2	1-3
Income:				
<\$15,000	43	37-49	7	4-11
\$15,000 to \$24,999	36	32-41	4	2-7
\$25,000 to \$49,999	34	31-37	3	2-5
\$50,000 to \$74,999	28	25-32	2	1-3
\$75,000+	33	30-36	1	1-2
Race:				
White, non-Hispanic	29	27-30	2	2-3
Black, non-Hispanic	56	49-62	7	4-14
Hispanic	49	39-59	5	2-12

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

**Year 2010 Health Objectives for the Nation:
Pennsylvania State Summary of BRFSS Data, 2005**

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2005	Objective Met ²
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	87 ± 1	No
01-04c: Percent of adults with specific source of ongoing care (age-adjusted to 2000 std population)	96%	88 ± 1	No
02-02: Percent of adults with doctor diagnosed arthritis whose usual activities are limited in any way by arthritis (age-adjusted to 2000 std population)	33%	31 ± 3	Yes
02-07: Percent of adults with chronic joint symptoms who have seen a health care provider for those symptoms (age-adjusted to 2000 std population)	61%	74 ± 2	Yes ⁺
02-09: Percent of adults aged 50+ told by a doctor they have osteoporosis (age-adjusted to 2000 std population)	8%	13 ± 1	No
05-03: Rate per 1000 of adults who have been diagnosed with diabetes (age-adjusted to 2000 std population)	25	74 ± 6	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 ± 4	Yes ⁺
05-13: Percent of adults with diabetes who have an annual dilated eye examination (age-adjusted to 2000 std population)	75%	59 ± 7	Yes ⁺
05-14: Percent of adults with diabetes who have an annual foot examination (age-adjusted to 2000 std population)	75%	77 ± 6	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%	62 ± 7	Yes
07-01: Percent of adults ages 18-24 who completed high school	90%	84 ± 5	No
12-15: Percent of adults who had their blood cholesterol checked within the last 5 years (age-adjusted to 2000 std population)	80%	73 ± 1	No
14-29a: Percent of adults 65+ with flu shot in past year (age-adjusted to 2000 std population)	90%	59 ± 2	No

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

2 The "Yes⁺" designation refers Pennsylvania's 2005 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, 2005**

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2005	Objective Met ²
14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	66 ± 2	No
14-29c: Percent of adults ages 18-64 with flu shot in the past year (age-adjusted to 2000 std population)	60%	17 ± 1	No
14-29d: Percent of adults ages 18-64 who ever had a vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	13 ± 1	No
19-01: Percent of adults with a healthy weight (age 20+) (age-adjusted to 2000 std population)	60%	36 ± 1	No
19-02: Percent of obese adults (age 20+) (age-adjusted to 2000 std population)	15%	26 ± 1	No
19-05: Percent of adults who consume at least 2 daily servings of fruit (age-adjusted to 2000 std population)	75%	28 ± 2	No
19-06: Percent of adults who consume at least 3 daily servings of fruit (age-adjusted to 2000 std population)	50%	23 ± 2	No
22-01: Percent of adults who engage in no leisure-time physical activity (age-adjusted to 2000 std population)	20%	25 ± 1	No
26-11c: Percent adults who engaged in binge drinking in past month	6%	16 ± 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%	12 ± 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%	26 ± 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%	55 ± 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 2005 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 Local Sampling Program, performs analyses, and responds to requests for data. Sampling and interviewing in 2005 were done by Clearwater Research, Incorporated which was selected by competitive bid.

Sample Selection

Respondents were selected using a two-stage random digit dialing sample design. In the first selection stage, a disproportionate stratified sample of telephone numbers was selected from two telephone number strata. One stratum consists of a listed Pennsylvania residential telephone numbers. The other stratum consists of blocks of telephone numbers, known to include one or more residential telephone numbers. Both strata's telephone numbers begin with area codes and exchange prefixes specific to Pennsylvania. Cell phone numbers are not included in the BRFSS sample selection.

Under the disproportionate stratified sample design, the sample of Pennsylvania telephone numbers that is divided into the two strata 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 2004 BRFSS survey. All items new to the 2005 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, influenza, asthma, arthritis, weight control, tobacco use, dental insurance, and heart attack and stroke. This 2005 questionnaire appears on pages 52- 66.

Response Rates

Interviews were conducted in the evenings and on weekends in order to reach people when they were more likely to be at home, as well as during the day. At least 15 calls were placed at different times of the day and night and different days of the week before any sample number was classified as "no answer."

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 13,378 completed interviews. The CASRO response rate for 2005 was 44 percent.

**Disposition of All Telephone Numbers
2005 Pennsylvania Behavioral Risk Factor Survey Sample**

<u>Disposition Code</u>	<u>Number</u>	<u>Percent</u>
Interview		
Complete	12,219	9.94
Partial Complete	1,159	0.94
Eligible, Non-Interview		
Termination within questionnaire	1,315	1.07
Refusal after respondent selection	4,125	3.35
Selected respondent never reached or was reached but did not begin interview during interviewing period	622	0.51
Selected respondent away from residence during the entire interviewing period	2,172	1.77
Language problem after respondent selection	126	0.10
Selected respondent physically or mentally unable to complete an interview during the entire interviewing period	697	0.57
Hang up or termination after number of adults recorded but before respondent selection	132	0.11
Household contact after number of adults recorded but before respondent selection	4	0.00
Unknown Eligibility, Non-Interview		
Household members away from residence during entire interviewing period	965	0.78
Hang-up or termination, housing unit, unknown if eligible respondent	5,281	4.29
Household contact, eligibility undetermined	446	0.36
Language problem before respondent selection	359	0.29
Physical or mental impairment before respondent selection	341	0.28
Hang-up or termination, unknown if private residence	10,465	8.51
Contact, unknown if private residence	399	0.32
Telephone answering device, message confirms private residential status	2,479	2.02
Telecommunication technological barrier, message confirms private residential status	29	0.02
Telephone answering device, not sure if private residence	1,845	1.50
Telecommunication technological barrier, not sure if private residence	62	0.05
Telephone number is no longer in service or has been changed	897	0.73
No answer	6,836	5.56
Busy	735	0.60
Not Eligible		
Out-of-state	16	0.01
Household, no eligible respondent	75	0.06
Not a private residence	18,302	14.88
Dedicated fax/data/modem line with no human contact	3,963	3.22
Cellular Phone	790	0.64
Fast busy	940	0.76
Non-working/disconnected number	45,171	36.73
Total	122,967	

Sample Characteristics

The following table compares the final interview sample for the 2005 BRFSS to the 2005 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 2005 Pennsylvania BRFSS Survey Sample and
2005 Pennsylvania Adult Population Estimates For Selected Characteristics**

		<u>2005 BRFSS Survey Sample</u>		<u>2005 Population Estimates</u>	
		Number	Percent	Number	Percent
All Adults		13,378	100.00	9,553,984	100.00
Sex	Male	4,957	37.05	4,550,371	47.63
	Female	8,421	62.95	5,003,613	52.37
Race ¹	White	11,442	85.53	8,377,443	87.69
	Black	1,433	10.71	919,394	9.62
	Other	384	2.87	257,147	2.69
	Unknown/Refused ²	119	0.89	NA	NA
Hispanic Origin	Yes	255	1.91	311,540	3.26
	No	13,051	97.56	9,242,444	96.74
	Unknown/Refused ²	72	0.54	NA	NA
Age	18-29	1,448	10.82	1,940,343	20.31
	30-44	3,263	24.39	2,531,180	26.49
	45-64	5,011	37.46	3,178,854	33.27
	65+	3,525	26.35	1,903,607	19.92
	Unknown/Refused ²	131	0.98	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 2005 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 used to determine the reliability of percentages calculated from sample sizes of 50 or more consisted of a comparison of the relative standard error of the calculated percentage with the relative standard error of the same percentage outcome for a simple random sample. If the relative standard error for the percentage being tested was smaller than the relative standard error 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 2005. 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 do not contribute to their further understanding.

Out of the 13,378 records included in the data analysis, 131 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) Local 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. In 2005, the sample data set has 13,378 surveys due to the implementation of the Pennsylvania BRFSS Local Sampling Program.

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 2005, 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 2005 (latest available) Dauphin County census population of 35,827 for ages 18-29 by the Fair or Poor Health prevalence of 7% (0.07) for that age group at the state level. The 2005 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 2,508.

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	2005 Dauphin County Census Population		Fair or Poor Health from 2005 Pa. BRFSS		Estimate of Dauphin County Adults Indicating Fair or Poor Health, 2005
18-29	35,827	x	7	=	2,508
30-44	53,857	x	9	=	4,847
45-64	68,482	x	17	=	11,642
65+	35,845	x	26	=	9,320
					Total 28,317

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.

Step 4

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

Total Synthetically Estimated Number of Adults
With Fair or Poor Health in Dauphin County = **28,317**

Total Population Age 18+ in Dauphin County = **194,011**

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.

$$\begin{aligned} \text{Synthetically Estimated Percentage} & & \text{Total Synthetically Estimated Number of Adults} \\ \text{With Fair or Poor Health in Dauphin County} & = & \text{With Fair or Poor Health in Dauphin County} \quad \times \quad 100 \\ & & \hline & & \text{Total Population Age 18+ in Dauphin County} \\ \text{Synthetically Estimated Percentage} & = & (28,317 / 194,011) \times 100 \\ \text{With Fair or Poor Health in Dauphin County} & & \\ \text{Synthetically Estimated Percentage} & = & \mathbf{15 \text{ Percent}} \\ \text{With Fair or Poor Health in Dauphin County} & & \end{aligned}$$

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.

Note: Regional and County data are available on the Bureau of Health Statistics web pages of the Department’s website at www.health.state.pa.us/stats/. Regional data is available in EpiQMS. Select county level data is available by selecting the Behavioral Risk Data link.

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

Core 1: Health Status

C01Q01

Would you say that in general your health is excellent, very good, good, fair, or poor?

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor
7. DON'T KNOW / NOT SURE
9. REFUSED

Core 2: Healthy Days

C02Q01

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

88. None
77. DON'T KNOW / NOT SURE
99. REFUSED

C02Q02

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

88. None
77. DON'T KNOW / NOT SURE
99. REFUSED

C02Q03 – ONLY GET IF C02Q01<88 OR C02Q02<88

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

88. None
77. DON'T KNOW / NOT SURE
99. REFUSED

Core 3: Health Care Access

C03Q01

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

C03Q02

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

C03Q03

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

1. Yes
2. No
7. DON'T KNOW / NOT SURE
9. REFUSED

C03Q04

About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

1. Within past yr (1-12 months ago)
2. Within past 2 yrs (1-2 yrs ago)
3. Within past 5 yrs (2-5 yrs ago)
4. 5 or more years ago
7. DON'T KNOW / NOT SURE
8. Never
9. REFUSED

Core 4: Exercise

C04Q01

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

Core 5: Diabetes

C05Q01

Have you EVER been told by a doctor that you have diabetes?

Note: 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

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

Module 1: Diabetes

M01Q01- only get if C05Q01 = 1

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

__ _Code age in years [97=97 and older]

- DON'T KNOW
- REFUSED

M01Q02 only get if C05Q01 = 1

Are you now taking insulin?
(203)

- 1. Yes
- 9 REFUSED

M01Q03 only get if C05Q01 = 1

Are you now taking diabetes pills?
(204)

- 1. Yes
- 2. No
- 7. DON'T KNOW / NOT SURE
- 9. REFUSED

M01Q04 only get if C05Q01 = 1

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.
(205-207)

- 12 __ 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

M01Q05 only get if C05Q01 = 1

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.
(208-210)

- 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

M01Q06 only get if C05Q01 = 1

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

(211)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M01Q07 only get if C05Q01 = 1

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

(212-213)

-- Number of times [76=76 or more]

- 8 8 None
- 7 7 DON'T KNOW / NOT SURE
- 9 9 REFUSED

M01Q08 only get if C05Q01 = 1

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"?

(214-215)

-- 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

M01Q09 only get if M01Q05 <> 555

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

(216-217)

-- Number of times [76=76 or more]

- 8 8 None
- 7 7 DON'T KNOW / NOT SURE
- 9 9 REFUSED

M01Q10 only get if C05Q01 = 1

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.

(218)

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

M01Q11 only get if C05Q01 = 1

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

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

M01Q12 only get if C05Q01 = 1

Have you EVER taken a course or class in how to manage your diabetes yourself? (220)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Core 6: Hypertension Awareness

C06Q01

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

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"

- 1 Yes
- 2 Yes, but female told only during pregnancy ⇒ **Go to next section**
- 3 No ⇒ **Go to next section**
- 4 Told borderline high or pre-hypertensive ⇒ **Go to next section**
7. DON'T KNOW / NOT SURE ⇒ **Go to next section**
9. REFUSED ⇒ **Go to next section**

C06Q02 Only get if C06Q01=1

Are you currently taking medicine for your high blood pressure?

- 1 Yes
- 2 No
7. DON'T KNOW / NOT SURE
9. REFUSED

Core 7: Cholesterol Awareness

C07Q01

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

- 1 Yes
- 2 No ⇒ **Go to next section**
7. DON'T KNOW / NOT SURE ⇒ **Go to next section**
9. REFUSED ⇒ **Go to next section**

C07Q02 only get if C07Q01=1

About how long has it been since you last had your blood cholesterol checked?

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

C07Q03 only get if C07Q01=1

Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

- 1 Yes
- 2 No
7. DON'T KNOW / NOT SURE
9. REFUSED

Core 8: Cardiovascular Disease Prevalence

Now I would like to ask you some questions about cardiovascular disease.

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

For each, tell me "Yes", "No", or you're "Not sure":

C08Q01

(Ever told) you had a heart attack, also called a myocardial infarction?

- 1 Yes
- 2 No
7. DON'T KNOW / NOT SURE
9. REFUSED

C08Q02

(Ever told) you had angina or coronary heart disease?

- 1 Yes
- 2 No
7. DON'T KNOW / NOT SURE
9. REFUSED

C08Q03

(Ever told) you had a stroke?

- 1 Yes
- 2 No
7. DON'T KNOW / NOT SURE
9. REFUSED

Core 9: Asthma

C09Q01

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

1. Yes
- No – **SKIP TO C10Q01**
7. DON'T KNOW / NOT SURE – **SKIP TO C10Q01**
9. REFUSED – **SKIP TO C10Q01**

C09Q02 – ONLY GET IF C09Q01=1

Do you still have asthma?

1. Yes
2. No
7. DON'T KNOW / NOT SURE
9. REFUSED

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

Core 10: Immunization

C10Q01

A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

C10Q02

During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist™.

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

C10Q03

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Core 11: Tobacco Use

C11Q01

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

Note: 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

C11Q02 only get if C11Q01=1

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
- 7 DON'T KNOW / NOT SURE ⇒Go to next section
- 9 REFUSED ⇒Go to next section

C11Q03 only get if C11Q02<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

Core 12: Alcohol Consumption

C12Q01

During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

- 1 Yes
- 2 No ⇒Go to next section
- 7 DON'T KNOW / NOT SURE ⇒Go to next section
- 9 REFUSED ⇒Go to next section

C12Q02 only get if C12Q01 = 1

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 days
- 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

C12Q03 only get if C12Q02 <> 888

One drink is equivalent to a 12 ounce beer, a 5 ounce glass of wine, or a drink with one shot of liquor. On the days when you drank, during the past 30 days, about how many drinks did you drink on the average?

- __ Number of drinks
- 7 7 DON'T KNOW / NOT SURE
- 9 9 REFUSED

C12Q04 only get if C12Q02 <> 888

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

- __ Number of times
- 8 8 None
- 7 7 DON'T KNOW / NOT SURE
- 9 9 REFUSED

C12Q05 only get if C12Q02 <> 888

During the past 30 days, what is the largest number of drinks you had on any occasion?

- __ Number of drinks
- 7 7 DON'T KNOW / NOT SURE
- 9 9 REFUSED

Core 13: Demographics

C13Q01

What is your age?

___ Code age in years

- 07. DON'T KNOW / NOT SURE
- 09. REFUSED

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

C13Q02

Are you Hispanic or Latino?

1. Yes
2. No
7. DON'T KNOW / NOT SURE
9. REFUSED

C13Q03

Which one or more of the following would you say is your race?
Would you say: White, Black or African American, Asian, Native Hawaiian or Other Pacific Islander, American Indian or Alaska Native, or Other?

(Check all that apply)

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**] _____
8. NO ADDITIONAL CHOICES
7. DON'T KNOW / NOT SURE
9. REFUSED

C13Q04 – ONLY GET IF MORE THAN ONE RESPONSE FOR C13Q03

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, Alaska Native or
6. Other [**specify**] _____
7. DON'T KNOW / NOT SURE
9. REFUSED

C13Q05

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

1. Married
2. Divorced
3. Widowed
4. Separated
5. Never married
6. A member of an unmarried couple
9. REFUSED

C13Q06

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

___ ___ Number of children

88. NONE
99. REFUSED

C13Q07

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

Read only if necessary:

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

9. REFUSED

C13Q08

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

Read only if necessary:

Employed for wages
Self-employed
Out of work for more than 1 year
Out of work for less than 1 year
A Homemaker
A Student
Retired
Unable to work

9. REFUSED

C13Q09

Is your annual household income from all sources?

Less than \$10,000
Less than \$15,000 (\$10,000 to less than \$15,000)
Less than \$20,000 (\$15,000 to less than \$20,000)
Less than \$25,000 (\$20,000 to less than \$25,000)
Less than \$35,000 (\$25,000 to less than \$35,000)
Less than \$50,000 (\$35,000 to less than \$50,000)
Less than \$75,000 (\$50,000 to less than \$75,000)
\$75,000 or more

77. DON'T KNOW / NOT SURE
99. REFUSED

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

C13Q10

About how much do you weigh without shoes?

Round fractions up

___ ___ Weight (*pounds*)
9 ___ ___ Weight (kilograms)

7777. DON'T KNOW / NOT SURE
9999. REFUSED

C13Q11

About how tall are you without shoes?

Round fractions down

___ ___ Height ft/inches (Ex. 5 feet 9 inches = 509)
9 ___ ___ Height meters/centimeters

7777. DON'T KNOW / NOT SURE
9999. REFUSED

C13Q12

What county do you live in?

___ ___ FIPS county code

777. DON'T KNOW / NOT SURE
REFUSED

C13Q13

What is your ZIP Code where you live?

___ ___ ZIP Code
7 7 7 7 7 DON'T KNOW / NOT SURE
9 9 9 9 9 REFUSED

C13Q14

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.

Yes
2. No – **SKIP TO C13Q16**

7. DON'T KNOW / NOT SURE – **SKIP TO C13Q16**
9. REFUSED – **SKIP TO C13Q16**

C13Q15 – ONLY GET IF C13Q14=1

How many of these phone numbers are residential numbers?

___ Residential telephone numbers [**6=6 or more**]

7. DON'T KNOW / NOT SURE
REFUSED

C13Q16

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

C13Q17

Indicate sex of respondent. Ask only if necessary.

1. Male
2. Female

C13Q18 – ONLY GET IF C13Q17=2 AND C13Q01<45

To your knowledge, are you now pregnant?

1. Yes
2. No
7. DON'T KNOW/ NOT SURE
9. REFUSED

Core 14: Veteran's Status

C14Q01

The next question relates to military service.

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
7. DON'T KNOW/ NOT SURE
9. REFUSED

Core 15: Disability

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

C15Q01

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

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

C15Q02

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

Note: Include occasional use or use in certain circumstances.

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Core 16: Arthritis Burden

C16Q01

During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?

- 1 Yes
- 2 No ⇒ Go to Q16.4
- 7 DON'T KNOW / NOT SURE ⇒ Go to Q16.4
- 9 REFUSED ⇒ Go to Q16.4

C16Q02 – only get if C16Q01 = 1

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

- 1 Yes
- 2 No ⇒ Go to Q16.4
- 7 DON'T KNOW / NOT SURE ⇒ Go to Q16.4
- 9 REFUSED ⇒ Go to Q16.4

C16Q03 – only get if C16Q02 = 1

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

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

C16Q04

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

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

INTERVIEWER NOTE: Arthritis diagnoses include:

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

C16Q05 – only get if C16Q02 = 1 or C16Q04 = 1

Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Note: If a respondent question arises about medication, then the interviewer should reply: *“Please answer the question based on how you are when you are taking any of the medications or treatments you might use.”*

Core 17: Fruits & Vegetables

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

C17Q01

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

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

C17Q02

Not counting juice, how often do you eat fruit?

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

C17Q03

How often do you eat green salad?

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

C17Q04

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

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

C17Q05

How often do you eat carrots?

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

C17Q06

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

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

Core 18: Physical Activity

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

C18Q01 – only get if C13Q08<3

When you are at work, which of the following best describes what you do? Would you say?

Note: If respondent has multiple jobs, include all jobs.

Please read

- 1 Mostly sitting or standing
- 2 Mostly walking
- 3 Mostly heavy labor or physically demanding work

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

C18Q02

Now, thinking about the moderate activities you do [fill in “when you are not working” if “employed” or self-employed] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

- 1 Yes
- 2 No ⇒Go to Q18.5
- 7 DON'T KNOW / NOT SURE ⇒Go to Q18.5
- 9 REFUSED ⇒Go to Q18.5

C18Q03 – only get if C18Q02 = 1

How many days per week do you do these moderate activities for at least 10 minutes at a time?

- __ Days per week
- 8 8 Do not do any moderate physical activity for at least 10 minutes at a time ⇒Go to Q18.5
- 7 7 DON'T KNOW / NOT SURE ⇒Go to Q18.5
- 9 9 REFUSED ⇒Go to Q18.5

C18Q04 – only get if C18Q03 <77

On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

- ._:._ Hours and minutes per day
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

C18Q05

Now, thinking about the vigorous activities you do [fill in “when you are not working” if “employed” or “self-employed”] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

- 1 Yes
- 2 No ⇒Go to next section
- 7 DON'T KNOW / NOT SURE ⇒Go to next section
- 9 REFUSED ⇒Go to next section

C18Q06 – only get if C18Q05 = 1

How many days per week do you do these vigorous activities for at least 10 minutes at a time?

- __ Days per week
- 8 8 Do not do any vigorous physical activity for at least 10 minutes at a time ⇒Go to next section
- 7 7 DON'T KNOW / NOT SURE ⇒Go to next section
- 9 9 REFUSED ⇒Go to next section

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

C18Q07 – only get if C18Q06 <77

On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

- __ : __ Hours and minutes per day
 7 7 7 DON'T KNOW / NOT SURE
 9 9 9 REFUSED

Core 19: HIV/AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you do not have to answer every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

C19Q01 – ONLY GET IF C13Q01<65

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

Include test using fluid from your mouth.

1. Yes
2. No – **SKIP TO C19Q04**
7. DON'T KNOW/ NOT SURE – **SKIP TO C19Q04**
9. REFUSED – **SKIP TO C19Q01**

C19Q02 – ONLY GET C19Q01=1

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

(Include saliva tests)

NOTE: If response is before January 1985, code '777777' = DON'T KNOW/NOT SURE.

__ __ / __ __ __ __ Code month and year

- 77 7777. DON'T KNOW / NOT SURE
 99 9999. REFUSED

C19Q03 – ONLY GET C19Q01=1

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, at home, or somewhere else?

__ __ Facility code

01. Private doctor or HMO office
02. Counseling and testing site
03. Hospital
04. Clinic
05. Jail or prison
07. Home
08. Somewhere else

77. DON'T KNOW / NOT SURE
 99. REFUSED

C19Q04 – ONLY GET C13Q01<65

I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You don't need to tell me which one.

- You have used intravenous drugs in the past year
- You have been treated for a sexually transmitted or venereal disease in the past year
- You have given or received money or drugs in exchange for sex in the past year
- You had anal sex without a condom in the past year

Do any of these situations apply to you?

1. Yes
2. No
7. DON'T KNOW/ NOT SURE
9. REFUSED

Core 20: Emotional Support & Life Satisfaction

The next two questions are about emotional support and your satisfaction with life.

C20Q01

How often do you get the social and emotional support you need?

Please read

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

C20Q02

In general, how satisfied are you with your life?

Please read

- 1 Very satisfied
- 2 Satisfied
- 3 Dissatisfied
- 4 Very dissatisfied
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

Module 8: Influenza

M08Q01- ONLY GET IF C10Q01 =1 OR C10Q02=1

Where did you go to get your most recent [flu shot / vaccine that was sprayed in your nose / vaccination (whether it was a shot or spray in your nose)]?

[CATI fill in appropriate response from Immunization Core Questions 10.1 and 10.2]. (276-277)

Read only if necessary:

- 0 1 A doctor's office or health maintenance organization (HMO)
- 0 2 A health department
- 0 3 Another type of clinic or health center
[Example: a community health center]
- 0 4 A senior, recreation, or community center
- 0 5 A store [Examples: supermarket, drug store]
- 0 6 A hospital [Example: in-patient]
- 0 7 An emergency room
- 0 8 Workplace
- or
- 0 9 Some other kind of place
- 1 0 Received vaccination in Canada/Mexico (Volunteered-DO NOT READ)
- 7 7 DON'T KNOW / NOT SURE (Probe: "How would you describe the place where you went to get your most recent flu vaccine?")

DO NOT READ

9 9 REFUSED

Module 9: Adult Asthma History

M09Q01- ONLY GET IF C09Q01=1

Previously you said you were told by a doctor, nurse 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?
(278-279)

- - 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

M09Q02- ONLY GET IF C09Q02=1

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

(280)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M09Q03 ONLY GET IF C09Q02=1

During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?
(281-282)

- - Number of visits [87=87 or more]
- 8 8 None
- 9 8 DON'T KNOW / NOT SURE
- 9 9 REFUSED

M09Q04 ONLY GET IF C09Q02=1

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? (Besides those emergency room visits if one or more visits to M09Q03)

- - Number of visits [87=87 or more]
- 8 8 None
- 9 8 DON'T KNOW / NOT SURE
- 9 9 REFUSED

M09Q05 ONLY GET IF C09Q02=1

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?
(285-286)

- - Number of visits [87=87 or more]
- 8 8 None
- 9 8 DON'T KNOW / NOT SURE
- 9 9 REFUSED

M09Q06 ONLY GET IF C09Q02=1

During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma? (287-289)

- - - Number of days
- 8 8 8 None
- 7 7 7 DON'T KNOW / NOT SURE
- 9 9 9 REFUSED

M09Q07 ONLY GET IF C09Q02=1

Symptoms of asthma include cough, wheezing, shortness of breath, chest tightness and phlegm production when you don't have a cold or respiratory infection. During the past 30 days, how often did you have any symptoms of asthma? Would you say? (290)

Please read

- 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

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

M09Q08 – ONLY GET IF M09Q07 <8

During the past 30 days, how many days did symptoms of asthma make it difficult for you to stay asleep? Would you say?
(291)

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

M09Q09 - ONLY GET IF C09Q02=1

During the past 30 days, how often did you take a prescription asthma medication to prevent an asthma attack from occurring?
(292)

Please read

- 8 Never
- 1 1 to 14 days
- 2 15 to 24 days
- 3 25 to 30 days

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M09Q10 - ONLY GET IF C09Q02=1

During the past 30 days, how often did you use a prescription asthma inhaler during an asthma attack to stop it?
(293)

INTERVIEWER INSTRUCTION: How often (number of times) does NOT equal number of puffs. Two to three puffs are usually taken each time the inhaler is used.

Read only if necessary:

- 8 Never (include no attack in past 30 days)
- 1 One to four times (in the past 30 days)
- 2 Five to fourteen times (in the past 30 days)
- 3 Fifteen to twenty-nine time (in the past 30 days)
- 4 Thirty to fifty-nine times (in the past 30 days)
- 5 Sixty to ninety-nine times (in the past 30 days)
- 6 More than 100 times (in the past 30 days)

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Module 10: Random Child Selection

If Core Q13.6= 1; INTERVIEWER: “Previously, you indicated there was one child age 17 or younger in your household. I would like to ask you some questions about that child.” ⇒Go to Q1.

If Core 13.6 is >1 and Core Q13.6 does not equal to 88 or 99; INTERVIEWER: “Previously, you indicated there were [number] children age 17 or younger in your household. Think about those [number] children in order of their birth, from oldest to youngest. The oldest child is the first child and the youngest child is the last. Please include children with the same birth date, including twins, in the order of their birth.”

CATI INSTRUCTION: RANDOMLY SELECT ONE OF THE CHILDREN. This is the “Xth” child. Please substitute “Xth” child’s number in all questions below.

INTERVIEWER: “I have some additional questions about one specific child. The child I will be referring to is the “Xth” [CATI: please fill in correct number] child in your household. All following questions about children will be about the “Xth” [CATI: please fill in] child.”

M10Q01- ONLY GET IF C13Q06 <88

What is the birth month and year of the “Xth” child? (294-299)

- | | |
|-------------------|-----------------------|
| _ _ / _ _ - - - - | Code month and year |
| 7 7 / 7 7 7 7 | DON'T KNOW / NOT SURE |
| 9 9 / 9 9 9 9 | REFUSED |

M10Q02 - ONLY GET IF C13Q06 <88

Is the child a boy or a girl? (300)

- 1 Boy
- 2 Girl
- 9 REFUSED

M10Q03 - ONLY GET IF C13Q06 <88

Is the child Hispanic or Latino? (301)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M10Q04 - ONLY GET IF C13Q06 <88

Which one or more of the following would you say is the race of the child? (302-307)

[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

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M10Q05 – ONLY GET IF M10Q04 HAS MORE THAN ONE RESPONSE

Which one of these groups would you say best represents the child's race? (308)

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian, Alaska Native
- 6 Other
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M10Q06- ONLY GET IF C13Q06 <88

How are you related to the child? (309)

Please read

- 1 Parent (mother or father) include biologic, step or adoptive parent
- 2 Grandparent
- 3 Foster parent or guardian [other than parent or grandparent]
- 4 Sibling (brother or sister) include biologic, step and adoptive sibling
- 5 Other relative
- 6 Not related in any way

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Module 11: Childhood Asthma Prevalence

M11Q01- ONLY GET IF C13Q06 <88

Has a doctor, nurse, or other medical professional EVER said that the child has asthma? (310)

- 1 Yes
- 2 No ⇒ **Go to next module**
- 7 DON'T KNOW / NOT SURE ⇒ **Go to next module**
- 9 REFUSED ⇒ **Go to next module**

M11Q02- ONLY GET IF M11Q01 = 1

Does the child still have asthma? (311)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Module 16: Osteoporosis

M16Q01

Osteoporosis (os-tee-oh-por-o-sis) is a condition where bones become brittle and break (fracture) more easily. It is *not* the same condition as osteoarthritis, a joint disease.

1. Have you EVER been told by a doctor, nurse, or other health professional that you have osteoporosis? (330)
- 1 Yes
 - 2 No
 - 7 DON'T KNOW / NOT SURE
 - 9 REFUSED

Module 17: Arthritis Management

M17Q01- ONLY GET IF C16Q01 =1 OR C16Q04=1

"Earlier you indicated that you had arthritis or joint symptoms."

Thinking about your arthritis or joint symptoms, which of the following best describes you TODAY? (331)

Please read

- 1 I can do everything I would like to do
- 2 I can do most things I would like to do
- 3 I can do some things I would like to do
- 4 I can hardly do anything I would like to do

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M17Q02- ONLY GET IF C16Q01 =1 OR C16Q04=1

Has a doctor or other health professional EVER suggested losing weight to help your arthritis or joint symptoms? (332)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M17Q03- ONLY GET IF C16Q01 =1 OR C16Q04=1

Has a doctor or other health professional EVER suggested physical activity or exercise to help your arthritis or joint symptoms? (333)

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

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M17Q04- ONLY GET IF C16Q01 =1 OR C16Q04=1

Have you EVER taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms? (334)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

Module 18: Weight Control

M18Q01

Are you now trying to lose weight? (335)

- 1 Yes ⇒ **Go to Q3**
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

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M18Q02-ONLY GET IF M18Q01 <1

Are you now trying to maintain your current weight, that is, to keep from gaining weight? (336)

- 1 Yes
- 2 No ⇒Go to Q5
- 7 DON'T KNOW / NOT SURE ⇒Go to Q5
- 9 REFUSED ⇒Go to Q5

M18Q03-ONLY GET IF M18Q02 <1 OR M18Q01 =1

Are you eating either fewer calories or less fat to... (337)

lose weight? [If "Yes" to Q1]

keep from gaining weight? [If "Yes" to Q2]

Probe for which:

- 1 Yes, fewer calories
- 2 Yes, less fat
- 3 Yes, fewer calories and less fat
- 4 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

M18Q04

Are you using physical activity or exercise to... (338)

lose weight? [If "Yes" to Q1]

keep from gaining weight? [If "Yes" to Q2]

- 1 Yes
- 2 No
- DON'T KNOW / NOT SURE
- 9 REFUSED

M18Q05

In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight? (339)

Probe for which:

- 1 Yes, lose weight
- 2 Yes, gain weight
- 3 Yes, maintain current weight
- 4 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

State Added Section 1: Tobacco Use

PA01Q01

In the last 12 months, how many times have you seen a doctor, nurse or other health professional to get any kind of care for yourself?

- Number of times (1-76)
None
- 77 DON'T KNOW / NOT SURE
- 99 REFUSED

PA01Q02 – IF C11Q02<3 and PA01Q01 < 77

In the last 12 months, on how many visits were you advised to quit smoking by a doctor or other health provider?

- Number of times (1-76)
- 88 None
- 77 DON'T KNOW / NOT SURE
- REFUSED

State Added Section 2: Dental Insurance

PA02Q01

Do you have dental insurance?

- 1 Yes
- 2 No
- DON'T KNOW / NOT SURE
- 9 REFUSED

PA02Q02 – PA02Q01=1

Is your dental insurance provided by your employer or someone else's employer?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA02Q03 – PA02Q01=1

Do you have difficulty finding a dentist who accepts your dental insurance?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

State Added Section 3: Heart Attack and Stroke

PA03Q01

Which of the following do you think is a symptom of a heart attack? For each, tell me Yes, No, or you're Not sure:

(Do you think) pain or discomfort in the jaw, neck, or back (are symptoms of a heart attack)?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

PA03Q02

(Do you think) chest pain or discomfort (are symptoms of a heart attack?)

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA03Q03

Which of the following do you think is a symptom of a stroke? For each, tell me Yes, No, or you're Not sure:
(Do you think) sudden confusion or trouble speaking (are symptoms of a stroke)?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA03Q04

(Do you think) sudden numbness or weakness of face, arm, leg, especially on one side, (are symptoms of a stroke)?

- 1 Yes
- 2 No
- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA03Q05

If you thought someone was having a heart attack or stroke, what is the first thing you would do?

PLEASE READ

- 1 Take them to the hospital
- 2 Tell them to call their doctor
- 3 Call 911
- 4 Call their spouse or a family member
- 5 Do something else

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

State Added Section 4: Homeland Security

PA04Q01

The next five questions pertain to your community's preparedness to respond to potential terrorist attacks. The phrase "government agencies or other community organizations" will be used to describe government, business, school, religious, or other community groups involved with your community's well-being.

How interested are you in learning more about the plans that government agencies or other community organizations currently have to deal with possible terrorist attacks?

PLEASE READ

- 1 Very interested
- 2 Somewhat interested
- 3 Little or no interest

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA04Q02

How much do you think the people making plans to deal with possible terrorist attacks in your community *know* about the *concerns* you would have and the *information* you would want in these sorts of situations?

PLEASE READ

- 1 A great deal
- 2 A moderate amount
- 3 Little or nothing

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA04Q03

How *prepared* do you think your community is to deal with possible terrorist attacks?

PLEASE READ

- 1 Very prepared
- 2 Somewhat prepared
- 3 Little or no preparation

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA04Q04

How interested are you, *personally*, in *helping* any government agency or any other community organization *develop plans* to deal with possible terrorist attacks?

PLEASE READ

- 1 Very interested
- 2 Somewhat interested
- 3 Little or no interest

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

2005 Pennsylvania Behavioral Risk Factor Surveillance System Questionnaire

PA04Q05

How much do you think that the harm caused by a terrorist attack in your community could be *reduced* by preparing *ahead of time* to deal with the effects?

PLEASE READ

- 1 A great deal
- 2 A moderate amount
- 3 Little or nothing

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

State Added Section 5: Epilepsy and Seizure Disorder

PA05Q01

Have you ever been told by a doctor that you have a seizure disorder or epilepsy?

- 1 Yes
- 2 No

- 7 DON'T KNOW / NOT SURE
- REFUSED

PA05Q02 – PA05Q01=1

Are you currently taking any medicine to control your seizure disorder or epilepsy?

- 1 Yes
- 2 No

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

PA05Q03 – PA05Q01=1

How many seizures of any type have you had in the last three months?

Note: If the respondent mentions and counts "auras" as seizures, accept the response. If a respondent indicates that he/she has had nothing more than an aura and is unsure about counting the aura(s), do NOT count auras as seizures.

- None
- One
- More than one
- No longer have epilepsy or seizure disorder

- 7 DON'T KNOW / NOT SURE
- REFUSED

PA05Q04– PA05Q03<=4

In the past year, have you seen a neurologist or epilepsy specialist for your epilepsy or seizure disorder?

- 1 Yes
- 2 No

- 7 DON'T KNOW / NOT SURE
- REFUSED

PA05Q05– PA05Q01=1

During the past month, to what extent has epilepsy or its treatment interfered with your normal activities like working, school, or socializing with family or friends? Would you say:

- PLEASE READ
- 1 Not at all
 - Slightly
 - Moderately
 - Quite a bit
 - Extremely

DO NOT READ

- 7 DON'T KNOW / NOT SURE
- 9 REFUSED

CLOSING

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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