

2007 Behavioral Health Risks



Of Pennsylvania Adults



Bureau of Health Statistics and Research

Edward G. Rendell, Governor
Everette James, Acting Secretary

2007
BEHAVIORAL HEALTH RISKS
of PENNSYLVANIA ADULTS

**A Report of Data Collected During 2007 for the
Behavioral Risk Factor Surveillance System**

January 2009

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 numbers shown in the tables consist of the actual numbers of respondents excluding those who had missing, don't know, and refused answers. This is a change from reports prior to 2000 and percentages shown may vary slightly from previously-published data. Confidence intervals (at the 95% level) were also calculated and shown for percentages to provide a basis for quality analysis and comparability. Please review the Technical Notes section in the back of this report for more thorough discussions of these and other data concerns.

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 section 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?

- ◆ “Poor” responded 4 percent of Pennsylvania adults in 2007; “fair” said 12 percent; “good” said 29 percent; “very good” said 36 percent and, “excellent” responded 19 percent.
- ◆ Percentages of “fair” or “poor” health were significantly higher for adults 45 years and greater, when compared to those adults who were less than 45 years of age. Twenty-six percent of adults age 65+, 18 percent ages 45-64, 8 percent ages 30-44, and 10 percent ages 18-29 indicated having fair or poor health.
- ◆ Adults with less than a high school education have significantly higher percentages of fair or poor health compared to adults with a high school education or higher (35 percent, less than a high school education; 19 percent, high school diploma; 13 percent, some college education; 8 percent, a college degree).
- ◆ Significantly higher percentages of fair or poor health were seen for adults with household incomes lower than \$25,000 (43 percent, less than \$15,000 in household income; 30 percent, \$15,000-\$24,999 income) compared to higher-income adults (13 percent, \$25,000-\$49,999 income; 10 percent, \$50,000-\$74,999 income; 5 percent, \$75,000+).
- ◆ Black, non-Hispanic adults had a significantly higher percentage (21 percent) compared to white, non-Hispanic adults (14 percent).
- ◆ No significant difference was seen for sex.

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

- ◆ Thirty-eight percent of Pennsylvania adults in 2007 indicated that their physical health was not good at least one day in the past month.
- ◆ Adults age 18-29 had a significantly higher percentage (45) compared to adults age 30-44 (33 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage (49) compared to adults with a high school education or higher (high school diploma, 39 percent; some college education, 38 percent; and college degree, 33 percent).
- ◆ The poorest adults (household incomes below \$25,000) had significantly higher percentages (less than \$15,000, 60 percent; \$15,000-\$24,999, 49 percent) compared to adults with household incomes of \$25,000+ (\$25,000-\$49,999, 36 percent; \$50,000-\$74,999, 33 percent; and \$75,000+, 29 percent).
- ◆ No significant differences were seen for sex or race/ethnicity.

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

- ◆ In the 2007 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 (27 percent) for having at least one day in the past month where their mental health was not good.
- ◆ Younger adults had significantly higher percentages compared to adults in every older age group (18-29, 49 percent; 30-44, 36 percent; 45-64, 31 percent; and 65+, 19 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage (40) compared to adults with a college degree (31 percent).
- ◆ The percentage of adults with a household income of less than \$15,000 was significantly higher (50 percent) compared to adults with household incomes \$25,000+ (\$25,000-\$49,999, 32 percent; \$50,000-\$74,999, 31 percent; and \$75,000+, 30 percent).
- ◆ No significant differences were seen for race/ethnicity.

General Health

Figure 1A: General Health, Pennsylvania Adults, by Type, 1995-2007

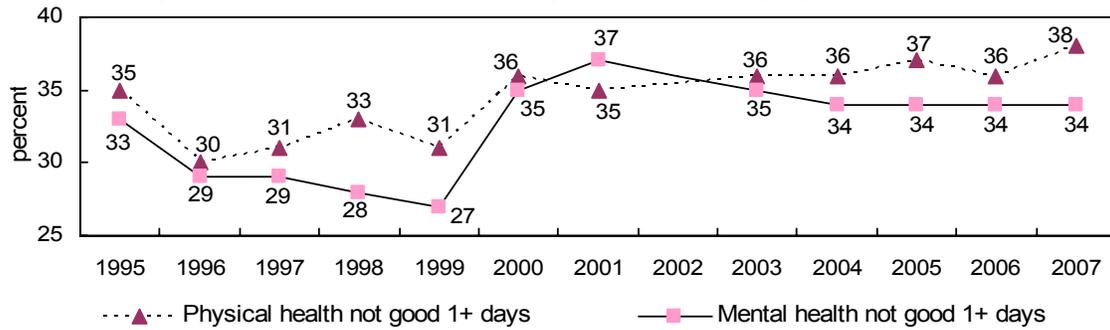


Figure 1B: General Health, Pennsylvania Adults, by Type and Age, 2007

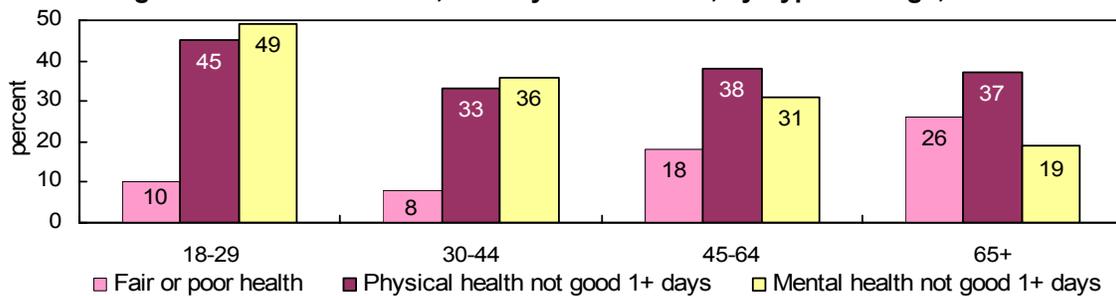


Table 1: General Health, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	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	14-16	38	36-39	34	32-35
Male	15	13-17	35	33-38	27	24-30
Female	16	14-17	40	38-42	40	38-42
18-29	10	6-14	45	39-50	49	44-55
30-44	8	7-10	33	31-36	36	34-39
45-64	18	16-19	38	35-40	31	29-33
65+	26	24-28	37	34-39	19	17-21
<High School	35	30-42	49	43-55	40	34-46
High School	19	17-21	39	37-42	33	31-36
Some College	13	11-15	38	35-42	36	33-40
College Degree	8	6-10	33	30-36	31	28-33
<\$15,000	43	37-49	60	54-66	50	44-56
\$15,000 to \$24,999	30	27-34	49	44-53	39	35-44
\$25,000 to \$49,999	13	11-15	36	33-39	32	29-35
\$50,000 to \$74,999	10	7-14	33	29-37	31	27-35
\$75,000+	5	4-7	29	27-32	30	27-33
White, non-Hispanic	14	13-15	37	35-38	32	31-34
Black, non-Hispanic	21	16-26	42	36-48	38	32-44
Hispanic	24	14-37	43	32-56	46	34-58

*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 2007.
- ◆ Significantly more young adults (23 percent of those ages 18-29) reported having no health insurance compared to older adults (11 percent for ages 30-44 and 9 percent for ages 45-64).
- ◆ Adults ages 18-64 with less than a high school education recorded a significantly higher percentage with no health care coverage (34 percent) compared to adults ages 18-64 with a high school education or more. Adults ages 18-64 with a high school diploma had a significantly higher percentage (17) compared to adults ages 18-64 with some college education or a college degree (some college education, 10 percent; college degree, 8 percent).
- ◆ Significantly higher percentages were seen for adults ages 18-64 reporting household incomes of less than \$25,000 (28 percent for <\$15,000 and 31 percent for \$15,000-\$24,999) compared to adults ages 18-64 with household incomes of \$25,000 or higher. Adults ages 18-64 with household incomes of \$25,000-\$74,999 had significantly higher percentages (\$25,000-\$49,999, 14 percent; \$50,000-\$74,999, 8 percent) compared to adults ages 18-64 with incomes of \$75,000 or higher (2 percent).
- ◆ No significant differences were seen for sex or race/ethnicity.

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

- ◆ Ten percent of Pennsylvania adults indicated that they do not have someone they consider a personal doctor or health care provider during the 2007 BRFSS survey.
- ◆ Men had a significantly higher percentage of no personal health care provider (16 percent) compared to women (6 percent).
- ◆ All age groups under 65 had percentages significantly higher than any older age group – i.e., ages 18-29 had 21 percent, ages 30-44 had 13 percent, ages 45-64 had 7 percent, and ages 65+ had 3 percent for not having a personal care provider.
- ◆ Black, non-Hispanic adults had a significantly higher percentage (15) compared to white, non-Hispanic adults (9 percent).
- ◆ No significant differences were seen for education or household income.

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

- ◆ Ten percent of Pennsylvania adults responded in 2007 that there was an instance where they needed to see a doctor in the past year but could not because of cost.
- ◆ Adults under age 65 had significantly higher percentages for being unable to see a doctor due to cost (18-29, 15 percent; 30-44, 10 percent; and 45-64, 10 percent) compared to adults age 65+ (3 percent).
- ◆ A significantly higher percentage was seen for adults with less than a high school education (17 percent) compared to adults with some college education (9 percent) or a college degree (6 percent).
- ◆ Adults with a household income less than \$25,000 had significantly higher percentages (<\$15,000, 21 percent; \$15,000-\$24,999, 21 percent) compared to adults with higher household incomes (\$25,000-\$49,999, 9 percent; \$50,000-\$74,999, 7 percent; and \$75,000+, 3 percent).
- ◆ Black, non-Hispanic adults had a significantly higher percentage (20) compared to white, non-Hispanic adults (8 percent).
- ◆ No significant difference was seen for sex.

Health Care Access

Figure 2A: No Health Insurance, Pennsylvania Adults, Ages 18-64, 1995-2007

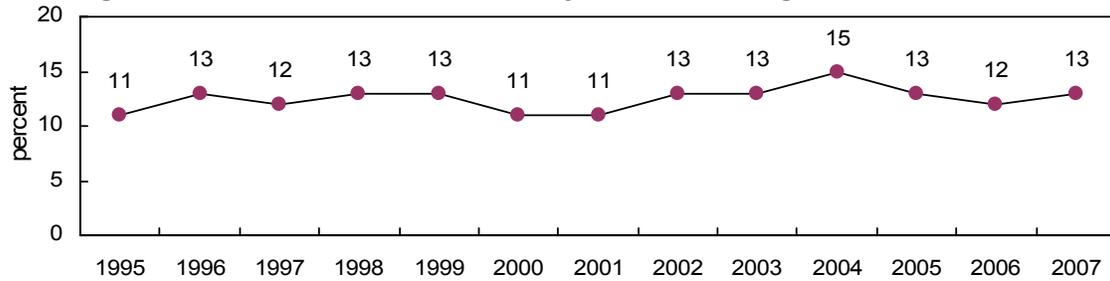


Figure 2B: No Health Insurance, Pennsylvania Adults, Ages 18-64, by Education and Sex, 2007

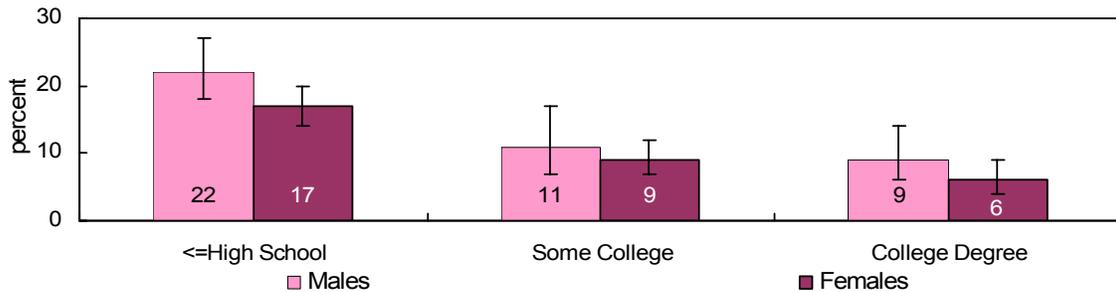


Table 2: Health Care Access, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	No Health Insurance Ages 18-64*		No Personal Health Care Provider*		No Care Due to Cost Past Year*	
	%	CI	%	CI	%	CI
All Adults	13	12-15	10	9-12	10	9-11
Male	15	13-18	16	14-18	9	7-11
Female	11	9-13	6	5-7	10	9-12
18-29	23	18-28	21	17-26	15	11-20
30-44	11	9-13	13	11-15	10	9-12
45-64	9	8-11	7	6-9	10	9-11
65+	NA	NA	3	2-4	3	2-4
<High School	34	26-43	13	9-18	17	12-23
High School	17	14-20	12	10-14	12	10-14
Some College	10	8-13	8	7-11	9	8-11
College Degree	8	6-10	10	8-12	6	4-8
<\$15,000	28	20-37	16	11-21	21	17-27
\$15,000 to \$24,999	31	25-37	14	10-18	21	17-25
\$25,000 to \$49,999	14	12-17	10	8-12	9	8-11
\$50,000 to \$74,999	8	5-13	8	5-12	7	4-11
\$75,000+	2	1-3	8	6-11	3	2-4
White, non-Hispanic	11	10-13	9	8-10	8	7-9
Black, non-Hispanic	18	12-25	15	11-21	20	15-27
Hispanic	#		#		15	9-24

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

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

Note: "NA" indicates not applicable

Exercise

No leisure-time physical activity in past month:

- ◆ Twenty-three percent of Pennsylvania adults responded in 2007 that they had not engaged in any leisure time physical activity in the past month.
- ◆ Adult women (27 percent) in Pennsylvania had a significantly higher percentage compared to adult men (20 percent).
- ◆ Pennsylvania adults ages 65+ (35 percent) had a significantly higher percentage compared to all younger age groups (ages 45-64 at 23 percent; ages 30-44 at 20 percent; and ages 18-29 at 15 percent). Additionally, adults ages 45-64 had a significantly higher percentage compared to adults age 18-29.
- ◆ Adults with less education consistently had significantly higher percentages compared to adults with more education (<high school diploma at 43 percent; high school diploma at 29 percent; some college at 22 percent; and college degree at 13 percent).
- ◆ Adults with household incomes of <\$25,000 had significantly higher percentages compared to adults in households with incomes above \$25,000 (<\$15,000 at 42 percent; \$15,000-\$24,999 at 38 percent; \$25,000-\$49,999 at 25 percent; \$50,000-\$74,999 at 17 percent; and \$75,000+ at 11 percent).
- ◆ Black, non-Hispanic adults (31 percent) had a significantly higher percentage compared to White, non-Hispanic adults (22 percent).

Sufficient moderate physical activity in a week:

Definition: For the purposes of this report, sufficient 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 at least 30 minutes per occasion.

- ◆ In 2007, 50 percent of Pennsylvania adults responded that they engaged in enough moderate physical activity in a usual week.
- ◆ Adult women (48 percent) in Pennsylvania had a significantly lower percentage compared to adult men (53 percent).
- ◆ Adults age 65+ had a significantly lower percentage than younger adults (ages 18-29 at 62 percent; ages 30-44 at 53 percent; ages 45-64 at 48 percent; and ages 65+ at 40 percent). Adults age 45-64 had a significantly lower percentage compared to adults age 18-29.
- ◆ Those adults with a high school education or less had significantly lower percentages than those with a college degree (<high school at 42 percent; high school at 46 percent; and college degree at 56 percent).
- ◆ Adults living in households with incomes less than \$25,000 had significantly lower percentages compared to those living in households with incomes of at least \$25,000 (<\$15,000 at 34 percent; \$15,000-\$24,999 at 40 percent; \$25,000-\$49,999 at 50 percent; \$50,000-\$74,999 at 55 percent; and \$75,000+ at 59 percent).
- ◆ Black, non-Hispanic adults (42 percent) had a significantly lower percentage compared to white, non-Hispanic adults (51 percent).

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-nine percent of Pennsylvania adults indicated that they engaged in enough vigorous physical activity in a usual week.
- ◆ Adult women (23 percent) in Pennsylvania had a significantly lower percentage compared to adult men (35 percent).
- ◆ Younger adults consistently had significantly higher percentages than older adults (ages 18-29 at 43 percent; ages 30-44 at 32 percent; ages 45-64 at 25 percent; ages 65+ at 15 percent).
- ◆ Those adults with a high school education or less had significantly lower percentages than those with a college degree (<high school at 23 percent; high school at 24 percent; and college degree at 34 percent).
- ◆ Adults living in households with incomes less than \$25,000 had significantly lower percentages compared to those living in households with incomes of at least \$50,000 (<\$15,000 at 16 percent; \$15,000-\$24,999 at 20 percent; \$50,000-\$74,999 at 31 percent; and \$75,000+ at 38 percent).
- ◆ No significant differences were seen for race/ethnicity.

Exercise

Figure 3A: No Leisure-Time Physical Activity, Pennsylvania Adults, 1995-2007

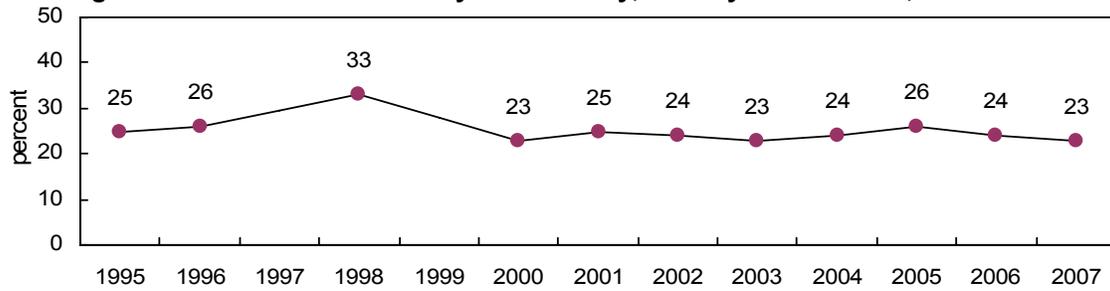


Figure 3B: No Leisure-Time Physical Activity, Pennsylvania Adults, by Sex and Age, 2007

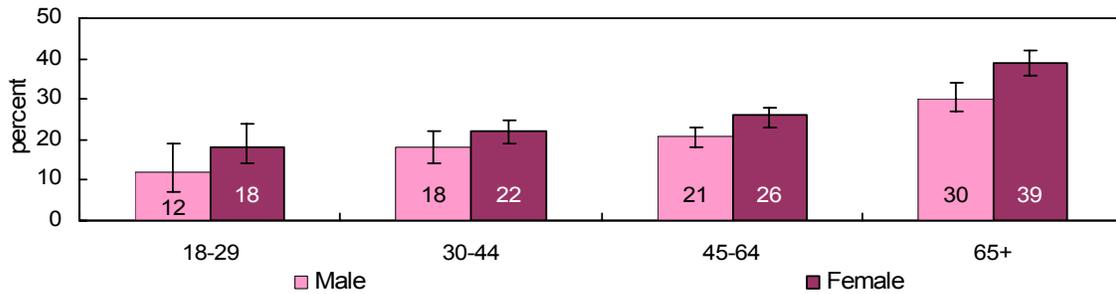


Table 3: Exercise, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	No Leisure Physical Activity Past Month*		Sufficient Moderate Physical Activity/wk**		Sufficient Vigorous Physical Activity/wk***	
	%	CI	%	CI	%	CI
All Adults	23	22-25	50	49-52	29	27-30
Male	20	18-22	53	51-56	35	32-38
Female	27	25-28	48	46-50	23	21-24
18-29	15	12-19	62	56-67	43	38-49
30-44	20	18-22	53	50-56	32	30-35
45-64	23	21-25	48	46-50	25	23-27
65+	35	33-38	40	37-42	15	14-17
<High School	43	37-49	42	36-49	23	18-29
High School	29	27-31	46	43-49	24	22-27
Some College	22	19-24	51	48-55	30	26-34
College Degree	13	12-15	56	53-59	34	32-37
<\$15,000	42	36-48	34	29-40	16	12-21
\$15,000 to \$24,999	38	34-42	40	36-45	20	16-25
\$25,000 to \$49,999	25	23-28	50	47-53	26	23-29
\$50,000 to \$74,999	17	15-21	55	50-59	31	27-36
\$75,000+	11	9-13	59	56-62	38	35-41
White, non-Hispanic	22	21-23	51	49-52	29	27-30
Black, non-Hispanic	31	26-37	42	36-48	22	17-28
Hispanic	33	23-45	51	40-63	28	18-39

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

**Defined as engaging in moderate physical activity 5+ days per week an average of 30+ minutes per occasion.

***Defined as engaging in vigorous physical activity 3+ days per week for an average of 20+ minutes per occasion.

Overweight & Obese

Overweight adults:

- ◆ Sixty-three percent of Pennsylvania adults were overweight according to the 2007 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 (56 percent).
- ◆ Adults ages 18-29 had a significantly lower percentage of being overweight (45 percent) compared to all older age groups (ages 30-44 at 63 percent; ages 45-64 at 71 percent; and ages 65+ at 66 percent). Also, adults ages 30-44 or 65 and older had significantly lower percentages compared to adults ages 45-64.
- ◆ Pennsylvania adults with a high school education (67 percent) had a significantly higher percentage compared to adults with a college degree (57 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (72 percent) compared to non-Hispanic white adults (63 percent).
- ◆ No significant differences were seen for household income.

Obese adults:

- ◆ Twenty-eight percent of Pennsylvania adults were obese according to the 2007 survey results. (Please note that obese adults are included in the overweight adult percentages.)
- ◆ Adults ages 30-64 had significantly higher percentages of being obese compared to adults ages 18-29 (ages 18-29 at 19 percent; ages 30-44 at 29 percent; and ages 45-64 at 34 percent).
- ◆ A significantly lower percentage of adults with a college degree (23 percent) were considered obese compared to adults with a high school education or some college education (both at 30 percent).
- ◆ Adults with household incomes less than \$25,000 had significantly higher percentages (<\$15,000 at 36 percent; and \$15,000-\$24,999 at 35 percent) compared to adults with household incomes of \$75,000 or more (24 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (38 percent) compared to non-Hispanic white adults (27 percent).
- ◆ No significant difference was seen for sex.

Overweight & Obese

Figure 4A: Percent Overweight and Obese, Pennsylvania Adults, 1995-2007

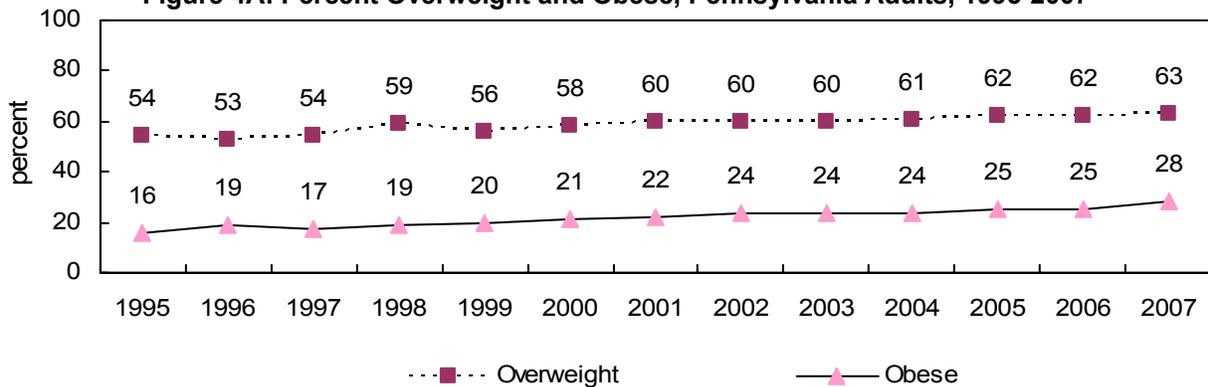


Figure 4B: Percent Obese, Pennsylvania Adults, by Sex and Race/Ethnicity, 2007

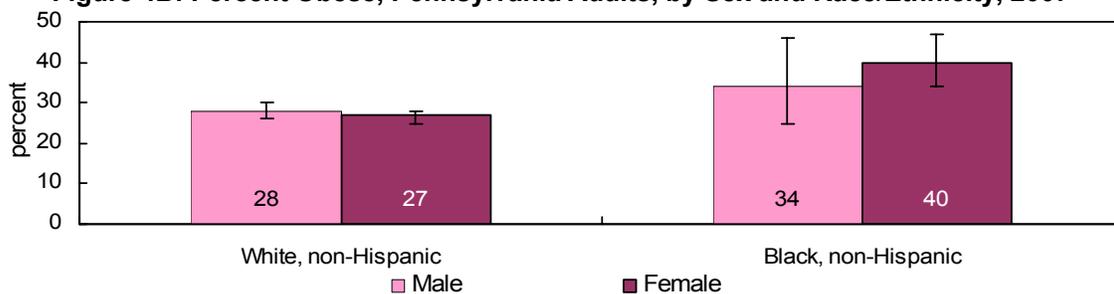


Table 4: Overweight & Obese, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Overweight*		Obese*	
	%	CI	%	CI
All Adults	63	61-64	28	26-29
Male	70	67-72	28	26-31
Female	56	54-58	27	26-29
18-29	45	40-51	19	15-23
30-44	63	60-65	29	26-32
45-64	71	69-72	34	32-36
65+	66	64-68	25	22-27
<High School	66	60-72	31	25-37
High School	67	64-69	30	28-33
Some College	62	59-66	30	27-33
College Degree	57	54-60	23	20-25
<\$15,000	68	62-73	36	30-43
\$15,000 to \$24,999	69	64-73	35	31-39
\$25,000 to \$49,999	66	63-69	29	27-32
\$50,000 to \$74,999	62	58-67	28	25-32
\$75,000+	61	58-64	24	22-27
White, non-Hispanic	63	61-64	27	26-29
Black, non-Hispanic	72	65-77	38	32-44
Hispanic	68	56-77	30	20-43

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

Note: Obese is included in the overweight percentage.

Cigarette Use

Current cigarette smokers:

- ◆ Twenty-one percent of all Pennsylvania adults indicated that they were current cigarette smokers, smoking cigarettes every day or some days, in 2007.
- ◆ For adults ages 18-44, the percentages of current smokers were significantly higher than for adults ages 45 and older (ages 18-29 at 29 percent; ages 30-44 at 25 percent; ages 45-64 at 21 percent; and ages 65+ at 8 percent).
- ◆ Only about 11 percent of adults with a college degree reported current smoking. This is significantly lower than all other educational groups (<high school at 33 percent; high school at 26 percent; and some college at 24 percent).
- ◆ Adults with household incomes of less than \$50,000 had significantly higher percentages compared to adults with household incomes of \$75,000 or more (<\$15,000 at 35 percent; \$15,000-\$24,999 at 28 percent; \$25,000-\$49,999 at 23 percent; and \$75,000+ at 14 percent). Adults with household incomes of \$50,000-\$74,999 had a significantly lower percentage than adults with household incomes of less than \$25,000.
- ◆ Black, non-Hispanic adults (28 percent) had a significantly higher percentage compared to white, non-Hispanic adults (20 percent).
- ◆ No significant difference was seen for sex.

Former cigarette smokers:

- ◆ From the 2007 survey, 24 percent of Pennsylvania adults responded that they were former cigarette smokers.
- ◆ A significantly higher percentage of adult males (28 percent) were former smokers compared to adult females (21 percent).
- ◆ All younger adult age groups were significantly lower in percentages compared to older adult groups (ages 18-29 at 8 percent; ages 30-44 at 17 percent; ages 45-64 at 29 percent; and ages 65+ at 40 percent).
- ◆ Adults with a household income of less than \$15,000 had a significantly lower percentage (18 percent) compared to adults with a household income of \$15,000-\$49,999 (\$15,000-\$24,999 at 26 percent; and \$25,000-\$49,999 at 27 percent).
- ◆ White, non-Hispanic adults had a significantly higher percentage (26 percent) compared to black, non-Hispanic adults (15 percent).
- ◆ No significant differences were seen for education.

Quit smoking for at least one day in past year:

- ◆ Among those adults who were currently smoking every day in 2007, 52 percent reported quitting for at least one day in the past year.
- ◆ Adults ages 65 and older had a significantly lower percentage compared to those ages 18-64 (ages 18-29 at 57 percent; ages 30-44 at 53 percent; ages 45-64 at 51 percent; ages 65+ at 36 percent).
- ◆ No significant differences were seen for sex, education, income, or race/ethnicity.

Cigarette Use

Figure 5A: Current Smokers, Pennsylvania Adults, 1995-2007

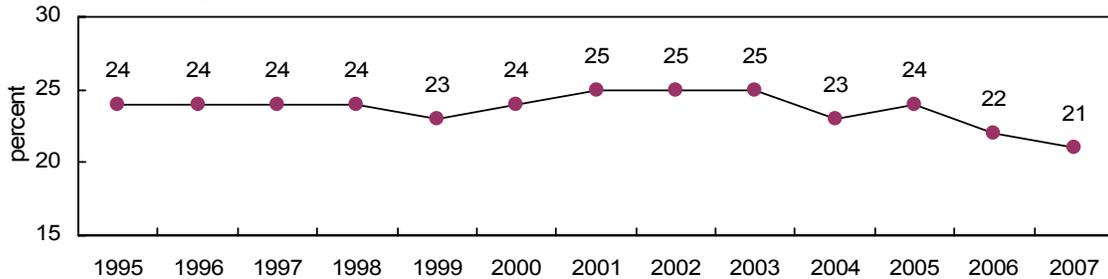


Figure 5B: Percent Current and Former Smokers, Pennsylvania Adults, by Age, 2007

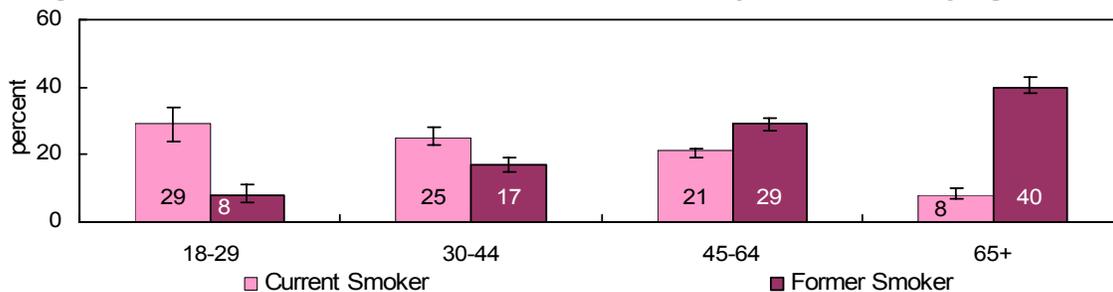


Table 5: Cigarette Use, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Current Smoker* **		Former Smoker*		Quit at Least 1 Day in Past Year* ***	
	%	CI	%	CI	%	CI
All Adults	21	20-22	24	23-25	52	48-56
Male	21	19-23	28	26-30	53	46-59
Female	21	20-23	21	19-22	51	46-56
18-29	29	24-34	8	6-11	57	46-68
30-44	25	23-28	17	15-19	53	47-60
45-64	21	19-22	29	27-31	51	46-56
65+	8	7-10	40	38-43	36	27-45
<High School	33	28-39	27	23-32	48	36-59
High School	26	24-28	26	24-28	49	43-55
Some College	24	21-27	23	20-25	56	48-63
College Degree	11	9-12	22	20-24	59	48-68
<\$15,000	35	29-40	18	15-22	45	35-56
\$15,000 to \$24,999	28	24-33	26	23-29	54	45-63
\$25,000 to \$49,999	23	20-25	27	25-30	52	44-59
\$50,000 to \$74,999	17	14-21	25	22-28	53	42-64
\$75,000+	14	12-17	24	21-26	53	44-63
White, non-Hispanic	20	19-22	26	24-27	50	46-54
Black, non-Hispanic	28	23-35	15	11-19	64	50-76
Hispanic	15	9-24	19	13-28	#	

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

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

**Includes adults who smoke cigarettes some days or every day.

***Denominator is current smokers who smoke every day.

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 for men, and four or more alcoholic drinks on one occasion for women.

- ◆ Sixteen percent of Pennsylvania adults admitted in 2007 to binge drinking in the previous month.
- ◆ Ten percent of female adults said that they had been binge drinking in the past month, a significantly lower percentage compared to the 23 percent of male adults.
- ◆ In 2007, adults age 18-44 had significantly higher percentages compared to adults age 45 and older (ages 18-29 at 28 percent; ages 30-44 at 21 percent; ages 45-64 at 13 percent; and ages 65+ at 3 percent). Adults age 45-64 had a significantly higher percentage compared to adults age 65 and older.
- ◆ Adults with a household income of \$15,000-\$24,999 (11 percent) had a significantly lower percentage compared to adults with a household income of \$25,000-\$49,999 (17 percent) or \$75,000 or more (20 percent).
- ◆ No significant differences were seen for education or race/ethnicity.

Heavy drinking:

Definition: For the purpose of this report, heavy drinking is defined as having more than two drinks per day for men and more than one drink per day for women.

- ◆ During the 2007 survey, 5 percent of adults in Pennsylvania were determined to be heavy drinkers.
- ◆ Males had a significantly higher percentage (7 percent) compared to females (4 percent) for heavy drinking.
- ◆ A significantly higher percentage of adults age 18-29 were identified as being at risk for problem drinking (8 percent) compared to adults ages 65+ (3 percent).
- ◆ No significant differences were seen for education, household income or race/ethnicity.

Chronic drinking:

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

- ◆ Five percent of Pennsylvania adults indicated that they were chronic drinkers in 2007.
- ◆ The percentage of males who were chronic drinkers (9) was significantly higher than the percentage of female chronic drinkers (2).
- ◆ No significant differences were seen for age, education, household income, or race/ethnicity.

Alcohol Consumption

Figure 6A: Chronic Drinking, Pennsylvania Adults, 1995-2007

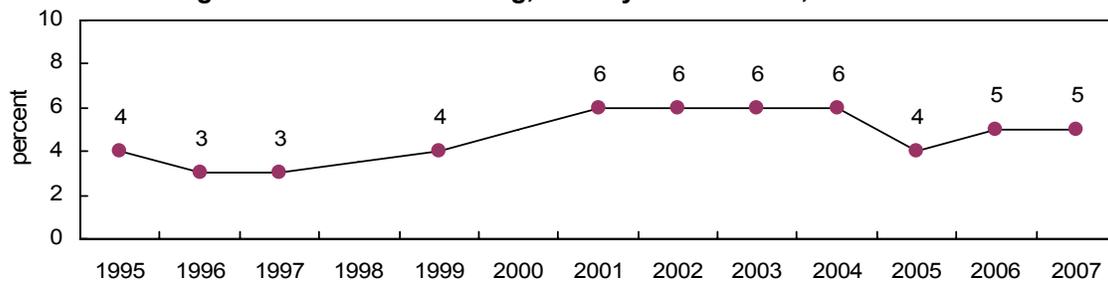


Figure 6B: Binge Drinking, Pennsylvania Adults, by Sex and Age, 2007

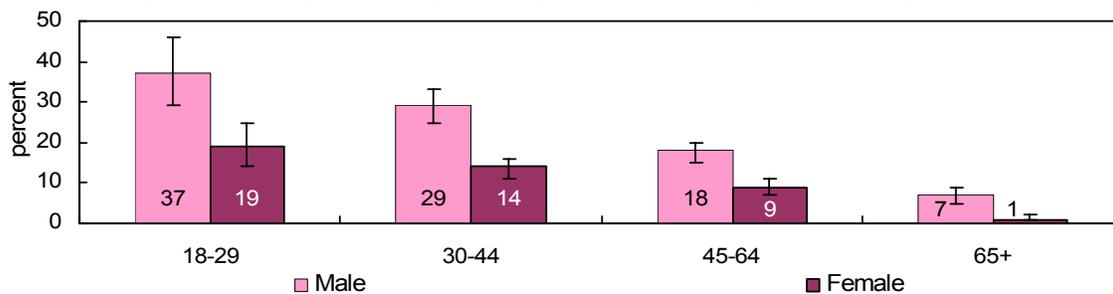


Table 6: Alcohol Consumption, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Binge Drinking* **		Heavy Drinking* ***		Chronic Drinking* ****	
	%	CI	%	CI	%	CI
All Adults	16	15-18	5	4-6	5	4-6
Male	23	20-25	7	6-9	9	8-11
Female	10	9-12	4	3-5	2	1-2
18-29	28	23-33	8	5-13	7	4-11
30-44	21	19-24	5	4-7	5	3-6
45-64	13	12-15	5	4-6	5	4-6
65+	3	3-4	3	2-4	4	3-5
<High School	14	9-20	7	4-14	6	3-14
High School	16	14-18	5	4-7	6	5-7
Some College	19	16-23	5	4-7	5	4-7
College Degree	15	13-18	5	4-6	4	3-6
<\$15,000	15	10-23	6	2-15	6	2-15
\$15,000 to \$24,999	11	9-14	4	3-6	5	3-6
\$25,000 to \$49,999	17	15-21	6	4-8	5	4-7
\$50,000 to \$74,999	16	13-20	4	3-6	5	4-8
\$75,000+	20	18-23	6	5-8	6	5-8
White, non-Hispanic	16	15-18	5	5-6	5	4-6
Black, non-Hispanic	10	7-15	3	1-6	2	1-4
Hispanic	#		#		#	

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

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

**Defined as having five or more alcoholic drinks for men or four or more drinks for women 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

Diabetes

Were you ever told you have diabetes?*

- ◆ Nine percent of Pennsylvania adults responded “yes” in the 2007 survey when asked if they were ever told by a doctor that they have diabetes*.
- ◆ Adults ages 65 and older had a significantly higher percentage compared to adults ages 18-64 (ages 18-29 at 2 percent; ages 30-44 at 4 percent; ages 45-64 at 10 percent; and ages 65+ at 20 percent). Also, adults ages 45-64 had a significantly higher percentage compared to adults ages 18-44.
- ◆ In 2007, adults with less than a college degree had significantly higher percentages for being diagnosed with diabetes compared to adults with a college degree (<high school at 14 percent; high school at 10 percent; some college at 9 percent; and college degree at 5 percent).
- ◆ Significantly higher percentages were seen for adults reporting household incomes less than \$25,000 (<\$15,000 at 19 percent; and \$15,000-\$24,999 at 15 percent) compared to adults with household incomes of \$25,000 or higher (\$25,000-\$49,999 at 8 percent; \$50,000-\$74,999 at 8 percent; and \$75,000+ at 5 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (15 percent) compared to non-Hispanic white adults (8 percent).
- ◆ No significant difference was seen for sex.

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

- ◆ Of those ever told that they have diabetes,
 - 2 percent were told when there were under age 18
 - 9 percent were between the ages of 18 and 29
 - 23 percent, between the ages 30 and 44
 - 45 percent, between the ages 45 and 64, and
 - 21 percent were ages 65+.

Are you currently taking insulin?

- ◆ Among Pennsylvania adults diagnosed with diabetes, 29 percent were taking insulin in 2007.
- ◆ No significant differences were seen for sex, age, education, household income, or race/ethnicity.

Are you now taking diabetes pills?

- ◆ Among Pennsylvania adults diagnosed with diabetes, 73 percent responded that they were taking diabetes pills in 2007.
- ◆ No significant differences were seen for sex, age, education, household income, or race/ethnicity.

***Note:** The Department of Health and Human Services, Centers for Disease Control and Prevention estimate that approximately one in four diabetics in the United States was undiagnosed in 2007; therefore, the BRFSS estimate of nine percent of adults in Pennsylvania being diagnosed with diabetes is likely an underestimate of diabetes prevalence in Pennsylvania adults for 2007.

Diabetes

Figure 7A: Diabetes Prevalence per 1,000 Pennsylvania Adults, 1995-2007

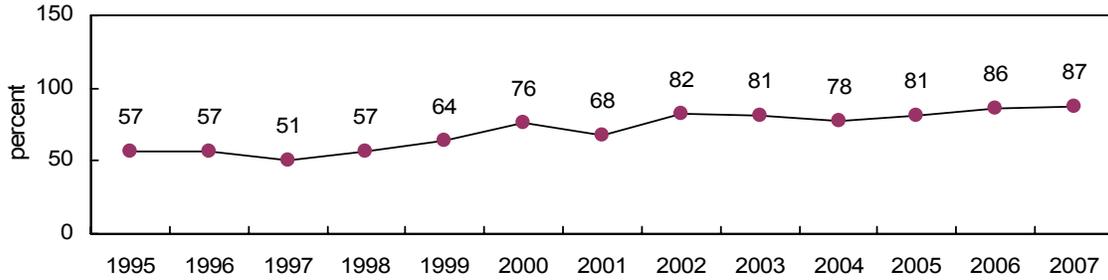


Figure 7B: Percent by Age When Diagnosed with Diabetes, Pennsylvania Adults, 2007

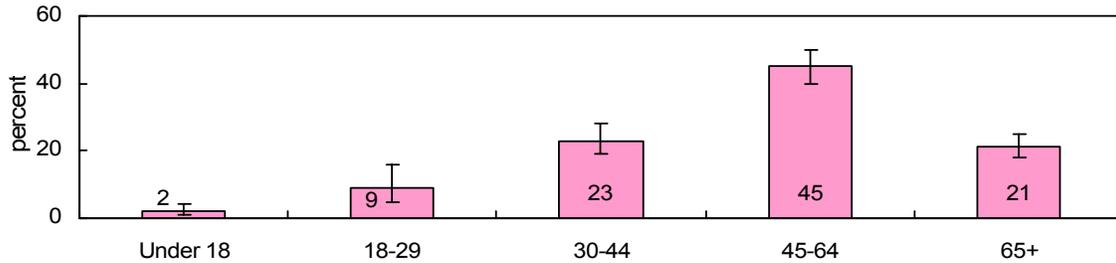


Table 7: Diabetes, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Ever Told Had Diabetes*		Currently Taking Insulin**		Taking Diabetes Pills* **	
	%	CI	%	CI	%	CI
All Adults	9	8-10	29	24-33	73	68-78
Male	10	8-11	31	24-38	72	63-79
Female	8	7-9	26	22-31	75	70-80
18-29	2	0-6	#		#	
30-44	4	2-5	#		#	
45-64	10	9-12	30	24-37	74	68-80
65+	20	18-22	23	19-29	77	72-82
<High School	14	11-18	41	29-53	73	61-82
High School	10	9-11	29	23-36	74	68-79
Some College	9	8-11	23	17-32	75	65-82
College Degree	5	4-7	26	16-38	#	
<\$15,000	19	15-23	41	29-53	77	67-85
\$15,000 to \$24,999	15	13-18	26	19-34	67	58-75
\$25,000 to \$49,999	8	6-9	29	22-37	72	64-79
\$50,000 to \$74,999	8	5-12	#		#	
\$75,000+	5	4-6	#		85	74-92
White, non-Hispanic	8	7-8	27	23-31	75	71-79
Black, non-Hispanic	15	11-20	#		#	
Hispanic	10	5-18	#		#	

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

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

**Denominator is persons who have been diagnosed with diabetes.

Asthma

Were you ever told you have asthma?

- ◆ Thirteen percent of Pennsylvania adults responded in the 2007 survey that a health care professional had told them that they had asthma.
- ◆ Adults ages 18-29 had a significantly higher percentage compared to adults ages 30 and older (ages 18-29 at 20 percent; ages 30-44 at 13 percent; ages 45-64 at 12 percent; and ages 65+ at 8 percent). Also, adults ages 30-64 had significantly higher percentages compared to adults ages 65 and older.
- ◆ The percentage of adults in households with incomes of less than \$15,000 who reported being diagnosed with asthma (20) was significantly more than the percentage for adults in households with incomes of \$75,000 or more who reported a diagnosis of asthma (11).
- ◆ Hispanic adults had a significantly higher percentage (27 percent) compared to white, non-Hispanic adults (12 percent).
- ◆ No significant differences were seen for sex or education.

Do you currently have asthma?

- ◆ Nine percent of Pennsylvania adults indicated in the 2007 survey that that they currently have asthma.
- ◆ Women had a significantly higher percentage of currently having asthma (11 percent) compared to men (7 percent).
- ◆ Adults ages 18-29 had a significantly higher percentage (15 percent) compared to adults ages 30 and older (ages 30-44 at 8 percent; ages 45-64 at 8 percent; and ages 65+ at 7 percent).
- ◆ Adults with household incomes of less than \$15,000 had a significantly higher figure (16 percent) compared to those adults with a household income of \$25,000 to \$49,999 (8 percent) or \$75,000 or more (7 percent).
- ◆ Hispanic adults had a significantly higher percentage (22 percent) compared to non-Hispanic white adults (8 percent).
- ◆ No significant differences were seen for education.

Asthma

Figure 8A: Percent Current and Lifetime Asthma, Pennsylvania Adults, 1999-2007

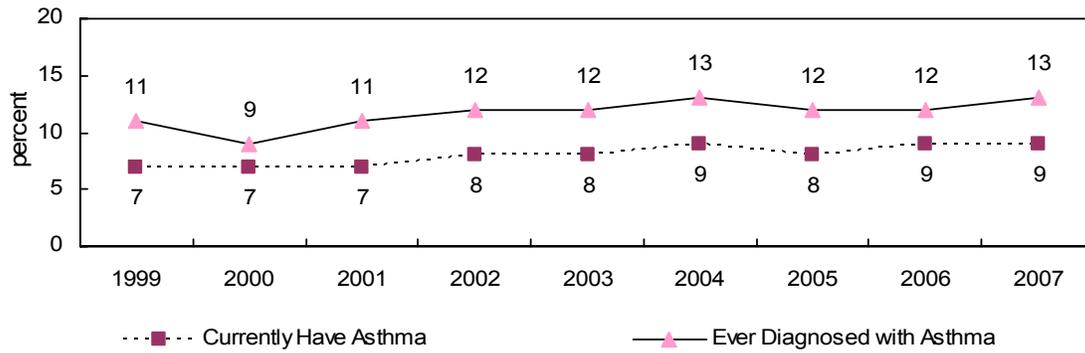


Figure 8B: Percent Currently Has Asthma, Pennsylvania Adults, by Age and Sex, 2007

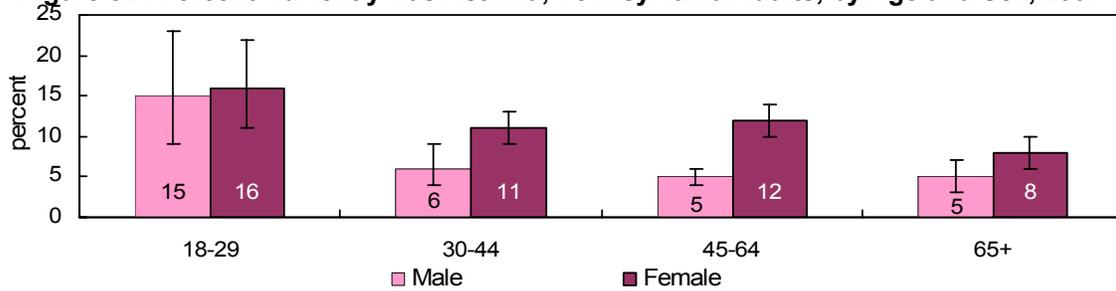


Table 8: Asthma, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Ever Told Had Asthma*		Currently Has Asthma*	
	%	CI	%	CI
All Adults	13	12-14	9	8-10
Male	11	9-13	7	6-9
Female	15	13-16	11	10-13
18-29	20	16-25	15	11-20
30-44	13	11-15	8	7-10
45-64	12	11-14	8	7-10
65+	8	7-10	7	6-8
<High School	16	12-23	13	8-19
High School	12	10-14	9	7-10
Some College	14	11-16	10	8-13
College Degree	13	11-15	9	7-11
<\$15,000	20	14-26	16	11-23
\$15,000 to \$24,999	14	12-17	11	9-14
\$25,000 to \$49,999	12	10-14	8	6-10
\$50,000 to \$74,999	12	9-15	8	5-12
\$75,000+	11	9-13	7	6-9
White, non-Hispanic	12	11-13	8	7-9
Black, non-Hispanic	14	11-19	11	8-15
Hispanic	27	17-40	22	13-35

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

Arthritis

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

- ◆ Forty-one percent of Pennsylvania adults said that they had pain, aching, stiffness, or swelling in or around a joint during the past 30 days in 2007.
- ◆ Female adults in Pennsylvania had a significantly higher percentage (44 percent) compared to adult males (38 percent).
- ◆ Adults age 45 and older had significantly higher percentages (ages 45-64 at 49 percent; and ages 65+ at 54 percent) compared to adults ages 18-44 (ages 18-29 at 27 percent; and ages 30-44 at 31 percent).
- ◆ Adults with a high school education had a significantly higher percentage (43 percent) compared to adults with a college degree (38 percent).
- ◆ Adults with household incomes of less than \$15,000 had a significantly higher percentage (53 percent) compared to adults with household incomes of \$25,000 or more (\$25,000-\$49,999 at 41 percent; \$50,000-\$74,999 at 40 percent; and \$75,000+ at 36 percent). Adults with household incomes of \$15,000-\$24,999 had a significantly higher percentage (46 percent) compared to adults with household incomes of \$75,000 or more.
- ◆ White, non-Hispanic adults had a significantly higher percentage (42 percent) compared to Hispanic adults (29 percent).

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

- ◆ In the 2007 survey, 32 percent of Pennsylvania adults responded that a doctor or other health professional told them that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.
- ◆ Women had a significantly higher percentage of diagnosis (36 percent) than men (27 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 44-64 at 41 percent; and ages 65 and older at 60 percent).
- ◆ Adults with at least some college education had significantly lower percentages (some college at 30 percent; and college degree at 26 percent) compared to adults with a high school education or less (<high school at 41 percent; and high school at 37 percent).
- ◆ Adults with household incomes of less than \$25,000 had significantly higher percentages (<\$15,000 at 50 percent; and \$15,000-\$24,000 at 44 percent) compared to adults with household incomes of \$25,000 or more (\$25,000-\$49,999 at 33 percent; \$50,000-\$74,999 at 29 percent; and \$75,000+ at 25 percent). Adults with household incomes of \$25,000-\$49,999 had a significantly higher percentage compared to adults with household incomes of \$75,000 or more.
- ◆ No significant differences were seen with race/ethnicity.

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, 30 percent reported that they were limited in usual activities because of arthritis or joint symptoms in 2007.
- ◆ Adults over age 45 had significantly higher percentages than younger adults (ages 18-29 at 13 percent; ages 30-44 at 24 percent; ages 45-64 at 33 percent; and ages 65+ at 33 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage compared to adults with at least some college education (<high school at 41 percent; some college at 28 percent; and college degree at 23 percent). Adults with a high school diploma also had a significantly higher percentage (33 percent) compared to adults with a college degree.
- ◆ Adults with household incomes less than \$25,000 had significantly higher percentages compared to adults with household incomes of \$25,000 or more (<\$15,000 at 55 percent; \$15,000-\$24,999 at 44 percent; \$25,000-\$49,999 at 27 percent; \$50,000-\$74,999 at 19 percent; and \$75,000+ at 20 percent).
- ◆ No significant differences were seen with sex or race/ethnicity.

Arthritis

Figure 9A: Percent Having Joint Symptoms in the Past 30 Days, Pennsylvania Adults, by Age and Sex, 2007

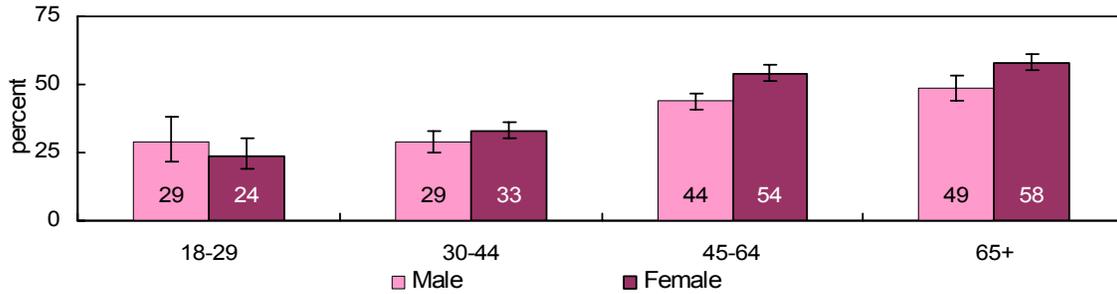


Figure 9B: Percent Ever Told They Have Arthritis, Pennsylvania Adults, by Age and Sex, 2007

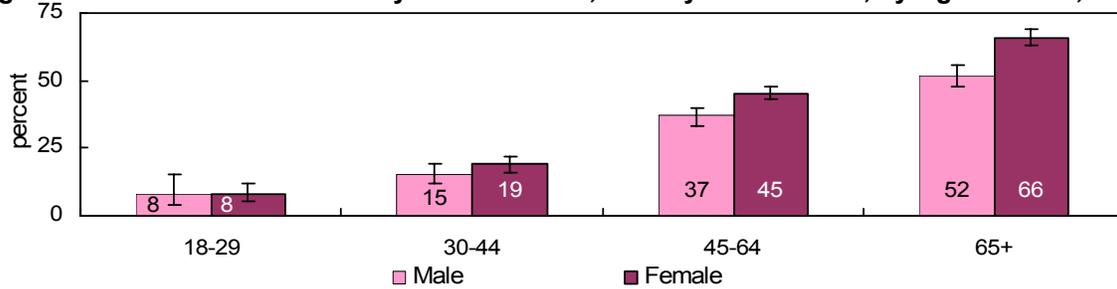


Table 9: Arthritis, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Pain, Aching, or Stiffness In or Around a Joint in the Past 30 Days*		Have Arthritis, Gout, Lupus, or Fibromyalgia*	
	%	CI	%	CI
All Adults	41	39-42	32	31-33
Male	38	35-40	27	25-30
Female	44	42-46	36	35-38
18-29	27	22-32	8	5-12
30-44	31	28-34	17	15-19
45-64	49	47-51	41	39-43
65+	54	51-56	60	58-63
<High School	44	39-50	41	36-46
High School	43	41-46	37	35-39
Some College	41	37-44	30	27-33
College Degree	38	35-40	26	24-28
<\$15,000	53	47-59	50	44-55
\$15,000 to \$24,999	46	42-50	44	39-48
\$25,000 to \$49,999	41	38-44	33	30-35
\$50,000 to \$74,999	40	36-44	29	25-33
\$75,000+	36	33-39	25	22-27
White, non-Hispanic	42	40-43	33	32-35
Black, non-Hispanic	38	32-44	28	23-33
Hispanic	29	21-39	25	17-34

*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 2007 survey, 6 percent of Pennsylvania adults age 35 or older had been told by a doctor that they had a heart attack; 7 percent had been told they had angina or heart disease; and 4 percent were told that they had a stroke.
- ◆ Twelve (12) percent of Pennsylvania adults ages 35+ had either one or a combination of these cardiovascular conditions.
- ◆ Men age 35 and older had a significantly higher percentage (15) compared to women age 35 and older (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 at 3 percent; ages 45-54 at 7 percent; ages 55-64 at 15 percent; and ages 65+ at 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 (<high school at 24 percent; high school at 14 percent; some college at 12 percent; and college degree at 7 percent). Also, adults age 35+ with less than a high school education had a significantly higher percentage compared to adults with a high school education or some college education.
- ◆ Significantly higher percentages of adults age 35+ with household incomes less than \$50,000 had been told they had a heart attack, heart disease or a stroke (<\$15,000 at 24 percent; \$15,000-\$24,999 at 22 percent; \$25,000-\$49,999 at 13 percent; \$50,000-\$74,999 at 8 percent; and \$75,000+ at 5 percent). Also, adults age 35+ with household incomes of less than \$25,000 had significantly higher percentages compared to those with household incomes of \$25,000 to \$49,999.
- ◆ No significant differences were seen for race/ethnicity.

Cardiovascular Disease

Figure 10A: Cardiovascular Disease, Pennsylvania Adults Age 35+, by Type and Sex, 2007



Figure 10B: Cardiovascular Disease, Pennsylvania Adults Age 35+, by Education and Type, 2007

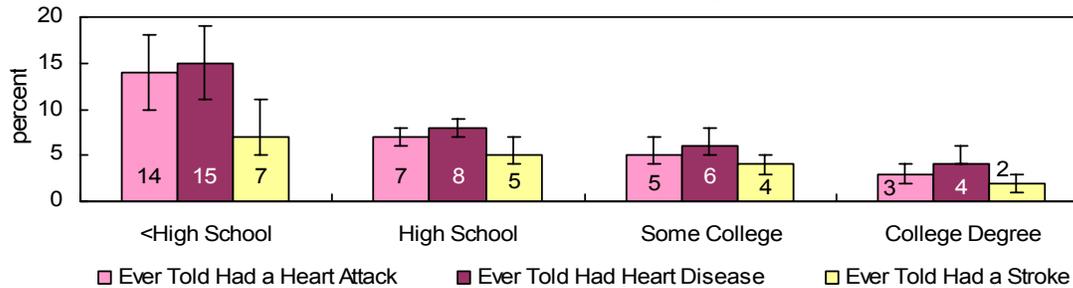


Table 10: Cardiovascular Disease, Pennsylvania Adults Age 35+, 2007 (with 95% confidence intervals)

	Ever Told Had Heart Attack, Heart Disease, or Stroke*		Ever Told They Had a Heart Attack*		Ever Told They Had Heart Disease*		Ever Told They Had a Stroke*	
	%	CI	%	CI	%	CI	%	CI
All Adults	12	11-13	6	5-7	7	6-8	4	4-5
Male	15	13-17	8	7-9	9	8-10	4	3-5
Female	10	9-11	4	4-5	5	5-6	4	3-5
35-44	3	2-4	1	0-2	1	1-2	1	0-2
45-54	7	5-8	4	3-5	4	3-5	2	1-3
55-64	15	12-17	7	5-8	8	7-10	5	4-7
65+	25	22-27	12	11-14	15	13-17	8	7-10
<High School	24	20-29	14	10-18	15	11-19	7	5-11
High School	14	13-16	7	6-8	8	7-9	5	4-7
Some College	12	10-14	5	4-7	6	5-8	4	3-5
College Degree	7	6-8	3	2-4	4	4-6	2	1-3
<\$15,000	24	20-30	13	9-16	15	11-20	7	5-10
\$15,000 to \$24,999	22	19-25	11	9-14	14	11-17	6	5-8
\$25,000 to \$49,999	13	11-15	6	5-7	7	6-8	5	4-6
\$50,000 to \$74,999	8	6-10	4	3-5	5	3-6	2	1-4
\$75,000+	5	4-6	2	1-3	3	2-4	2	1-3
White, non-Hispanic	12	11-13	6	5-7	7	6-8	4	3-4
Black, non-Hispanic	16	12-23	5	3-10	9	5-14	6	4-11
Hispanic	11	6-20	5	2-13	6	2-15	3	1-7

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

Immunization

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

- ◆ Forty-three (43) percent of Pennsylvanians ages 50-64 reported in 2007 that they had a flu shot in the past year.
- ◆ Adults ages 50-64 with a high school diploma or less had significantly lower percentages (<high school at 28 percent; and high school at 40 percent) compared to those with a college degree (51 percent).
- ◆ Those adults ages 50-64 living in households with an income of \$25,000 to \$49,999 had a significantly lower percentage (37 percent) compared to those living in households with an income of \$75,000 or more (48 percent).
- ◆ No significant differences were seen for sex or race/ethnicity.

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

- ◆ Seventy-three (73) percent of Pennsylvanians ages 65 and older reported in 2007 that they had a flu shot in the past year.
- ◆ Those adults ages 65 and older with household incomes of less than \$25,000 had significantly lower percentages (<\$15,000 at 65 percent; and \$15,000-\$24,999 at 66 percent) compared to those living in households with an income of \$75,000 or more (81 percent).
- ◆ Black, non-Hispanic adults ages 65 and older had a significantly lower percentage (59 percent) for receiving a flu shot in the previous year compared to White, non-Hispanic adults ages 65 and older (74 percent).
- ◆ No significant differences were seen for sex or education.

Ages 65 and older and ever had a pneumonia vaccination:

- ◆ From the 2007 survey, 70 percent of Pennsylvania adults ages 65 and older answered “yes” to ever having had a pneumonia vaccination.
- ◆ Non-Hispanic black adults ages 65 and older had a significantly lower percentage (55 percent) compared to non-Hispanic white adults ages 65 and older (71 percent).
- ◆ No significant differences were seen for sex, education or household income.

Immunization

Figure 11A: Percent Who Had a Flu Shot in the Past Year, Pennsylvania Adults Ages 50-64 and 65+, 1995-2007

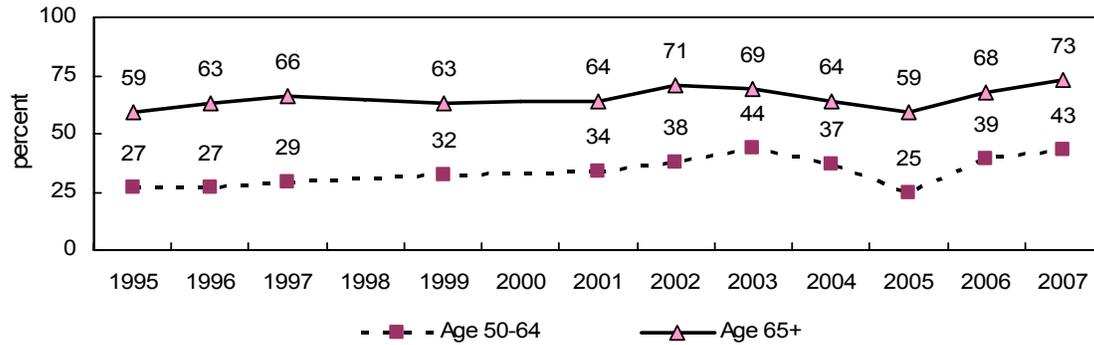


Figure 11B: Percent Who Had a Flu Shot in the Past Year, Pennsylvania Adults Ages 18+, by Health Status, 2007

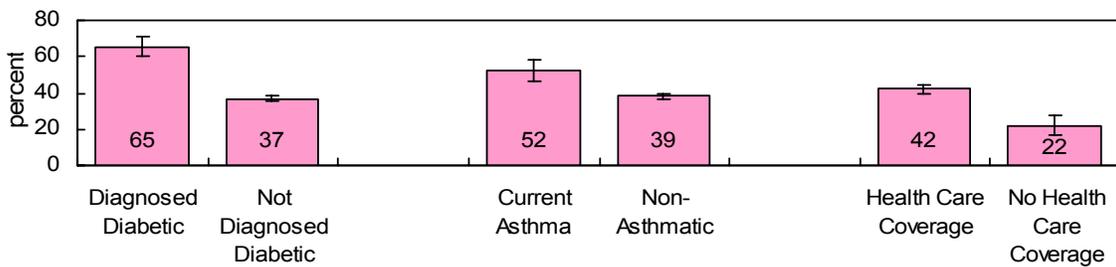


Table 11: Immunization, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	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	43	41-46	73	70-75	70	67-72
Male	41	37-45	75	71-78	69	65-72
Female	46	43-49	71	68-74	70	68-73
<High School	28	20-38	72	66-78	69	62-75
High School	40	37-44	71	68-74	68	64-71
Some College	42	37-47	71	65-76	76	70-80
College Degree	51	47-56	79	74-82	70	65-75
<\$15,000	39	30-49	65	58-72	67	60-74
\$15,000 to \$24,999	46	39-53	66	61-71	67	62-71
\$25,000 to \$49,999	37	33-42	74	70-78	70	66-74
\$50,000 to \$74,999	46	40-52	74	66-81	69	60-77
\$75,000+	48	44-53	81	73-87	67	58-75
White, non-Hispanic	44	42-47	74	72-76	71	69-74
Black, non-Hispanic	37	27-48	59	47-70	55	43-67
Hispanic	#		#		#	

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

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

Hypertension Awareness

Were you ever told that your blood pressure was high?

- ◆ Twenty-eight (28) 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 5 percent; ages 30-44 at 14 percent; ages 45-64 at 35 percent; and ages 65+ at 58 percent).
- ◆ Significantly higher percentages were seen for adults with a high school education or less (<high school at 36 percent; and high school at 35 percent) when compared to adults with at least some college education (some college at 26 percent; and college degree at 21 percent).
- ◆ Adults with household incomes of less than \$50,000 had significantly higher percentages (<\$15,000 at 43 percent; \$15,000-\$24,999 at 41 percent; and \$25,000-\$49,999 at 29 percent) compared to adults with household incomes of \$50,000 or more (\$50,000-\$74,999 at 23 percent; and \$75,000+ at 20 percent). Also, adults with household incomes of less than <\$25,000 had significantly higher percentages compared to adults with household incomes of \$25,000 to \$49,999.
- ◆ Black, non-Hispanic adults (43 percent) had a significantly higher percentage compared to White, non-Hispanic (28 percent) and Hispanic adults (17 percent). Also, White, non-Hispanic adults had a significantly higher percentage compared to Hispanic adults.
- ◆ No significant difference was seen for sex.

Are you taking medication for your high blood pressure?

- ◆ Eighty-three (83) percent of Pennsylvania adults, who were ever told that they had high blood pressure, reported in the 2007 survey that they were taking blood pressure medication.
- ◆ A significantly higher percentage was seen for females (86 percent) compared to males (80 percent).
- ◆ Adults ages 65 and older had a significantly higher percentage (93) compared to adults ages 30-64 (ages 30-44 at 57 percent; and ages 45-64 at 85 percent). In addition, adults ages 45-64 had a significantly higher percentage compared to adults ages 30-44.
- ◆ No significant differences were seen for education, household income or race/ethnicity.

Hypertension Awareness

Figure 12A: Percent Ever Told Blood Pressure Was High, Pennsylvania Adults, 1995-2007

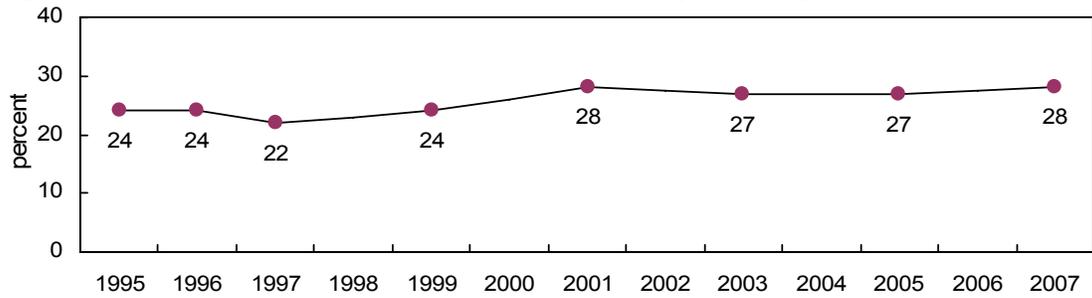


Figure 12B: Percent Ever Told Blood Pressure Was High, Pennsylvania Adults, by Race and Weight Status, 2007



Table 12: Hypertension Awareness, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Ever Told Blood Pressure Was High*		Taking Medication for High Blood Pressure* **	
	%	CI	%	CI
All Adults	28	27-29	83	81-85
Male	29	27-31	80	76-83
Female	27	26-29	86	84-88
18-29	5	3-8	#	
30-44	14	12-17	57	48-65
45-64	35	32-37	85	82-88
65+	58	55-60	93	91-95
<High School	36	31-41	86	77-91
High School	35	32-37	86	83-89
Some College	26	23-28	79	73-84
College Degree	21	19-23	79	74-83
<\$15,000	43	37-49	75	66-83
\$15,000 to \$24,999	41	37-45	87	83-91
\$25,000 to \$49,999	29	27-32	84	80-87
\$50,000 to \$74,999	23	20-26	80	72-86
\$75,000+	20	18-23	78	72-83
White, non-Hispanic	28	26-29	83	81-85
Black, non-Hispanic	43	37-50	84	75-90
Hispanic	17	11-24	#	

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

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

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

Cholesterol Awareness

Have you ever had your blood cholesterol checked?

- ◆ “Yes” responded 81 percent of Pennsylvania adults in 2007 to having ever had their cholesterol checked.
- ◆ A significantly lower percentage of men (78 percent) reported having had their blood cholesterol checked compared to women (83 percent).
- ◆ The percentage of adults who ever had a cholesterol check showed a significant increase with age (ages 18-29 at 47 percent; ages 30-44 at 79 percent; ages 45-64 at 91 percent; and ages 65+ at 97 percent).
- ◆ Pennsylvania adults with a college degree had a significantly higher percentage than those with less education (<high school at 73 percent; high school at 80 percent; some college at 76 percent; and college degree at 87 percent).
- ◆ Adults with household incomes of \$75,000 or more had a significantly higher percentage (87 percent) compared to those with household incomes of less than \$50,000 (<\$15,000 at 76 percent; \$15,000-\$24,999 at 78 percent; and \$25,000-\$49,999 at 80 percent).
- ◆ Black, non-Hispanic adults had a significantly lower percentage (74 percent) compared to white, non-Hispanic adults (82 percent).

Had blood cholesterol checked in the past 5 years?

- ◆ Seventy-seven (77) percent of adults in Pennsylvania reported in 2007 that they had their blood cholesterol checked in the past five years.
- ◆ A significantly lower percentage of men (75 percent) reported having had their blood cholesterol checked in the past five years compared to women (80 percent).
- ◆ The percentage of adults who had a cholesterol check in the past five years showed a significant increase with age (ages 18-29 at 43 percent; ages 30-44 at 74 percent; ages 45-64 at 87 percent; and ages 65+ at 96 percent).
- ◆ Pennsylvania adults with a college degree had a significantly higher percentage than those with less education (<high school at 70 percent; high school at 76 percent; some college at 73 percent; and college degree at 83 percent).
- ◆ Adults with household incomes of \$75,000 or more had a significantly higher percentage (82 percent) compared to those with household incomes of less than \$15,000 (72 percent).
- ◆ No significant differences were seen for race/ethnicity.

Were you ever told your blood cholesterol was high?

- ◆ In 2007, 40 percent of adults in Pennsylvania, who ever had their cholesterol checked, reported that they were ever told by a medical professional that their blood cholesterol was high.
- ◆ A significantly higher percentage of men (43 percent) reported that they have ever been told their blood cholesterol was high compared to women (37 percent).
- ◆ The percentage of adults who were ever told their cholesterol was high showed a significant increase with age (ages 18-29 at 13 percent; ages 30-44 at 27 percent; ages 45-64 at 45 percent; and ages 65+ at 56 percent).
- ◆ Pennsylvania adults with less than a high school education had a significantly higher percentage than those with at least some college education (<high school at 50 percent; some college at 39 percent; and college degree at 34 percent). Adults with a high school education had a significantly higher percentage (44 percent) compared to those with a college degree.
- ◆ Adults with household incomes less than \$15,000 had a significantly higher percentage (49 percent) compared to those with household incomes of \$50,000 or more (\$50,000-\$74,999 at 36 percent; and \$75,000+ at 37 percent). Those with household incomes of \$15,000-\$24,999 had a significantly higher percentage (47 percent) than adults with household incomes of \$25,000 or greater (\$25,000-\$49,999 at 39 percent).
- ◆ No significant differences were seen for race/ethnicity.

Cholesterol Awareness

Figure 13A: Cholesterol Awareness, Pennsylvania Adults, Percent by Type, 1995-2007

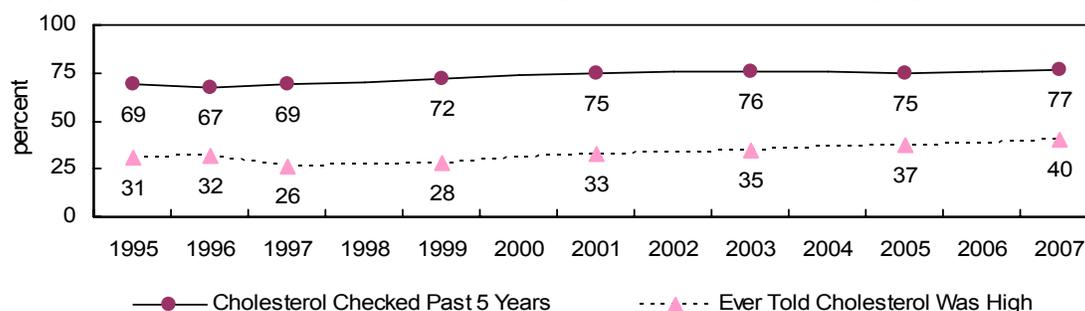


Figure 13B: Percent Ever Told Cholesterol Was High, Pennsylvania Adults, by Age and Sex, 2007

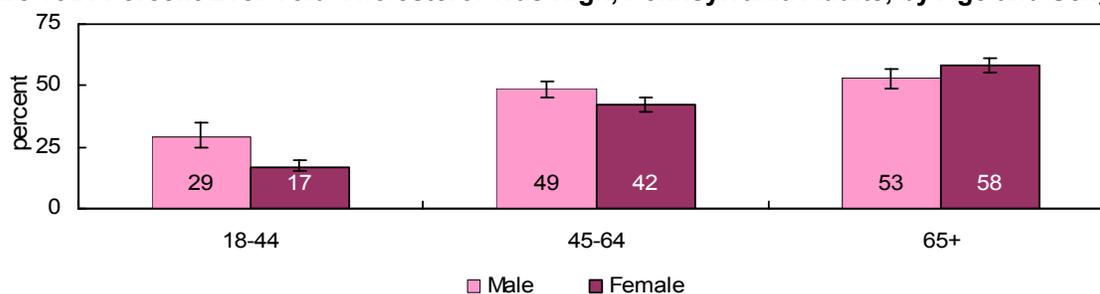


Table 13: Cholesterol Awareness, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Ever Had Cholesterol Checked*		Cholesterol Checked in Past 5 Years*		Ever Told Cholesterol Was High* **	
	%	CI	%	CI	%	CI
All Adults	81	79-83	77	76-79	40	38-41
Male	78	76-81	75	72-77	43	40-45
Female	83	82-85	80	78-81	37	35-39
18-29	47	42-53	43	37-49	13	9-20
30-44	79	76-81	74	71-76	27	24-30
45-64	91	89-92	87	85-88	45	43-48
65+	97	96-97	96	95-96	56	53-58
<High School	73	66-78	70	64-76	50	44-57
High School	80	77-82	76	74-79	44	41-46
Some College	76	72-80	73	69-77	39	36-42
College Degree	87	85-89	83	80-85	34	32-37
<\$15,000	76	70-81	72	66-78	49	42-56
\$15,000 to \$24,999	78	73-82	75	70-79	47	43-52
\$25,000 to \$49,999	80	77-82	77	74-80	39	37-42
\$50,000 to \$74,999	85	81-88	82	78-85	36	32-40
\$75,000+	87	84-89	82	79-85	37	34-40
White, non-Hispanic	82	80-84	78	76-80	40	39-42
Black, non-Hispanic	74	68-79	73	67-79	37	31-44
Hispanic	#		73	59-83	43	31-56

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

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

**Denominator includes adults who ever had their cholesterol checked.

Fruits & Vegetables

Eating fruits and vegetables 5 or more times each day:

- ◆ Twenty-five (25) percent of Pennsylvania adults indicated in 2007 they were eating fruits and vegetables 5 or more times a day.
- ◆ Females had a significantly higher percentage (29) compared to males (21 percent).
- ◆ Adults with a college degree had a significantly higher percentage (33) compared to adults with less education (<high school at 18 percent; high school at 21 percent; and some college at 25 percent).
- ◆ A significantly higher percentage of adults living in households with incomes of \$75,000 or more indicated that they eat fruits and vegetables five or more times daily compared to adults living in households with incomes less than \$75,000 (<\$15,000 at 22 percent; \$15,000-\$24,999 at 23 percent; \$25,000-\$49,999 at 24 percent; \$50,000-\$74,999 at 22 percent; and \$75,000+ at 32 percent).
- ◆ No significant differences were seen for age or race/ethnicity.

Fruits & Vegetables

Figure 14A: Eat Fruits or Vegetables 5+ Times Daily, Pennsylvania Adults, 1998-2007

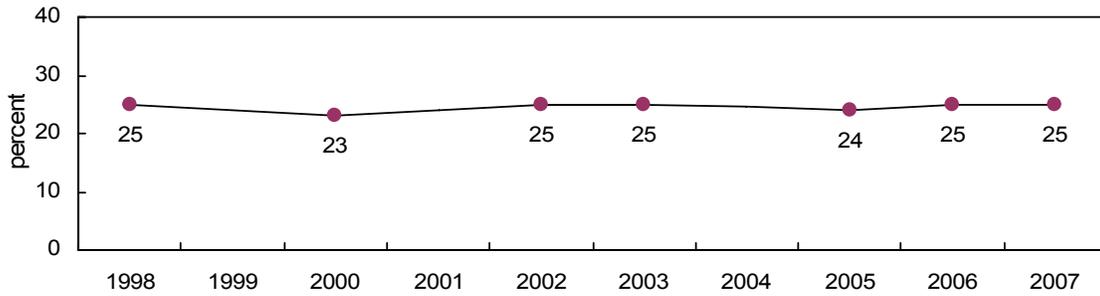
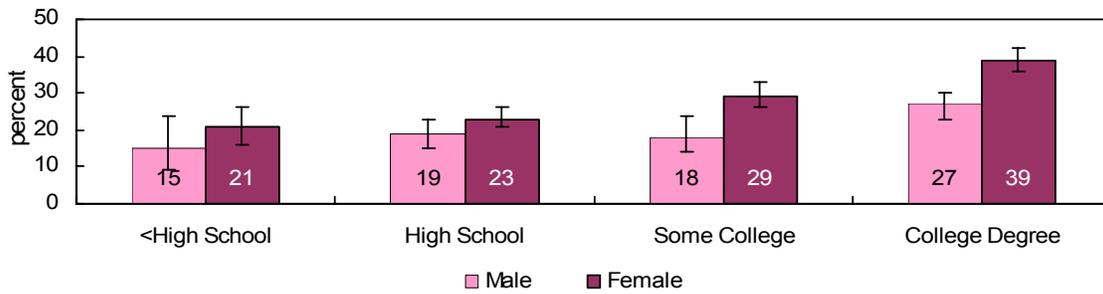


Figure 14B: Eat Fruits or Vegetables 5+ Times Daily, Pennsylvania Adults, by Education and Sex, 2007



	%	CI
All Adults	25	24-27
Male	21	19-23
Female	29	28-31
18-29	24	20-29
30-44	25	22-27
45-64	25	23-27
65+	28	26-30
<High School	18	14-23
High School	21	19-23
Some College	25	22-28
College Degree	33	30-35
<\$15,000	22	18-27
\$15,000 to \$24,999	23	19-27
\$25,000 to \$49,999	24	21-26
\$50,000 to \$74,999	22	19-25
\$75,000+	32	29-35
White, non-Hispanic	25	24-27
Black, non-Hispanic	21	16-25
Hispanic	31	21-44

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

Disability

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

- ◆ Nineteen (19) percent of Pennsylvania adults reported that they were limited due to physical, mental or emotional problems in 2007.
- ◆ Adults ages 45 and older had significantly higher percentages (ages 45-64 at 23 percent; and ages 65+ at 30 percent) compared to adults under age 45 (ages 18-29 at 9 percent; and ages 30-44 at 13 percent). In addition, adults ages 65 and older had a significantly higher percentage compared to adults ages 45-64.
- ◆ Pennsylvania adults with less than a high school education had a significantly higher percentage (32) compared to adults with at least a high school education (high school at 22 percent; some college at 18 percent; and college degree at 14 percent). Also, adults with a high school diploma or some college education had significantly higher percentages compared to those with a college degree.
- ◆ Pennsylvania adults living in households with incomes of less than \$15,000 had a significantly higher percentage compared to those living in households with incomes of \$15,000 or more (<\$15,000 at 46 percent; \$15,000-\$24,999 at 31 percent; \$25,000-\$49,999 at 18 percent; \$50,000-\$74,999 at 14 percent; and \$75,000+ at 11 percent). Adults living in households with incomes of \$15,000-\$24,999 had a significantly higher percentage compared to adults with household incomes of \$25,000 or more. Adults living in households with incomes of \$25,000-\$49,999 had a significantly higher percentage compared to adults with household incomes of \$75,000 or more.
- ◆ 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 2007 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.
- ◆ Adults ages 45 and older had significantly higher percentages (ages 45-64 at 7 percent; and ages 65+ at 19 percent) compared to adults under age 45 (ages 18-29 at 1 percent; and ages 30-44 at 3 percent). In addition, adults ages 65 and older had a significantly higher percentage compared to adults ages 45-64.
- ◆ Pennsylvania adults with less than a high school education had a significantly higher percentage (17) compared to adults with at least a high school education (high school at 8 percent; some college at 7 percent; and college degree at 4 percent). Also, adults with a high school diploma or some college education had significantly higher percentages compared to those with a college degree.
- ◆ Pennsylvania adults living in households with incomes of less than \$25,000 had significantly higher percentages compared to those living in households with incomes of \$25,000 or more (<\$15,000 at 19 percent; \$15,000-\$24,999 at 15 percent; \$25,000-\$49,999 at 7 percent; \$50,000-\$74,999 at 3 percent; and \$75,000+ at 2 percent). Adults living in households with incomes of \$25,000-\$49,999 had a significantly higher percentage compared to adults with household incomes of \$50,000 or more.
- ◆ No significant differences were seen for sex or race/ethnicity.

Disability

Figure 15A: Percent Limited Due to Health Problems, Pennsylvania Adults, 2001-2007

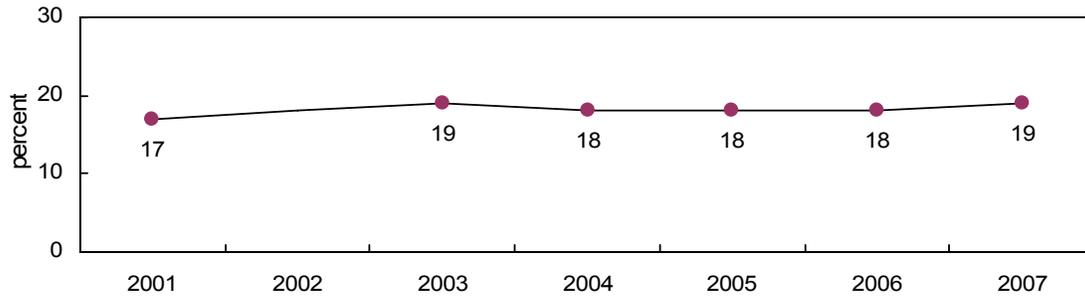


Figure 15B: Percent Limited Due to Health Problems, Pennsylvania Adults, by Education and Type, 2007

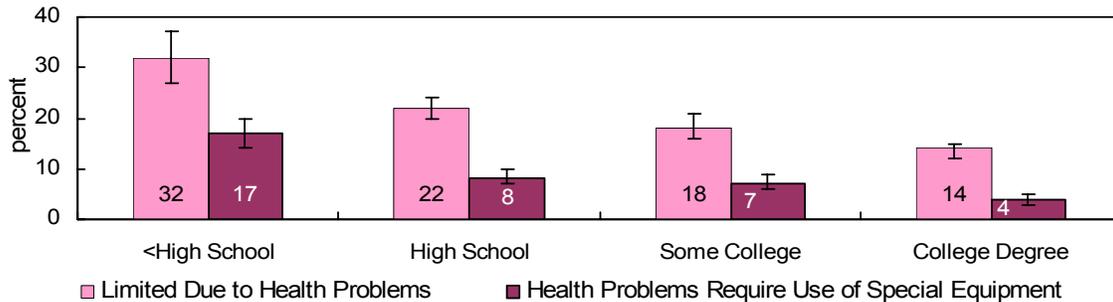


Table 15: Disability, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Limited Due to Health Problems*		Health Problem Requiring the Use of Special Equipment*	
	%	CI	%	CI
All Adults	19	18-20	7	7-8
Male	18	16-19	7	6-8
Female	21	19-22	8	7-9
18-29	9	7-13	1	1-4
30-44	13	11-15	3	2-4
45-64	23	21-25	7	6-8
65+	30	28-32	19	17-21
<High School	32	27-37	17	14-20
High School	22	20-24	8	7-10
Some College	18	16-21	7	6-9
College Degree	14	12-15	4	3-5
<\$15,000	46	41-52	19	16-23
\$15,000 to \$24,999	31	28-35	15	13-18
\$25,000 to \$49,999	18	16-20	7	6-9
\$50,000 to \$74,999	14	11-17	3	2-4
\$75,000+	11	9-13	2	2-3
White, non-Hispanic	19	18-21	7	7-8
Black, non-Hispanic	19	15-25	8	6-12
Hispanic	23	15-33	8	4-14

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

HIV/AIDS

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

- ◆ Thirty-two (32) percent of Pennsylvania adults ages 18-64 had an HIV blood test (excluding tests through blood donation), according to the 2007 survey.
- ◆ A significantly lower percentage of men ages 18-64 reported ever being tested for HIV (except blood donation) compared to women ages 18-64 (men at 28 percent; and women at 36 percent).
- ◆ Adults ages 45-64 had a significantly lower percentage (21) compared to younger adults (ages 18-29 at 37 percent; and ages 30-44 at 43 percent).
- ◆ Adults ages 18-64 with household incomes of \$50,000 or more had significantly lower percentages (\$50,000-\$74,999 at 27 percent; and \$75,000+ at 31 percent) compared to adults ages 18-64 with household incomes less than \$25,000 (<\$15,000 at 45 percent; and \$15,000-\$24,999 at 42 percent).
- ◆ Non-Hispanic white adults ages 18-64 had a significantly lower percentage (28 percent) compared to non-Hispanic black adults ages 18-64 (57 percent) and Hispanic adults (52 percent).
- ◆ No significant differences were seen for education.

HIV/AIDS

Figure 16A: Percent Tested for HIV (Except Blood Donation), Pennsylvania Adults, Age 18-64, 1995-2007

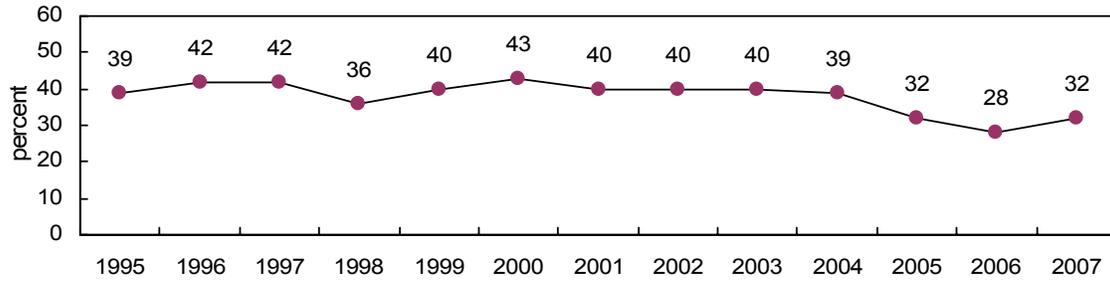


Figure 16B: Percent Tested for HIV (Except Blood Donation), Pennsylvania Adults, Age 18-64, by Age and Race, 2007

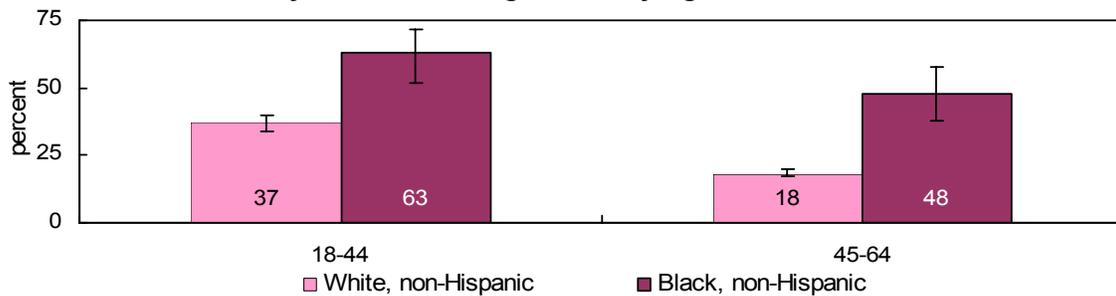


Table 16: Ever Tested for HIV Except Blood Donation*, Pennsylvania Adults Age 18-64, 2007 (with 95% confidence intervals)

	%	CI
All Adults	32	30-34
Male	28	25-30
Female	36	34-39
18-29	37	32-43
30-44	43	40-46
45-64	21	19-23
<High School	29	23-37
High School	31	28-34
Some College	33	29-37
College Degree	33	30-36
<\$15,000	45	37-52
\$15,000 to \$24,999	42	36-48
\$25,000 to \$49,999	34	30-38
\$50,000 to \$74,999	27	24-32
\$75,000+	31	28-35
White, non-Hispanic	28	27-30
Black, non-Hispanic	57	50-65
Hispanic	52	40-65

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

Emotional Support and Life Satisfaction

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

- ◆ In 2007, “always” reported 44 percent of Pennsylvania adults ; 35 percent responded “usually”; 13 percent said “sometimes”; “rarely” indicated 4 percent; and 3 percent responded “never”.
- ◆ From the 2007 survey, seven (7) percent of adults responded that they rarely or never got the social and emotional support they needed.
- ◆ Adult men in Pennsylvania had a significantly high percentage (9 percent) for rarely or never getting the social and emotional support they need compared to adult women (6 percent).
- ◆ Pennsylvania adults with a high school diploma or less had significantly higher percentages (<high school at 13 percent; and high school at 10 percent) compared to adults with at least some college education (some college at 7 percent; and college degree at 4 percent).
- ◆ Adults living in households with incomes less than \$25,000 had significantly higher percentages (<\$15,000 at 18 percent; and \$15,000-\$24,999 at 14 percent) compared to adults with household incomes of \$25,000 or higher (\$25,000-\$49,999 at 8 percent; \$50,000-\$74,999 at 6 percent; and \$75,000+ at 2 percent). In addition, adults with household incomes of \$25,000-\$49,999 had a significantly higher percentage compared to adults living in households with an income of \$75,000 or more.
- ◆ Hispanic adults had a significantly higher percentage (15) compared to white, non-Hispanic adults (7 percent).
- ◆ No significant differences were seen for age.

In general, how satisfied are you with your life?

- ◆ From the 2007 survey, 42 percent responded “very satisfied”; 52 percent said “satisfied”; “dissatisfied” responded 5 percent; and “very dissatisfied” said 1 percent.
- ◆ Ninety-four (94) percent of Pennsylvania adults in 2007 responded that they were satisfied or very satisfied with their life.
- ◆ Adults ages 65 and older had a significantly higher percentage (96 percent) compared to those ages 45-64 (93 percent).
- ◆ Pennsylvania adults with a college degree had a significantly higher percentage (97 percent) compared to adults with less education (<high school at 89 percent; high school at 94 percent; and some college at 94 percent).
- ◆ Adults living in households with incomes of \$75,000 or more had a significantly higher percentage (99) compared to adults with household incomes of less than \$50,000 (<\$15,000 at 81 percent; \$15,000-\$24,999 at 91 percent; and \$25,000-\$49,999 at 95 percent). In addition, adults with household incomes of \$50,000-\$74,999 had a significantly higher percentage (97) compared to adults living in households with an income of less than \$25,000. Adults living in households with incomes of \$15,000-\$49,999 had significantly higher percentages compared to those with household incomes less than \$15,000.
- ◆ No significant differences were seen for sex or race/ethnicity.

Emotional Support and Life Satisfaction

Figure 17A: Percent Satisfied or Very Satisfied with Their Life, Pennsylvania Adults, by Race and Education, 2007

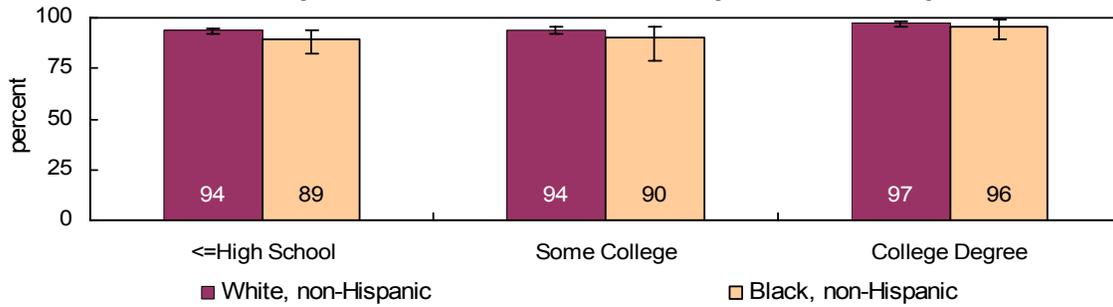


Figure 17B: Percent Rarely or Never Get the Emotional Support They Need Pennsylvania Adults, by Gender and Education, 2007

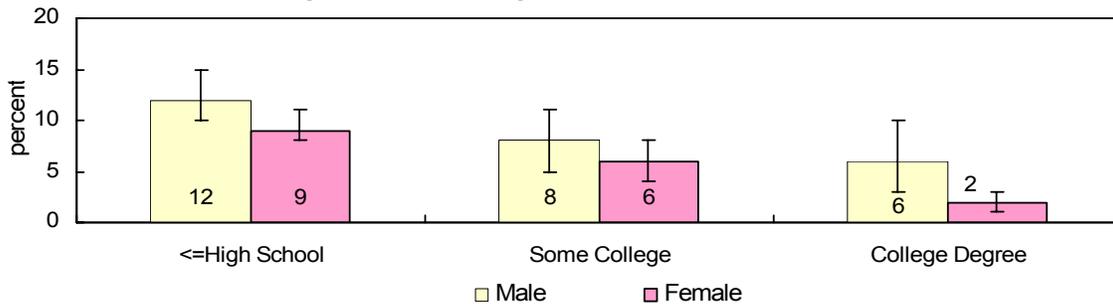


Table 17: Emotional Support and Life Satisfaction Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Rarely or Never Get the Emotional Support They Need*		Satisfied or Very Satisfied With Their Life*	
	%	CI	%	CI
All Adults	7	7-8	94	94-95
Male	9	8-11	95	93-96
Female	6	5-7	94	93-95
18-29	7	5-12	95	91-97
30-44	6	5-8	95	93-96
45-64	7	6-9	93	92-94
65+	9	8-10	96	95-97
<High School	13	10-17	89	85-93
High School	10	9-12	94	92-95
Some College	7	5-8	94	92-95
College Degree	4	2-6	97	96-98
<\$15,000	18	14-23	81	76-86
\$15,000 to \$24,999	14	11-17	91	89-93
\$25,000 to \$49,999	8	7-10	95	93-96
\$50,000 to \$74,999	6	3-9	97	95-98
\$75,000+	2	1-3	99	98-99
White, non-Hispanic	7	6-7	95	94-96
Black, non-Hispanic	9	6-13	91	86-94
Hispanic	15	9-25	92	87-96

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

Veteran's Status

Adults who served active duty in the United States Armed Forces:

- ◆ Twelve (12) percent of all Pennsylvania adults responded that they have 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.
- ◆ Adults ages 65 and older had a significantly higher percentage (26) compared to those younger than 65 (ages 18-29 at 4 percent; ages 30-44 at 6 percent; and ages 45-64 at 14 percent). Also, adults ages 45-64 had a significantly higher percentage compared to younger adults.
- ◆ White, non-Hispanic adults had a significantly higher percentage (13 percent) compared to Hispanic adults (4 percent).
- ◆ No significant differences were seen for education or household income.

Adult men who served active duty in the United States Armed Forces:

- ◆ Twenty-five (25) percent of all Pennsylvania adult men responded that they have 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, significantly higher than the 1 percent of adult women in Pennsylvania.
- ◆ Men ages 65 and older had a significantly higher percentage (62) compared to those younger than 65 (ages 18-29 at 7 percent; ages 30-44 at 11 percent; and ages 45-64 at 27 percent).
- ◆ Men with a high school education had a significantly higher percentage (28 percent) compared to men with a college degree (20 percent).
- ◆ White, non-Hispanic men had a significantly higher percentage (26 percent) compared to Hispanic men (8 percent).
- ◆ No significant differences were seen for household income.

Veteran's Status

Figure 18A: Percent Who Ever Served Active Duty in the United States Armed Forces (Regular Military, National Guard, or Military Reserve Unit), Pennsylvania Adults, 2003-2007

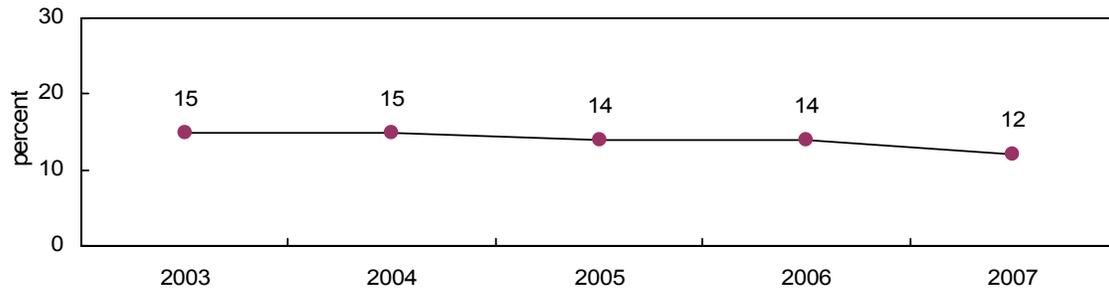


Figure 18B: Percent Who Ever Served Active Duty in the United States Armed Forces (Regular Military, National Guard, or Military Reserve Unit), Pennsylvania Males, by Age, 2007

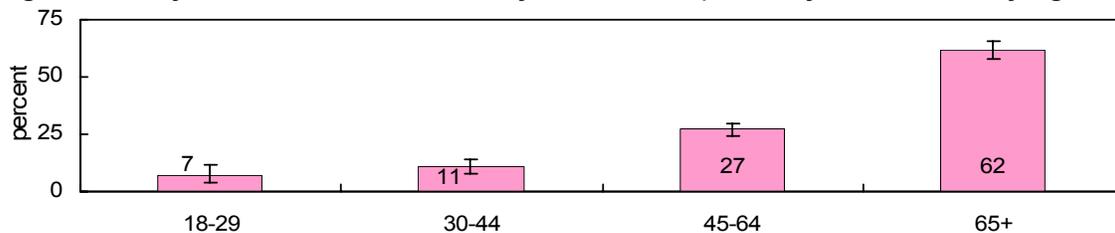


Table 18: Veteran's Status, Pennsylvania Adults, 2007 (with 95% confidence intervals)

	Served Active Duty in United States Armed Forces*		Males Served Active Duty in United States Armed Forces*	
	%	CI	%	CI
All Adults	12	11-13	25	23-27
Male	25	23-27	25	23-27
Female	1	1-2	NA	NA
18-29	4	2-6	7	4-12
30-44	6	5-8	11	8-14
45-64	14	13-16	27	24-30
65+	26	24-28	62	58-66
<High School	11	8-14	22	16-29
High School	13	12-15	28	25-31
Some College	13	11-15	27	23-32
College Degree	11	10-12	20	18-23
<\$15,000	11	8-16	28	19-39
\$15,000 to \$24,999	15	12-18	32	26-39
\$25,000 to \$49,999	14	12-16	27	23-30
\$50,000 to \$74,999	12	10-15	23	19-28
\$75,000+	12	11-14	22	19-26
White, non-Hispanic	13	12-14	26	24-29
Black, non-Hispanic	11	7-15	22	15-31
Hispanic	4	2-9	8	3-17

*Excludes missing, don't know, and refused.
Note: "NA" indicates not applicable

**Year 2010 Health Objectives for the Nation:
Pennsylvania State Summary of BRFSS Data, 2007**

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2007	Objective Met ²
01-01: Percent of adults aged 18-64 with health insurance	100%	87± 2	No
01-04c: Percent of adults with specific source of ongoing care (age-adjusted to 2000 std population)	96%	89± 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%	26± 2	Yes ⁺
02-04a: Percent of overweight and obese adults diagnosed with arthritis who have been counseled in weight reduction (age-adjusted to 2000 std population)	46%	41± 4	No
02-04b: Percent of adults diagnosed with arthritis who have been counseled to do physical activity or exercise (age-adjusted to 2000 std population)	67%	50± 3	No
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%	73± 3	Yes ⁺
02-08: Percent of adults diagnosed with arthritis who have taken a class on how to manage their arthritis (age-adjusted to 2000 std population)	13%	11± 2	Yes
02-09: Percent of adults age 50 and older told by a doctor that they have osteoporosis (age-adjusted to 2000 std population)	8%	12± 1	No
05-01: Percent of adults diagnosed with diabetes who have attended a class in managing their diabetes (age-adjusted to 2000 std population)	60%	60± 14	Yes
05-03: Rate of adults diagnosed with diabetes (age-adjusted rate per 1,000 18+)	25	78± 9	No
05-12: Percent of adults with diabetes who have a glycosylated hemoglobin measurement at least twice a year (age-adjusted to 2000 std population)	50%	66± 15	Yes ⁺
05-13: Percent of adults with diabetes who have an annual dilated eye examination (age-adjusted to 2000 std population)	75%	75± 9	Yes
05-17: Percent of adults with diabetes perform self-blood-glucose-monitoring at least once daily (age-adjusted to 2000 std population)	60%	63± 14	Yes

- 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 to Pennsylvania's 2007 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, 2007**

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2007	Objective Met ²
06-06: Percent of adults who are limited in any way in any activities because of physical, mental, or emotional problems who are satisfied with life (age-adjusted to 2000 std population)	97%	84± 3	No
07-01: Percent of adults age 18-24 who completed high school	90%	90± 5	Yes
12-09: Percent of adults age 20 and older ever told blood pressure was high (age-adjusted to 2000 std population)	16%	29± 1	No
12-15: Percent of adults who had their blood cholesterol checked within the last 5 years (age-adjusted to 2000 std population)	80%	75± 2	No
14-29a: Percent of adults age 65+ with flu shot in past year (age-adjusted to 2000 std population)	90%	72± 2	No
14-29b: Percent of adults age 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	69± 2	No
14-29c: Percent of adults age 18 to 64 with flu shot in past year (age-adjusted to 2000 std population)	60%	31± 2	No
14-29d: Percent of adults age 18 to 64 ever had vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	15± 2	No
19-01: Percent of healthy-weight adults (age 20+) (age-adjusted to 2000 std population)	60%	34± 2	No
19-02: Percent of obese adults (age 20+) (age-adjusted to 2000 std population)	15%	29± 2	No
19-05: Percent of adults who consume at least 2 daily servings of fruit (age-adjusted to 2000 std population)	75%	31± 3	No
19-06: Percent of adults who consume at least 3 daily servings of vegetables (age-adjusted to 2000 std population)	50%	25± 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 to Pennsylvania's 2007 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, 2007**

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2007	Objective Met ²
22-01: Percent of adults who engage in no leisure-time physical activity (age-adjusted to 2000 std population)	20%	23± 2	No
22-02: Percent of adults who engage in vigorous or moderate physical activity³ (age-adjusted to 2000 std population)	50%	51± 2	Yes
22-03: Percent of adults who engage in vigorous physical activity³ (age-adjusted to 2000 std population)	30%	30± 2	Yes
26-11c: Percent of adults who engaged in binge drinking⁴ in the past month	6%	16± 2	No
26-13a: Percent of adult females who exceed guidelines for low-risk drinking⁵	50%	12± 1	Yes ⁺
26-13b: Percent of adult males who exceed guidelines for low-risk drinking⁶	50%	24± 2	Yes ⁺
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	22± 2	No
27-01b: Percent of adults who use smokeless (spit) tobacco (age-adjusted to 2000 std population)	0.4%	5± 1	No
27-05: Percent of adult smokers who attempted to quit smoking for one day or longer in past year (age-adjusted to 2000 std population)	75%	56± 4	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 to Pennsylvania’s 2007 percentage being significantly better compared to the Healthy People 2010 goal percentage.
- 3 Vigorous is defined as large increases in breathing/heart rate for 20+ minutes 3+ times per week. Moderate is defined as small increases in breathing/heart rate for 30+ minutes 5+ times per week.
- 4 Binge drinking is defined as men drinking 5+ drinks or women drinking 4+ drinks on one occasion in the past month.
- 5 Low-risk drinking for females is defined as 8+ drinks per week or 4+ drinks per occasion.
- 6 Low-risk drinking for males is defined as 15+ drinks per week or 5+ drinks per occasion.

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 2007 were done by Clearwater Research, Incorporated which was selected by competitive bid.

Sample Selection

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

Under the disproportionate stratified sample design, the sample of Pennsylvania telephone numbers that is divided into the two strata describe 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 2006 BRFSS survey. All items new to the 2007 survey were field-tested.

Questions of interest to Pennsylvania were added as the state supplement to the core questionnaire. State-added modules and questions concerned diabetes, asthma, arthritis, breast feeding, child immunization, flu pandemic, emergency preparedness, osteoporosis, drugs and alcohol, tobacco control, and dental insurance.

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 13,231 completed interviews. The CASRO response rate for 2007 was 45 percent.

**Disposition of All Telephone Numbers
2007 Pennsylvania Behavioral Risk Factor Survey Sample**

<u>Disposition Code</u>	<u>Number</u>	<u>Percent</u>
Interview		
Complete	12,346	7.77
Partial Complete	885	0.56
Eligible, Non-Interview		
Termination within questionnaire	1,349	0.85
Refusal after respondent selection	4,570	2.88
Selected respondent never reached or was reached but did not begin interview during interviewing period	867	0.55
Selected respondent away from residence during the entire interviewing period	2,261	1.42
Language problem after respondent selection	118	0.07
Selected respondent physically or mentally unable to complete an interview during the entire interviewing period	990	0.62
Hang up or termination after number of adults recorded but before respondent selection	128	0.08
Household contact after number of adults recorded but before respondent selection	11	0.01
Unknown Eligibility, Non-Interview		
Household members away from residence during entire interviewing period	729	0.46
Hang-up or termination, housing unit, unknown if eligible respondent	3,793	2.39
Household contact, eligibility undetermined	389	0.24
Language problem before respondent selection	426	0.27
Physical or mental impairment before respondent selection	381	0.24
Hang-up or termination, unknown if private residence	13,880	8.74
Contact, unknown if private residence	847	0.53
Telephone answering device, message confirms private residential status	1,125	0.71
Telecommunication technological barrier, message confirms private residential status	2	0.00
Telephone answering device, not sure if private residence	5,343	3.36
Telecommunication technological barrier, not sure if private residence	58	0.04
Telephone number is no longer in service or has been changed	1,105	0.70
No answer	7,810	4.92
Busy	855	0.54
Not Eligible		
Out-of-state	24	0.02
Household, no eligible respondent	54	0.03
Not a private residence	23,276	14.65
Dedicated fax/data/modem line with no human contact	4,727	2.98
Cellular Phone	810	0.51
Fast busy	1,908	1.20
Non-working/disconnected number	67,822	42.69
Total	158,889	

Sample Characteristics

The following table compares the final interview sample for the 2007 BRFSS to the 2006 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 2007 Pennsylvania BRFSS Survey Sample and 2006 Pennsylvania Adult Population Estimates For Selected Characteristics

		2007 BRFSS Survey Sample		2006 Population Estimates	
		Number	Percent	Number	Percent
All Adults		13,231	100.00	9,578,229	100.00
Sex	Male	4,757	35.95	4,574,120	47.76
	Female	8,474	64.05	5,004,109	52.24
Race	White	11,428	86.37	8,349,576	87.17
	Black	1,383	10.45	933,369	9.74
	Other	327	2.47	295,284	3.08
	Unknown/Refused	93	0.70	NA	NA
Hispanic Origin	Yes	243	1.84	340,850	3.56
	No	12,912	97.59	9,237,379	96.44
	Unknown/Refused	76	0.57	NA	NA
Age	18-29	1,074	8.12	1,975,892	20.63
	30-44	2,799	21.15	2,492,377	26.02
	45-64	5,306	40.10	3,224,608	33.67
	65+	3,938	29.76	1,885,352	19.68
	Unknown/Refused	114	0.86	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 2006 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 2006. Because people living in households with more than one telephone or more than one adult had differing probabilities of being selected, the responses were also adjusted to reflect the number of different telephone numbers per household and the number of adults residing in the household. All of the percentages reported here were calculated with weighted data and should be representative of the adult population of Pennsylvania. It should be noted that the percentages might not add to 100 due to rounding. When calculating the percentages of prevalence for each health topic in this report, responses of “Don’t know/Not sure” and “Refused” were removed from the denominators. This is to reflect a more accurately estimated presentation of prevalence for the topics within Pennsylvania’s population. Those responses, which were removed from the denominator, tend to dilute the prevalence percentages and don’t contribute to their further understanding.

Out of the 13,231 records included in the data analysis, 114 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 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 2007, the sample dataset includes 13,231 surveys, 7,225 of which were from over-samples in Fayette, Luzerne, Tioga, and Philadelphia Counties for the *Steps to a Healthier Pennsylvania* and *Steps to a Healthier Philadelphia* programs, funded by the Centers for Disease Control and Prevention.

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 2007, comparable data were available from all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam.

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 2006 (latest available) Dauphin County census population of 35,967 for ages 18-29 by the 2007 Fair or Poor Health prevalence of 10% (0.10) for that age group at the state level. The 2007 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 3,597.

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	2006 Dauphin County Census Population		Fair or Poor Health from 2007 Pa. BRFSS	=	Estimate of Dauphin County Adults Indicating Fair or Poor Health, 2007
18-29	35,967	x	10	=	3,597
30-44	53,010	x	8	=	4,241
45-64	69,913	x	18	=	12,584
65+	35,087	x	26	=	9,123
					Total 29,545

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 = **29,545**

Total Population Age 18+ in Dauphin County = **193,977**

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.

$$\begin{aligned} \text{Synthetically Estimated Percentage} & & \text{Total Synthetically Estimated Number of Adults} \\ \text{With Fair or Poor Health in Dauphin County} & = & \text{With Fair or Poor Health in Dauphin County} \quad \times \quad 100 \\ & & \hline & & \text{Total Population Age 18+ in Dauphin County} \\ \text{Synthetically Estimated Percentage} & = & (29,545 / 193,977) \times 100 \\ \text{With Fair or Poor Health in Dauphin County} & & \\ \text{Synthetically Estimated Percentage} & = & \mathbf{15 \text{ Percent}} \\ \text{With Fair or Poor Health in Dauphin County} & & \end{aligned}$$

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.

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