

2009 Behavioral Health Risks



Of Pennsylvania Adults



Bureau of Health Statistics and Research

2009
BEHAVIORAL HEALTH RISKS
of PENNSYLVANIA ADULTS

**A Report of Data Collected During 2009 for the
Behavioral Risk Factor Surveillance System**

February 2011

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 10 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 15 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 50 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. Confidence intervals (at the 95 percent 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:

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

This report and many other health statistics are available on the Bureau of Health Statistics and Research section of the Department's website at

http://www.portal.state.pa.us/portal/server.pt/community/health_statistics_and_research/11599.

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General Health

How would you say your general health is?

- ◆ Fifteen percent of Pennsylvania adults responded “fair” or “poor;” 32 percent answered “good;” and 19 percent indicated their general health was “excellent.”
- ◆ Percentages of “fair” or “poor” health were significantly higher for adults 45 years and greater, compared to those adults who were less than 45 years of age. Twenty-five percent of adults age 65+, 17 percent ages 45-64, 9 percent ages 30-44 and 8 percent ages 18-29 indicated having fair or poor health.
- ◆ Adults with less than a high school education had a significantly higher percentage of fair or poor health, compared to adults with a high school education or higher (less than a high school education, 32 percent; high school diploma, 21 percent; some college education, 12 percent; college degree, 6 percent).
- ◆ As household income levels increase, the percentage of people who thought they had fair or poor health decreased significantly (< \$15,000, 37 percent; \$15,000-\$24,999, 26 percent; \$25,000-\$49,999, 16 percent; \$50,000-\$74,999, 8 percent; \$75,000+, 4 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (25 percent) compared to Non-Hispanic, white adults (14 percent).

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

- ◆ Thirty-eight percent of Pennsylvania adults in 2009 indicated that their physical health was not good at least one day in the past month.
- ◆ Women had a significantly higher percentage (41), compared to men (34 percent), for having at least one day in the past month during which their physical health was not good.
- ◆ Adults with a college degree had a significantly lower percentage (32), compared to adults without a college degree (45 percent, less than a high school education; 39 percent, high school diploma; 40 percent, some college education).
- ◆ Adults with household incomes below \$25,000 had significantly higher percentages (< \$15,000 in household income, 49 percent; \$15,000-\$24,999, 47 percent), compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 33 percent; 30 percent, \$75,000+).

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

- ◆ In the 2009 survey, 35 percent of Pennsylvania adults reported that there was at least one day in the past month when their mental health was not good.
- ◆ Women had a significantly higher percentage (40), compared to men (29 percent), for having at least one day in the past month during which their mental health was not good.
- ◆ Younger adults had significantly higher percentages, compared to adults in older age groups (ages 18-29, 50 percent; ages 30-44, 39 percent; ages 45-64, 32 percent; and ages 65+, 20 percent).
- ◆ Adults with some college education (39 percent) had a significantly higher percentage, 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 \$15,000+ (\$15,000-\$24,999, 39 percent; \$25,000-\$49,999, 34 percent; \$50,000-\$74,999, 30 percent; \$75,000+, 30 percent).

General Health

Figure 1: General Health, Pennsylvania Adults, by Type, 1995-2009

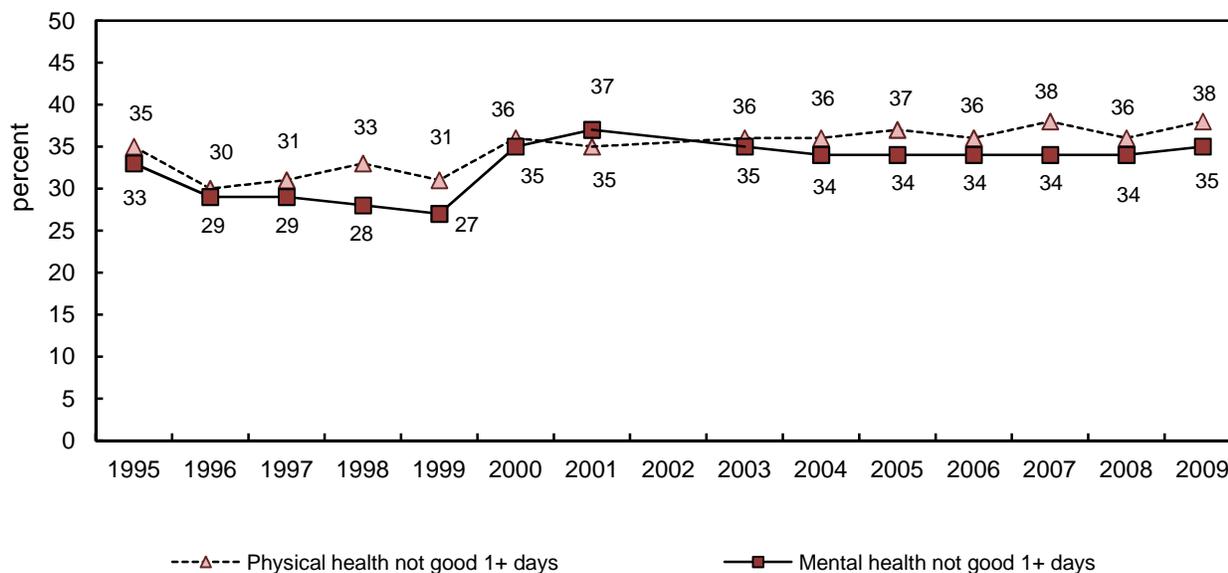


Table 1: General Health, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	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	35	33-36
Male	13	12-15	34	32-37	29	27-31
Female	16	15-18	41	39-43	40	38-42
Age:						
18-29	8	6-11	43	38-48	50	45-55
30-44	9	8-11	36	33-39	39	36-42
45-64	17	16-19	36	34-38	32	30-34
65+	25	23-26	38	36-41	20	18-22
Education:						
<High School	32	27-37	45	40-51	39	33-45
High School	21	19-23	39	37-42	34	32-37
Some College	12	10-15	40	36-43	39	36-42
College Degree	6	5-7	32	30-35	31	28-33
Income:						
<\$15,000	37	32-43	49	43-55	50	44-56
\$15,000 to \$24,999	26	23-30	47	43-51	39	35-43
\$25,000 to \$49,999	16	14-18	40	37-43	34	31-37
\$50,000 to \$74,999	8	7-11	33	29-37	30	27-34
\$75,000+	4	3-6	30	27-33	30	28-33
Race:						
White, non-Hispanic	14	13-15	37	35-38	34	32-36
Black, non-Hispanic	25	20-30	44	38-51	39	33-45
Hispanic	21	14-30	42	31-53	46	36-57

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

Health Care Access

Age 18-64: Do you have health care coverage?

- ◆ Thirteen percent of Pennsylvania adults ages 18-64 responded “no” in 2009.
- ◆ Significantly more young adults (23 percent of those ages 18-29) reported having no health insurance, compared to older adults (13 percent for ages 30-44 and 9 percent for ages 45-64).
- ◆ Adults with less than a college degree recorded significantly higher percentages (less than a high school education, 26 percent; high school diploma, 17 percent; some college, 16 percent), compared to adults with a college degree (5 percent).
- ◆ Significantly lower percentages were seen for adults reporting household incomes of \$50,000+ (\$50,000-\$74,999, 5 percent; \$75,000+, 4 percent), compared to adults with household incomes less than \$50,000 (<\$15,000, 27 percent; \$15,000-\$24,999, 33 percent; \$25,000-\$49,999, 18 percent). Adults with household incomes of \$15,000-\$24,999 had a significantly higher percentage (33), compared to adults with household incomes of \$25,000-\$49,999 (18 percent).

Those without someone they consider a personal doctor or health care provider:

- ◆ Eleven percent of Pennsylvania adults indicated that they do not have someone they consider a personal doctor or health care provider during the 2009 BRFSS survey.
- ◆ Men had a significantly higher percentage of no personal health care provider (14 percent), compared to women (7 percent).
- ◆ All age groups under 65 had percentages significantly higher than any older age group – i.e., ages 18-29 had 23 percent, ages 30-44 had 13 percent, ages 45-64 had 6 percent and ages 65+ had 3 percent for not having a personal care provider.
- ◆ A significantly higher percentage was seen for adults with less than a high school education (15 percent), compared to adults with a college degree (8 percent).
- ◆ Adults with a household income less than \$25,000 had a significantly higher percentage (<\$15,000, 17 percent; \$15,000-\$24,999, 17 percent), compared to adults with a household income of \$25,000 or greater (\$25,000-\$49,999, 10 percent; \$50,000-\$74,999, 9 percent; \$75,000+, 7 percent).
- ◆ Non-Hispanic white adults had a significantly lower percentage (9) compared to non-Hispanic black (17 percent) and Hispanic adults (21 percent).

Those who needed to see a doctor but could not because of cost:

- ◆ Eleven percent of Pennsylvania adults responded in 2009 that there was an instance in which they needed to see a doctor in the past year but could not because of cost.
- ◆ Adults under age 45 had significantly higher percentages for being unable to see a doctor due to cost (ages 18-29, 20 percent; ages 30-44, 13 percent), compared to older adults (ages 45-64, 9 percent; ages 65+, 3 percent).
- ◆ A significantly higher percentage was seen for adults with less than a college degree (less than a high school education, 14 percent; high school diploma, 12 percent; some college education, 13 percent) compared to adults with a college degree (7 percent).
- ◆ Adults with a household income less than \$25,000 had a significantly higher percentage (<\$15,000, 25 percent; \$15,000-\$24,999, 22 percent), compared to adults with higher household incomes (\$25,000-\$49,999, 13 percent; \$50,000-\$74,999, 8 percent; and \$75,000+, 3 percent).
- ◆ Non-Hispanic white adults had a significantly lower percentage (9) compared to non-Hispanic black (21 percent) and Hispanic adults (22 percent).

Health Care Access

Figure 2: No Health Insurance, Pennsylvania Adults, Ages 18-64, 1995-2009

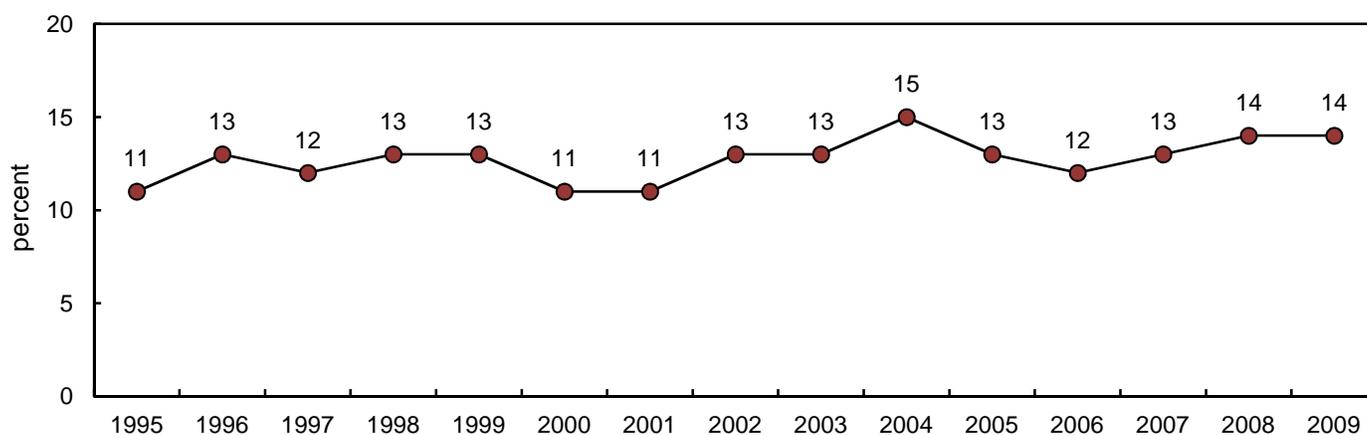


Table 2: Health Care Access, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	No Health Insurance Ages 18-64*		Does Not Have a Personal Health Care Provider*		Couldn't Receive Care in Past Year Due to Cost*	
	%	CI	%	CI	%	CI
All Adults	13	12-15	11	10-12	11	10-12
Male	17	14-19	14	12-16	10	8-12
Female	10	9-12	7	6-9	12	11-14
Age:						
18-29	23	19-28	23	19-28	20	16-25
30-44	13	11-15	13	11-16	13	11-16
45-64	9	8-10	6	5-7	9	8-10
65+	N/A		3	3-4	3	3-4
Education:						
<High School	26	19-34	15	11-21	14	10-19
High School	17	15-20	11	9-13	12	11-14
Some College	16	13-19	12	10-15	13	11-16
College Degree	5	4-7	8	7-10	7	6-9
Income:						
<\$15,000	27	20-34	17	12-23	25	19-31
\$15,000 to \$24,999	33	28-38	17	14-21	22	19-26
\$25,000 to \$49,999	18	15-21	10	8-12	13	11-16
\$50,000 to \$74,999	5	3-8	9	7-12	8	6-12
\$75,000+	4	3-6	7	5-9	3	2-4
Race:						
White, non-Hispanic	12	11-14	9	8-10	9	8-10
Black, non-Hispanic	18	13-25	17	13-23	21	16-28
Hispanic	18	11-28	21	13-31	22	14-32

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

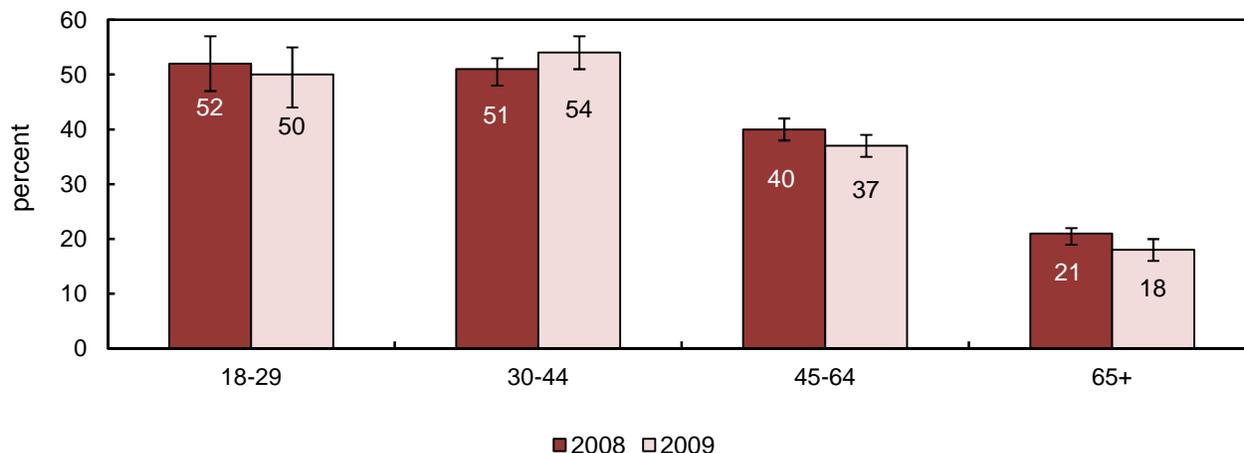
Sleep

Those who did not get enough sleep seven or more days in past month:

- ◆ Forty percent of Pennsylvania adults responded in 2009 that they did not get enough sleep seven or more days in the past month.
- ◆ Pennsylvania adults younger than age 45 had a significantly higher percentages of lack of sleep seven or more days in the past month (ages 18-29, 50 percent; ages 30-44, 54 percent), compared to adults ages 45 and older (ages 45-64, 37 percent; and ages 65+, 18 percent). Adults ages 45-64 had a significantly higher percentages (37) of lack of sleep seven or more days in the past month, compared to adults ages 65+ (18 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentages (49), compared to non-Hispanic white adults (39 percent).

Sleep

Figure 3: Did Not Get Enough Sleep Seven or More Days in Past Month, Pennsylvania Adults, by Age, 2008 to 2009



**Table 3: No Sleep 7 or More Days in Past Month*
Pennsylvania Adults, 2009 (with 95% confidence intervals)**

	%	CI
All Adults	40	38-41
Male	38	36-41
Female	42	40-43
Age:		
18-29	50	44-55
30-44	54	51-57
45-64	37	35-39
65+	18	16-20
Education:		
<High School	39	33-45
High School	40	37-43
Some College	42	38-45
College Degree	39	36-41
Income:		
<\$15,000	41	35-47
\$15,000 to \$24,999	43	39-47
\$25,000 to \$49,999	41	38-44
\$50,000 to \$74,999	40	36-44
\$75,000+	40	37-43
Race:		
White, non-Hispanic	39	37-40
Black, non-Hispanic	49	43-56
Hispanic	47	37-58

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

Exercise

No leisure-time physical activity in past month:

- ◆ Twenty-six percent of Pennsylvania adults indicated they did not participate in any leisure time physical activity.
- ◆ Women who did not participate in any leisure time physical activity had a significantly higher percentage (29), compared to men (22 percent).
- ◆ Adults ages 30 and older had a significantly higher percentage, compared to adults ages 18-29 (ages 18-29, 17 percent; ages 30-44, 24 percent; ages 45-64, 27 percent; ages 65+, 34 percent). Also, adults ages 65+ had a significantly higher percentage, compared to all younger adults.
- ◆ Percentages were significantly lower for each education category as education levels rose (less than high school, 42 percent; high school diploma, 34 percent; some college, 23 percent; college degree, 15 percent).
- ◆ Adults with a household income less than \$15,000 had a significantly higher percentage (42), compared to adults with household incomes of at least \$25,000 (\$25,000-\$49,999, 31 percent; \$50,000-\$74,999, 21 percent; \$75,000+, 13 percent). Adults with household incomes of \$25,000-\$49,999 had a significantly higher percentage, compared to adults with household incomes of at least \$50,000. Adults with household incomes of \$50,000-\$74,999 had a significantly higher percentage, compared to adults with household incomes of at least \$75,000.
- ◆ Non-Hispanic, white adults had a significantly higher percentage (42), compared to Hispanic adults (31 percent).

Sufficient moderate physical activity in a week:

- ◆ Fifty percent of Pennsylvania adults indicated in 2009 that they engaged in sufficient moderate physical activity.
- ◆ Men had a significantly higher percentage (53) of sufficient moderate physical activity per week, compared to women (48 percent).
- ◆ Adults ages 18-29 had a significantly higher percentage (62), compared to adults ages 30 and older (30-44, 52 percent; ages 45-64, 49 percent; ages 65+, 40 percent). Adults ages 65+ had a significantly lower percentage, compared to adults in all younger age groups.
- ◆ Adults with a high school education or less had significantly lower percentages (less than high school, 42 percent; high school diploma, 46 percent), compared to adults with at least some college education (some college, 54 percent; college degree, 55 percent).
- ◆ Adults with a household income less than \$15,000 had a significantly lower percentage (38), compared to adults with household incomes of at least \$25,000 (\$25,000-\$49,999, 50 percent; \$50,000-\$74,999, 54 percent; \$75,000+, 58 percent). Adults with a household income of \$75,000+ had a significantly higher percentage, compared to adults with household incomes less than \$50,000.

Sufficient vigorous physical activity in a week:

- ◆ Twenty-eight percent of Pennsylvania adults indicated they engaged in sufficient vigorous activity in 2009.
- ◆ Men had a significantly higher percentage (33) of sufficient moderate physical activity per week, compared to women (23 percent).
- ◆ Adults ages 18-29 had a significantly higher percentage (43), compared to adults ages 30 and older (30-44, 30 percent; ages 45-64, 25 percent; ages 65+, 16 percent). Adults ages 65+ had a significantly lower percentage, compared to adults in all younger age groups.
- ◆ Adults with a high school education or less had significantly lower percentages (less than high school, 19 percent; high school diploma, 23 percent), compared to adults with at least some college education (some college, 31 percent; college degree, 33 percent).
- ◆ Adults with a household income of \$75,000+ had a significantly higher percentage (36), compared to adults with household incomes of less than \$50,000 (<\$15,000, 20 percent, \$15,000-\$24,999, 24 percent; \$25,000-\$49,999, 24 percent).

Exercise

Figure 4A: No Leisure-Time Physical Activity, Pennsylvania Adults, 1995-2009

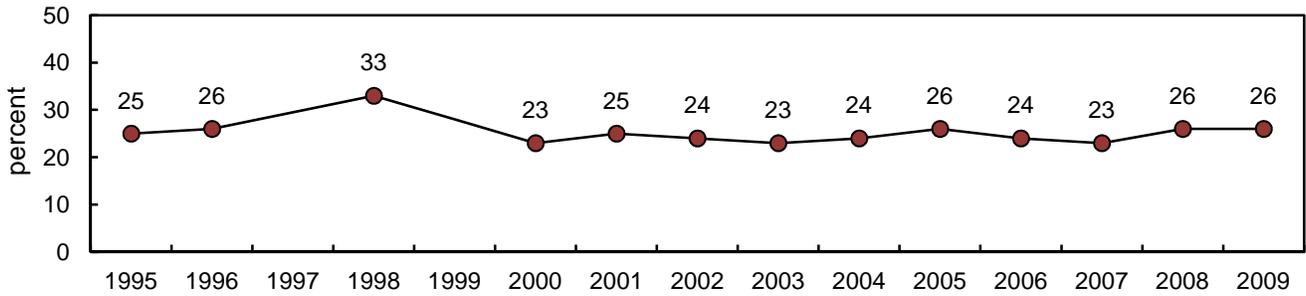


Figure 4B: No Leisure-Time Physical Activity, Pennsylvania Adults, by Age and Sex, 2009

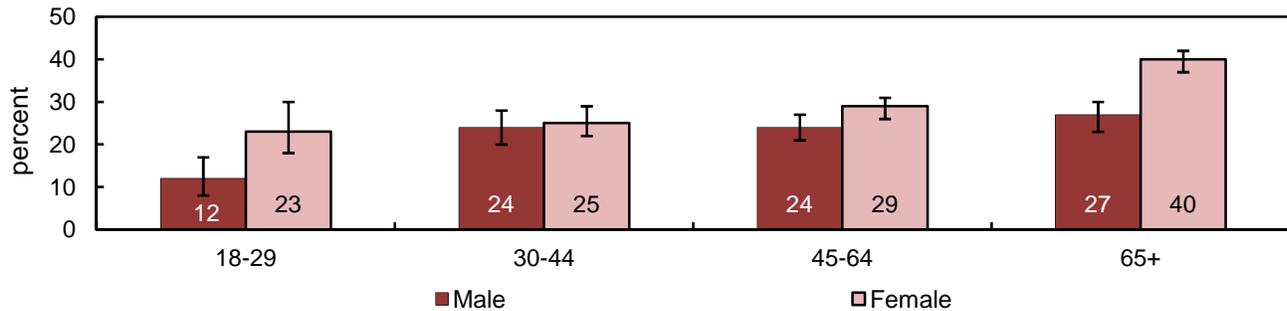


Table 4: Physical Activity, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	No Leisure Physical Activity Past Month*		Sufficient Moderate Physical Activity/wk* **		Sufficient Vigorous Physical Activity/wk * ***	
	%	CI	%	CI	%	CI
All Adults	26	24-27	50	49-52	28	26-29
Male	22	20-24	53	51-56	33	31-36
Female	29	28-31	48	46-50	23	21-25
Age:						
18-29	17	14-21	62	57-67	43	38-49
30-44	24	22-27	52	49-55	30	27-33
45-64	27	25-28	49	47-51	25	23-27
65+	34	32-36	40	37-42	16	15-18
Education:						
<High School	42	37-48	42	35-48	19	14-25
High School	34	32-36	46	43-49	23	20-25
Some College	23	20-26	54	50-57	31	28-35
College Degree	15	13-17	55	52-57	33	31-36
Income:						
<\$15,000	42	36-48	38	32-45	20	15-26
\$15,000 to \$24,999	37	33-41	46	42-50	24	20-28
\$25,000 to \$49,999	31	28-34	50	46-53	24	21-27
\$50,000 to \$74,999	21	18-25	54	50-58	29	25-33
\$75,000+	13	11-15	58	55-61	36	33-39
Race:						
White, non-Hispanic	42	36-48	51	49-53	27	26-29
Black, non-Hispanic	37	33-41	46	39-53	28	22-35
Hispanic	31	28-34	54	42-65	32	22-45

*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 and Obese

Overweight adults:

- ◆ Thirty-six percent of Pennsylvania adults were considered overweight according to the 2009 survey results.
- ◆ Males had a significantly higher percentage of being overweight (42 percent), compared to females (30 percent).
- ◆ Adults ages 18-29 had a significantly lower percentage of being overweight (28 percent), compared to adults 45 and older (age 45-64, 40 percent; age 65+, 40 percent). Adults ages 30-44 had a significantly lower percentage (34), compared to adults ages 45-64.

Obese adults:

- ◆ Twenty-eight percent of Pennsylvania adults were obese according to the 2009 survey results.
- ◆ Adults ages 30-64 had significantly higher percentages of being obese, compared to adults ages 18-29 and 65+ (ages 18-29, 19 percent; ages 30-44, 32 percent; ages 45-64, 32 percent; ages 65+, 26 percent).
- ◆ A significantly lower percentage of adults with a college degree (22 percent) were considered obese, compared to adults with less than a high school education, high school diploma or some college education (less than high school, 33 percent; high school diploma, 32 percent; some college, 29 percent).
- ◆ Adults with a household income greater than \$75,000 had a significantly lower percentage (21), compared to adults with a household income of less than \$75,000 (<\$15,000, 33 percent; \$15,000-24,999, 33 percent; \$25,000-\$49,999, 30 percent, \$50,000-\$74,999, 32 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (37 percent), compared to Non-Hispanic white adults (27 percent).

Notes: The Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. BMI is calculated as mass (kg)/height² (m²) and estimated using pounds and inches by [weight (pound)/height² (inches²)] x 703. Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI ≥ 30 are considered obese.

Overweight and Obese

Figure 5A: Overweight and Obese, Pennsylvania Adults, 1995-2009

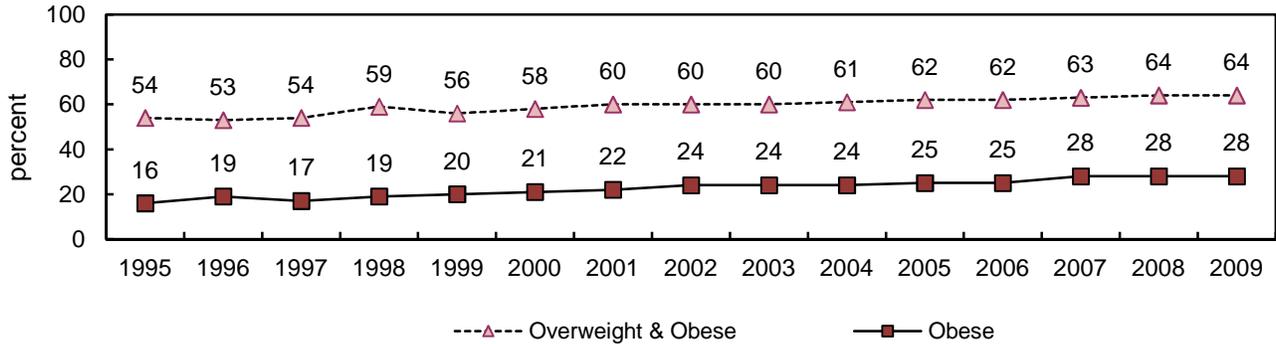
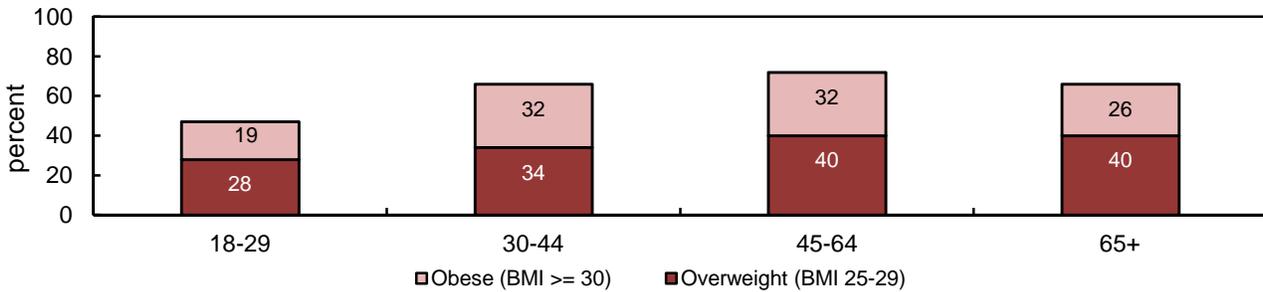


Figure 5B: Percent Overweight and Obese, Pennsylvania Adults, by Age, 2009



**Table 5: Overweight & Obese, Pennsylvania Adults, 2009
(with 95% confidence intervals)**

	Overweight* (BMI 25-29)		Obese* (BMI >= 30)		Overweight & Obese* (BMI >= 25)	
	%	CI	%	CI	%	CI
All Adults	36	34-37	28	27-29	64	62-66
Male	42	39-44	29	27-32	71	69-73
Female	30	28-32	27	25-29	57	55-59
Age:						
18-29	28	23-33	19	16-24	47	42-52
30-44	34	31-37	32	29-35	66	63-69
45-64	40	38-42	32	30-34	72	70-73
65+	40	37-42	26	24-28	65	63-67
Education:						
<High School	35	29-40	33	28-38	68	62-73
High School	35	33-37	32	30-35	67	65-70
Some College	36	33-39	29	26-32	65	61-68
College Degree	38	35-40	22	20-24	59	57-62
Income:						
<\$15,000	33	28-39	33	28-39	66	60-72
\$15,000 to \$24,999	33	29-37	33	29-37	66	62-70
\$25,000 to \$49,999	37	34-40	30	28-33	68	64-70
\$50,000 to \$74,999	37	33-41	32	29-36	69	65-72
\$75,000+	39	36-42	21	19-24	60	57-63
Race:						
White, non-Hispanic	36	35-38	27	26-29	64	62-65
Black, non-Hispanic	36	30-43	37	31-43	74	67-79
Hispanic	31	23-41	36	26-48	67	57-76

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

Diabetes

Were you ever told you have diabetes?

- ◆ Nine percent of Pennsylvania adults responded “yes” in the 2009 survey to ever being told by a doctor that they had diabetes.
- ◆ The percentage of adults age 65 and over who had ever been told that they had diabetes (20 percent) was significantly higher than for any of the younger age groups (ages 18-29, 1 percent; ages 30-44, 4 percent; ages 45-64, 11 percent). Adults ages 45-64 had a significantly higher percentage, compared to adults under age 45.
- ◆ Adults with less than a high school education (17 percent) and with a high school diploma (12 percent) reported having ever been told that they had diabetes at significantly higher percentages than those with some college education or a college degree (some college, 7 percent; college degree, 5 percent).
- ◆ Significantly higher percentages were seen for adults reporting household incomes less than \$25,000 (< \$15,000, 20 percent; \$15,000-\$24,999, 14 percent), compared to adults with household incomes of \$50,000 or higher (\$50,000-\$74,999, 6 percent; \$75,000+, 4 percent). Adults reporting a household income of less than \$15,000 who had ever been told that they have diabetes (20 percent) had a significantly higher percentage, compared to adults with a household income of \$25,000-\$49,999 (11 percent).
- ◆ Non-Hispanic black adults had a significantly higher percentage (15) compared to Non-Hispanic white (9 percent) and Hispanic adults (6 percent).

Are you currently taking insulin?

- ◆ Among Pennsylvania adults with diabetes, 27 percent were taking insulin in 2009.

Diabetes

Figure 6A: Diabetes Prevalence Per 1,000, Pennsylvania Adults, 1995-2009

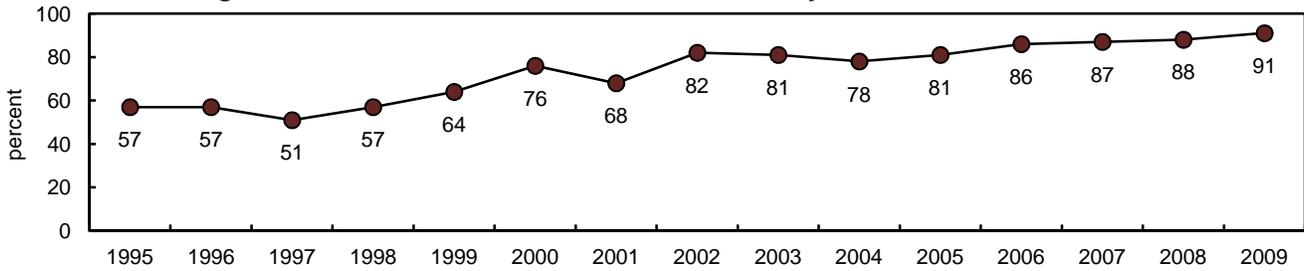


Figure 6B: Percent by Age When Diabetes Diagnosed, Pennsylvania Adults, 2009

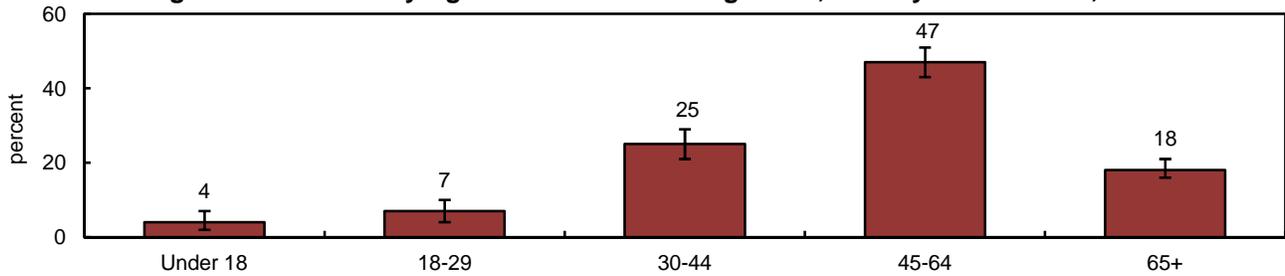


Table 6: Diabetes, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	Ever Told Had Diabetes*		Currently Taking Insulin**	
	%	CI	%	CI
All Adults	9	8-10	27	24-31
Male	9	8-10	28	23-34
Female	9	8-10	26	22-31
Age:				
18-29	1	0-3	#	
30-44	4	3-6	#	
45-64	11	10-12	24	20-30
65+	20	18-21	25	21-30
Education:				
<High School	17	13-21	33	22-45
High School	12	10-13	26	21-31
Some College	7	6-9	26	19-35
College Degree	5	5-6	27	19-35
Income:				
<\$15,000	20	16-25	26	17-38
\$15,000 to \$24,999	14	12-16	35	27-43
\$25,000 to \$49,999	11	9-12	23	17-29
\$50,000 to \$74,999	6	5-8	25	15-39
\$75,000+	4	3-5	21	12-34
Race:				
White, non-Hispanic	9	8-9	27	23-31
Black, non-Hispanic	15	12-19	25	15-38
Hispanic	6	3-11	#	

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

**Denominator is persons who have diabetes.

#Data not reported due to N<50 or sample deemed to be statistically unreliable.

Hypertension Awareness

Has a doctor ever told you that you had high blood pressure?

- ◆ According to the 2009 survey, 31 percent of Pennsylvania adults had been told by a doctor that they had high blood pressure.
- ◆ As age increased, each age group had a significantly higher percentage of being told they had high blood pressure, compared to younger age groups (ages 18-29, 10 percent; ages 30-44, 19 percent; ages 45-64, 36 percent; ages 65+, 59 percent).
- ◆ Adults with at least some college education had significantly lower percentages of having ever been told they had high blood pressure (less than high school, 42 percent; high school diploma, 37 percent; some college, 30 percent; college degree, 24 percent). Also, adults with a college degree had significantly lower percentages, compared to adults with some college education.
- ◆ Adults with a household income of at least \$50,000 had significantly lower percentages of having ever been told they had high blood pressure, compared to adults with household incomes less than \$50,000 (<\$15,000, 44 percent; \$15,000-\$24,999, 41 percent; \$25,000-\$49,999, 34 percent; \$50,000-\$74,999, 27 percent; \$75,000+, 24 percent). Also, adults with a household income of \$25,000-\$49,999 had a significantly lower percentage, compared to adults with household incomes less than \$25,000.
- ◆ Non-Hispanic white adults (32 percent) and non-Hispanic black adults (38 percent) had significantly higher percentages, compared to Hispanic adults (19 percent).

Currently taking medicine for high blood pressure:

- ◆ According to the 2009 survey, 80 percent of Pennsylvania adults who have high blood pressure had been taking medicine to help control it.
- ◆ Female adults who were taking medicine for high blood pressure had a significantly higher percentage (86), compared to males (74 percent).
- ◆ As age increased, each age group had a significantly higher percentage of taking medicine to help control their high blood pressure, compared to younger age groups (ages 30-44, 52 percent; ages 45-64, 86 percent; ages 65+, 95 percent).
- ◆ Adults with some college education had a significantly lower percentage (71) of taking medicine to help control their high blood pressure, compared to adults with no college education (less than high school, 87 percent; high school diploma, 84 percent).

Hypertension Awareness

Figure 7: Percent Ever Told Blood Pressure Was High, Pennsylvania Adults, 1995-2009

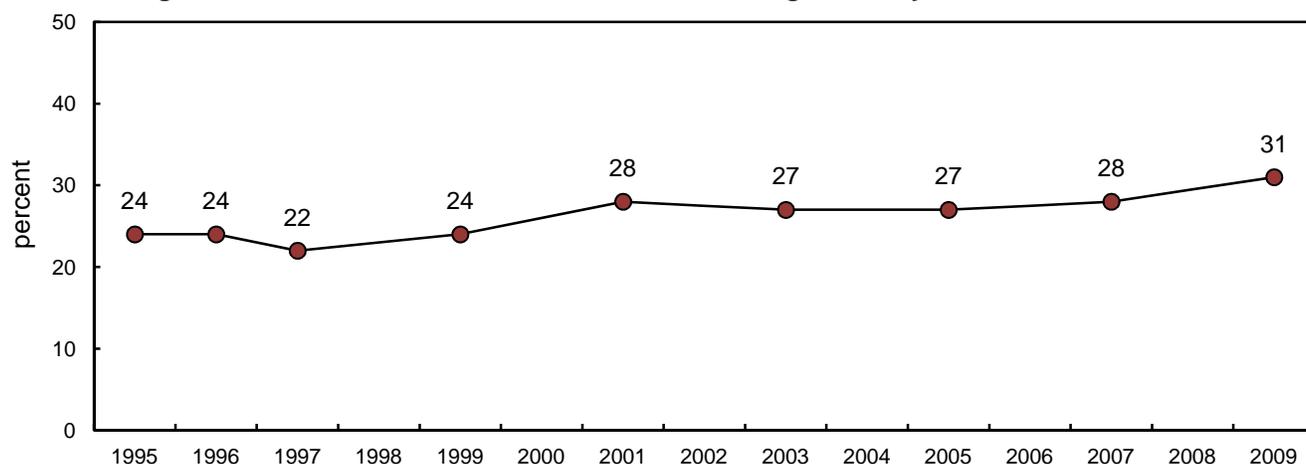


TABLE 7: Hypertension Awareness, Pennsylvania Adults, 2009
(with 95% confidence intervals)

	Ever Told Have High Blood Pressure* **		Currently Taking Medicine for High Blood Pressure*	
	%	CI	%	CI
All Adults	31	30-33	80	78-82
Male	32	30-35	74	70-78
Female	31	29-32	86	83-88
Age:				
18-29	10	8-14	#	
30-44	19	17-22	52	45-60
45-64	36	34-38	86	83-88
65+	59	57-61	95	93-96
Education:				
<High School	42	37-48	87	79-92
High School	37	35-39	84	81-87
Some College	30	27-32	71	66-77
College Degree	24	22-26	78	73-83
Income:				
<\$15,000	44	38-50	83	75-88
\$15,000 to \$24,999	41	38-45	81	75-85
\$25,000 to \$49,999	34	31-36	80	76-84
\$50,000 to \$74,999	27	24-30	83	76-88
\$75,000+	24	22-26	73	67-78
Race:				
White, non-Hispanic	32	31-33	81	78-83
Black, non-Hispanic	38	32-44	74	64-82
Hispanic	19	13-27	#	

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

** Out of adults who have high blood pressure

Cholesterol Awareness

Have ever had blood cholesterol checked:

- ◆ According to the 2009 survey, 82 percent of Pennsylvania adults indicated they have ever had their blood cholesterol checked.
- ◆ As age increased, each age group had a significantly higher percentage of indicating they have ever had their blood cholesterol checked (ages 18-29, 48 percent; ages 30-44, 81 percent; ages 45-64, 93 percent; ages 65+, 97 percent).
- ◆ Adults with a college degree had a significantly higher percentage (86) of ever having their blood cholesterol checked, compared to adults with less than a high school diploma (77 percent).

Had blood cholesterol checked in past 5 years:

- ◆ According to the 2009 survey, 79 percent of Pennsylvania adults indicated they have had their blood cholesterol checked in the past five years.
- ◆ As age increased, each age group had a significantly higher percentage of having their blood cholesterol checked in the past five years (ages 18-29, 45 percent; ages 30-44, 75 percent; ages 45-64, 90 percent; ages 65+, 96 percent).

Ever told blood cholesterol was high:

- ◆ According to the 2009 survey, 39 percent of Pennsylvania adults indicated they have ever been told their blood cholesterol was high.
- ◆ As age increased, each age group had a significantly higher percentage of indicating they were ever told their blood cholesterol was high (ages 18-29, 14 percent; ages 30-44, 27 percent; ages 45-64, 44 percent; ages 65+, 55 percent).
- ◆ Adults with at least some college education had a significantly lower percentage (some college, 36 percent; college degree, 33 percent), compared to adults with no college education (less than high school, 48 percent; high school diploma, 45 percent).
- ◆ Adults with a household income of \$75,000+ had a significantly lower percentage (32), compared to adults with household incomes of less than \$50,000 (< \$15,000, 46 percent; \$15,000-\$24,999, 45 percent; \$25,000-\$49,999, 44 percent).

Cholesterol Awareness

Figure 8A: Cholesterol Awareness, Pennsylvania Adults, Percent by Type, 1995-2009

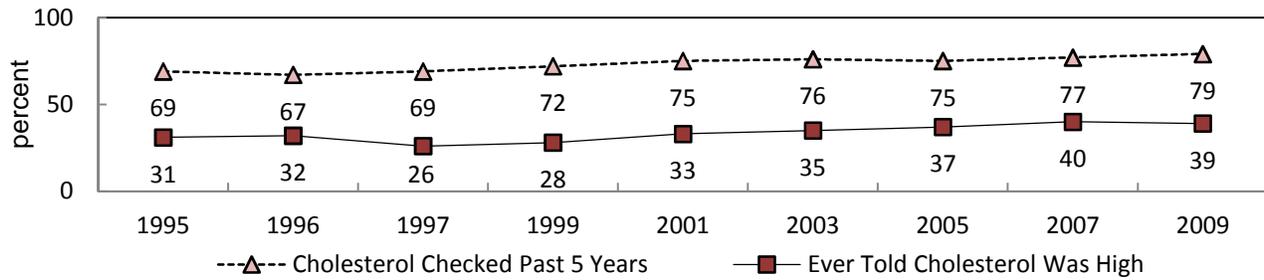
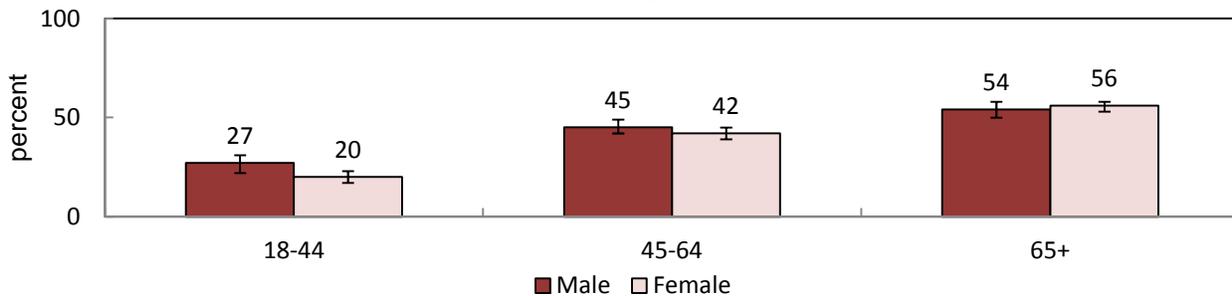


Figure 8B: Percent Ever Told Cholesterol Was High, Pennsylvania Adults, by Age and Sex, 2009



**TABLE 8: Cholesterol Awareness, Pennsylvania Adults, 2009
(with 95% confidence intervals)**

	Ever Had Blood Cholesterol Checked*		Had Blood Cholesterol Checked Within Past 5 Years*		Ever Told Blood Cholesterol Was High**	
	%	CI	%	CI	%	CI
All Adults	82	81-84	79	77-80	39	37-40
Male	81	79-83	78	75-80	40	38-42
Female	84	82-85	80	77-81	38	36-40
Age:						
18-29	48	43-53	45	40-50	14	9-20
30-44	81	79-84	75	72-77	27	24-30
45-64	93	92-94	90	88-91	44	41-46
65+	97	96-98	96	95-96	55	53-57
Education:						
<High School	77	72-82	74	69-79	48	42-55
High School	82	79-84	78	75-81	45	42-47
Some College	80	77-84	77	73-80	36	33-39
College Degree	86	84-88	81	79-84	33	31-36
Income:						
<\$15,000	81	74-86	79	73-84	46	40-52
\$15,000 to \$24,999	79	75-83	77	73-80	45	41-49
\$25,000 to \$49,999	83	80-86	79	76-82	44	41-47
\$50,000 to \$74,999	85	82-88	80	76-83	38	34-42
\$75,000+	86	83-89	82	79-85	32	29-34
Race:						
White, non-Hispanic	84	82-85	80	78-81	40	38-41
Black, non-Hispanic	78	71-84	75	68-81	33	28-40
Hispanic	80	70-87	76	66-84	31	21-43

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

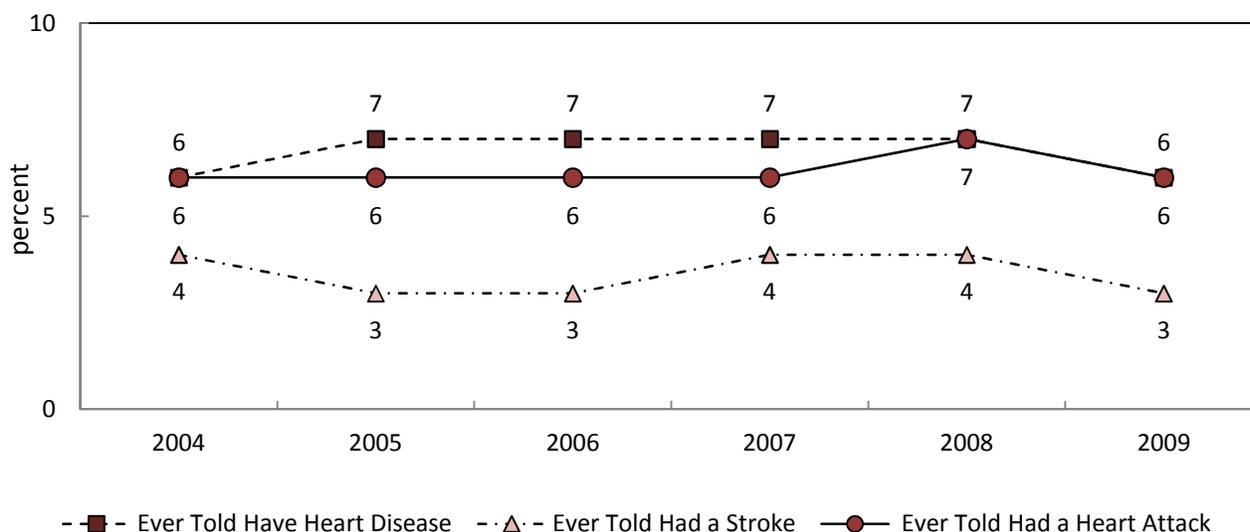
Cardiovascular Disease

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

- ◆ According to the 2009 survey, 6 percent of Pennsylvania adults age 35 or older had been told by a doctor that they had a heart attack; 6 percent had been told they had angina or heart disease; and 3 percent were told that they had a stroke.
- ◆ Twelve (12) percent of Pennsylvania adults ages 35+ had been told that they had either one or a combination of these cardiovascular conditions.
- ◆ Men age 35 and older had a significantly higher percentage (14), 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, 1 percent; ages 45-54, 6 percent; ages 55-64, 13 percent; ages 65+, 25 percent).
- ◆ As educational level increased, the percentages of being told they had a heart attack, heart disease or a stroke significantly decreased (less than high school, 25 percent; high school diploma, 15 percent; some college, 10 percent; college degree, 6 percent).
- ◆ 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, compared to adults ages 35+ with a household income of \$50,000 or more (<\$15,000, 23 percent; \$15,000-\$24,999, 19 percent; \$25,000-\$49,999, 14 percent; \$50,000-\$74,999, 9 percent; and \$75,000+, 4 percent).

Cardiovascular Disease

Figure 9: Ever Told Had a Heart Attack, Heart Disease or Stroke, Pennsylvania Adults Age 35+, 2004-2009



**TABLE 9: Cardiovascular Disease, Pennsylvania Adults Age 35+, 2009
(with 95% confidence intervals)**

	Ever Told Had Heart Attack, Heart Disease, or Stroke*		Ever Told Had a Heart Attack*		Ever Told Had Angina or Heart Disease*		Ever Told Had a Stroke*	
	%	CI	%	CI	%	CI	%	CI
All Adults	12	11-13	6	6-7	6	6-7	3	3-4
Male	14	12-15	8	7-9	8	7-9	3	2-4
Female	10	9-11	4	4-5	5	4-6	4	3-4
Age:								
35-44	1	1-2	0	0-1	0	0-1	1	0-1
45-54	6	5-8	4	3-5	3	2-4	2	1-3
55-64	13	11-15	7	5-8	8	7-10	3	2-4
65+	25	23-27	13	12-15	14	12-16	7	6-9
Education:								
<High School	25	20-29	17	13-21	13	10-17	6	4-9
High School	15	13-16	8	7-9	8	7-9	5	4-5
Some College	10	9-12	5	4-7	6	5-7	2	2-4
College Degree	6	5-7	3	2-4	4	3-5	2	1-2
Income:								
<\$15,000	23	19-28	12	9-17	12	10-16	8	6-11
\$15,000 to \$24,999	19	16-22	11	9-14	10	8-12	6	5-8
\$25,000 to \$49,999	14	12-16	8	7-10	8	7-10	3	2-4
\$50,000 to \$74,999	9	7-11	4	3-5	5	4-7	2	1-3
\$75,000+	4	3-5	2	1-3	3	2-4	1	1-2
Race:								
White, non-Hispanic	12	11-13	6	6-7	7	6-7	3	3-4
Black, non-Hispanic	12	9-16	6	4-9	6	4-9	5	3-8
Hispanic	14	8-23	10	5-18	6	3-14	4	1-12

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

Asthma

Were you ever told you have asthma?

- ◆ Thirteen percent of Pennsylvania adults responded in the 2009 survey that a health care professional had told them that they had asthma.
- ◆ Women had a significantly higher percentage (15) of ever being told they had asthma, compared to men (12 percent).
- ◆ Adults ages 18-29 had a significantly higher percentage (20) of ever being told they had asthma, compared to adults ages 45 and older (ages 45-64, 11 percent; ages 65+, 10 percent). Adults ages 30-44 had a significantly higher percentage (14) compared to adults ages 65+.

Do you currently have asthma?

- ◆ Nine percent of Pennsylvania adults indicated in the 2009 survey that they currently have asthma.
- ◆ Women had a significantly higher percentage of currently having asthma (11 percent), compared to men (7 percent).
- ◆ Adults ages 18-44 had a significantly higher percentage of currently having asthma, compared to adults ages 65 and older (ages 18-29, 12 percent; ages 30-44, 10 percent; ages 65+, 7 percent).
- ◆ Adults with a college degree had a significantly lower percentage (7) of currently having asthma, compared to adults with less than a high school education (13 percent) and some college education (11 percent).
- ◆ Adults with household incomes of \$75,000 or more who currently have asthma had a significantly lower percentage (7) ,compared to adults with a household income of less than \$25,000 (<\$15,000, 14 percent; \$15,000-\$24,999, 12 percent).

Asthma

Figure 10A: Percent Currently Has/Ever Told Has Asthma, Pennsylvania Adults, 1999-2009

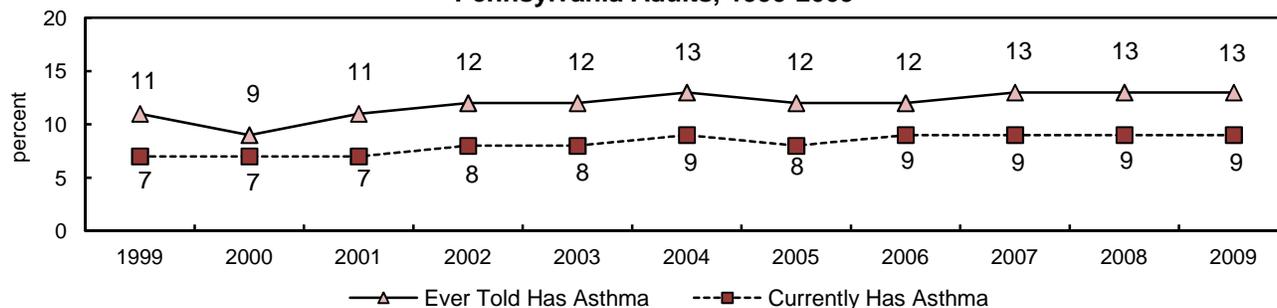


Figure 10B: Percent Currently Has Asthma, Pennsylvania Adults, by Age and Sex, 2009

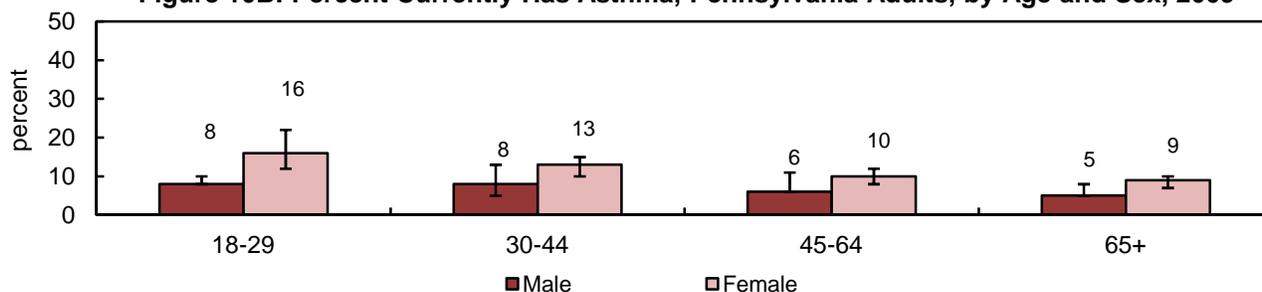


Table 10: Asthma, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	Ever Told Had Asthma*		Currently Has Asthma*	
	%	CI	%	CI
All Adults	13	12-15	9	8-10
Male	12	10-13	7	5-8
Female	15	14-17	11	10-13
Age:				
18-29	20	16-25	12	9-16
30-44	14	12-17	10	9-12
45-64	11	10-13	8	7-9
65+	10	8-11	7	6-8
Education:				
<High School	15	11-20	13	10-18
High School	13	11-15	9	8-11
Some College	17	14-20	11	9-13
College Degree	12	10-14	7	6-8
Income:				
<\$15,000	17	12-22	14	10-19
\$15,000 to \$24,999	16	13-20	12	10-16
\$25,000 to \$49,999	13	11-15	9	7-10
\$50,000 to \$74,999	12	10-15	8	6-10
\$75,000+	12	10-14	7	5-9
Race:				
White, non-Hispanic	13	12-14	9	8-10
Black, non-Hispanic	16	11-22	11	7-16
Hispanic	21	14-30	14	8-23

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

Tobacco Use

Current cigarette smokers:

- ◆ Twenty percent of all Pennsylvania adults indicated that they were current cigarette smokers, smoking cigarettes every day or some days in 2009.
- ◆ Adults ages 18-64 had significantly higher percentages (ages 18-29, 30 percent; ages 30-44, 22 percent; ages 45-64, 20 percent) of current smokers, compared to adults ages 65+ (9 percent). Adults ages 45-64 had a significantly lower percentage, compared to adults ages 18-29.
- ◆ Adults with at least some college education who are current smokers had significantly lower percentages (some college, 22 percent; college degree, 11 percent), compared to adults with less than a high school education (32 percent). Adults with a college degree had a significantly lower percentage compared to adults who have some college education but no degree.
- ◆ Adults with household incomes of less than \$25,000 had significantly higher percentages (<\$15,000, 32 percent; \$15,000-\$24,999, 28 percent; \$25,000-\$49,999, 23 percent), compared to adults with household incomes of \$50,000 or more (\$50,000-\$74,999, 18 percent; and \$75,000+, 13 percent). Also, adults with household incomes of less than \$15,000 had a significantly higher percentage, compared to adults with a household income of \$25,000 or more.
- ◆ Non-Hispanic, black adults had a significantly higher percentage (28) compared to Non-Hispanic, white adults (19 percent) and Hispanic adults (13 percent).

Former cigarette smokers:

- ◆ From the 2009 survey, 26 percent of Pennsylvania adults responded that they were former cigarette smokers.
- ◆ A significantly higher percentage of adult males (30 percent) were former smokers, compared to adult females (22 percent).
- ◆ As age increased, each age group had significantly higher percentages of being former smokers, compared to younger age groups (ages 18-29, 9 percent; ages 30-44, 21 percent; ages 45-64, 31 percent; and ages 65+, 39 percent).
- ◆ Non-Hispanic, white adults had a significantly higher percentage (28), compared to Non-Hispanic, black adults (16 percent).

Those who quit smoking for at least one day in past year:

- ◆ Among those adults in Pennsylvania who were currently smoking every day in 2009, 50 percent of Pennsylvania adults indicated that they quit at least one day in the past year.
- ◆ A significantly higher percentage of adults ages 18-29 (65 percent) quit smoking at least one day in the past year, compared to adults ages 45-64 (46 percent).

Currently use chewing tobacco, snuff or snus:

- ◆ From the 2009 survey, 3 percent of Pennsylvania adults responded that they use chewing tobacco, snuff or snus.
- ◆ Adult males who use chewing tobacco, snuff or snus had a significantly higher percentage (5), than adult females (0 percent).
- ◆ Adults ages 30-44 who use chewing tobacco, snuff or snus had a significantly higher percentage (5) compared to adults ages 65+ (1 percent).
- ◆ Adults with less than a high school education who use chewing tobacco, snuff or snus had a significantly higher percentage (5), compared to adults with a college degree (2 percent).
- ◆ Non-Hispanic, white adults had a significantly higher percentage (3), compared to Non-Hispanic, black adults (0 percent).

Tobacco Use

Figure 11: Current Smokers, Pennsylvania Adults, 1996-2009

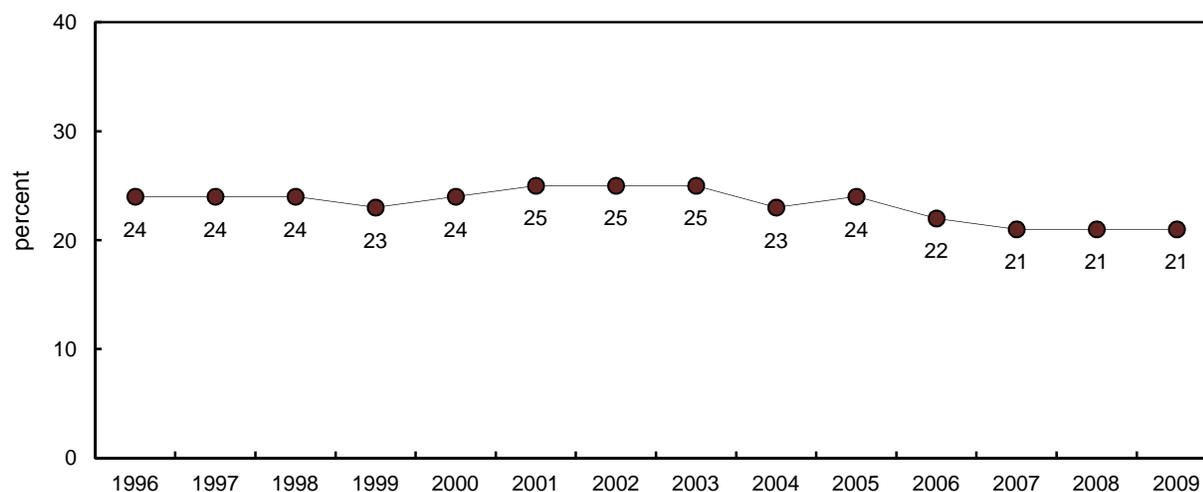


Table 11: Tobacco Use, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	Current Smoker* **		Former Smoker*		Quit At Least 1 Day in Past Year* ***		Currently Use Chewing Tobacco, Snuff, or Snus	
	%	CI	%	CI	%	CI	%	CI
All Adults	20	19-22	26	25-27	50	46-55	3	2-3
Male	22	19-24	30	28-32	50	43-57	5	4-7
Female	19	18-21	22	21-24	51	46-56	0	0-3 [^]
Age:								
18-29	30	25-35	9	7-13	65	53-75	2	1-4
30-44	22	20-25	21	19-24	45	38-53	5	3-6
45-64	20	18-22	31	30-33	46	41-51	2	2-3
65+	9	8-11	39	37-42	47	38-55	1	1-2
Education:								
<High School	32	27-37	23	19-28	44	33-55	5	3-9
High School	24	22-27	28	26-30	51	45-58	3	2-4
Some College	22	19-26	27	25-30	56	47-64	3	2-4
College Degree	11	10-13	24	22-26	45	36-56	2	1-2
Income:								
<\$15,000	32	27-38	23	18-28	48	36-60	2	0-5
\$15,000 to \$24,999	28	25-32	27	24-30	53	44-62	3	2-4
\$25,000 to \$49,999	23	20-26	27	25-30	51	43-58	3	2-4
\$50,000 to \$74,999	18	15-22	30	26-33	53	42-63	4	2-5
\$75,000+	13	11-16	26	24-29	51	41-62	2	1-3
Race:								
White, non-Hispanic	19	18-21	28	27-29	49	45-54	3	2-4
Black, non-Hispanic	30	25-37	16	12-20	#		0	0-1
Hispanic	13	8-20	24	16-35	#		2	0-8

#Data not reported due to N<50. *Excludes missing, don't know, and refused.
 Includes adults who smoke cigarettes some days or everyday. *Denominator is current smokers who smoke everyday.
 ^ Given no observed events in *n* trials, a 95% upper bound on the rate of occurrences is 3/*n*.

Caregiver Status

Provided care or assistance to friend or family member during past month:

- ◆ Twenty-six (26) percent of Pennsylvania adults indicated in 2009 that they provided care or assistance to a friend or family member during the past month.
- ◆ Females had a significantly higher percentage (28) of having provided care or assistance to a friend or family member during the past month, compared to males (22 percent).
- ◆ Adults ages 45-64 had a significantly higher percentage (30) of having provided care or assistance to a friend or family member during the past month, compared to adults ages 30-44 (24 percent) and adults ages 65+ (22 percent).

Caregiver Status

Figure 12: Caregiver Status, Pennsylvania Adults, 2009

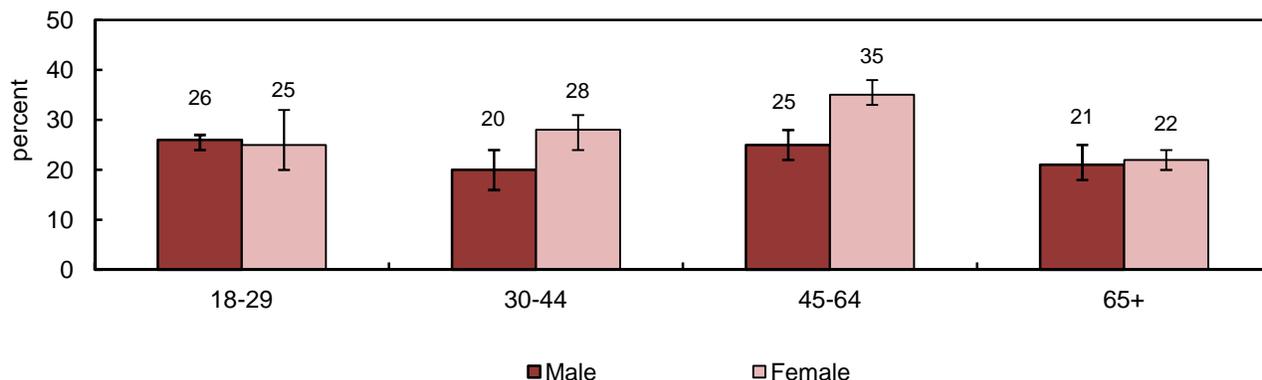


Table 12: Caregiver Status, Pennsylvania Adults, 2009
(with 95% confidence intervals)

	Provided Care or Assistance to Friend or Family Member During Past Month*	
	%	CI
All Adults	26	24-27
Male	22	20-25
Female	28	27-30
Age:		
18-29	24	20-29
30-44	24	21-26
45-64	30	28-32
65+	22	20-23
Education:		
<High School	23	18-29
High School	25	23-28
Some College	25	22-28
College Degree	26	24-29
Income:		
<\$15,000	27	22-33
\$15,000 to \$24,999	25	22-29
\$25,000 to \$49,999	26	23-29
\$50,000 to \$74,999	26	23-30
\$75,000+	25	23-28
Race:		
White, non-Hispanic	26	24-27
Black, non-Hispanic	28	22-34
Hispanic	19	12-28

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

Disability

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

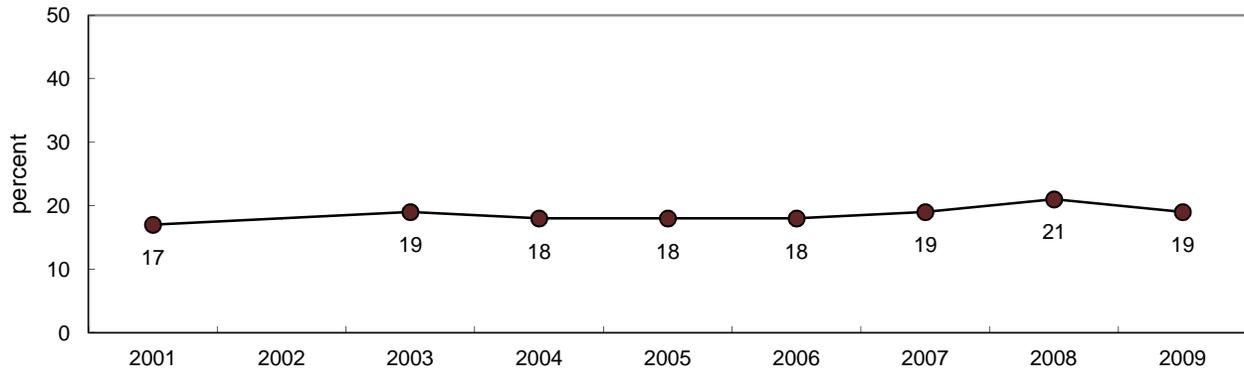
- ◆ Nineteen (19) percent of Pennsylvania adults reported that they were limited due to physical, mental or emotional problems in 2009.
- ◆ Adults age 45 and older had a significantly higher percentage (ages 45-64, 23 percent; ages 65+, 27 percent), compared to adults under age 45 (ages 18-29, 12 percent; and ages 30-44, 13 percent).
- ◆ Pennsylvania adults with less than a high school education had a significantly higher percentage (28) compared to adults with at least some college education (some college, 20 percent; college degree, 13 percent). In addition, adults with a college degree had a significantly lower percentage, compared to adults with some college education or less.
- ◆ 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, 38 percent; \$15,000-\$24,999, 31 percent; \$25,000-\$49,999, 20 percent; \$50,000-\$74,999, 13 percent; \$75,000+, 10 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.

Do you have health problems requiring use of special equipment?

- ◆ Eight percent of Pennsylvania adults indicated in 2009 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, compared to adults younger than age 45 (ages 18-29, 2 percent; ages 30-44, 3 percent; ages 45-64, 9 percent; ages 65+ 17 percent). Also, adults ages 65+ had a significantly higher percentage, compared to adults in age groups under 65.
- ◆ Pennsylvania adults with less than a high school education had a significantly higher percentage (14 percent), compared to adults with at least some college education (some college, 7 percent; college degree, 4 percent). Also, adults with a college degree had a significantly lower percentage, compared to adults at all education levels of less than 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, 17 percent; \$15,000-\$24,999, 14 percent; \$25,000-\$49,999, 8 percent; \$50,000-\$74,999, 4 percent; \$75,000+, 3 percent). In addition, 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.
- ◆ Non-Hispanic, black adults had a significantly higher percentage (12), compared to Non-Hispanic, white adults (7 percent).

Disability

Figure 13: Percent Limited Due to Health Problems, Pennsylvania Adults, 2001-2009



**Table 13: Disability
Pennsylvania Adults, 2009 (with 95% confidence intervals)**

	Limited Due to Health Problems*		Health Problem Requiring Use of Special Equipment*	
	%	CI	%	CI
All Adults	19	18-20	8	7-8
Male	18	16-19	7	6-8
Female	20	19-22	8	7-9
Age:				
18-29	12	9-16	2	1-3
30-44	13	11-16	3	2-4
45-64	23	21-25	9	7-10
65+	27	25-28	17	16-19
Education:				
<High School	28	23-33	14	11-18
High School	22	20-24	9	8-11
Some College	20	17-22	7	6-9
College Degree	13	12-14	4	4-5
Income:				
<\$15,000	38	32-43	17	14-22
\$15,000 to \$24,999	31	28-35	14	12-17
\$25,000 to \$49,999	20	18-22	8	7-9
\$50,000 to \$74,999	13	11-16	4	3-5
\$75,000+	10	9-12	3	2-4
Race:				
White, non-Hispanic	19	18-20	7	7-8
Black, non-Hispanic	19	15-24	12	9-16
Hispanic	26	17-37	5	3-11

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

Alcohol Consumption

Binge drinking:

Definition: For this survey, binge drinking is defined as having five or more alcoholic drinks on one occasion for men or four or more for women.

- ◆ Seventeen percent (17) of Pennsylvania adults admitted in 2009 to binge drinking (five or more alcoholic drinks on one occasion for men or four or more for women) in the previous month.
- ◆ Eleven percent of female adults said that they had been binge drinking in the past month, a significantly lower percentage compared to the 23 percent of male adults.
- ◆ As age increased, each age group had a significantly lower percentage, compared to younger age groups (ages 18-29, 32 percent; ages 30-44, 20 percent; ages 45-64, 13 percent; ages 65+, 4 percent).
- ◆ Adults with household incomes of at least \$75,000 who admitted in 2009 to binge drinking had a significantly higher percentage (21), compared to adults with household incomes of at least \$15,000-\$24,999 (14 percent).

At risk for problem drinking:

Definition: For this survey, being at risk for problem drinking is defined as having greater than two drinks per day for men and greater than one drink per day for women.

- ◆ During the 2009 survey, 5 percent of Pennsylvania adults were determined to be at risk for problem drinking.
- ◆ A significantly lower percentage of adults ages 65+ were identified as being at risk for problem drinking (3 percent), compared to adults ages 18-29 (8 percent).

Chronic drinking:

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

- ◆ Five percent of Pennsylvania adults indicated that they were chronic drinkers in 2009.
- ◆ The percentage of males who were chronic drinkers (8 percent) was significantly higher than the percentage of female chronic drinkers (2 percent).
- ◆ Non-Hispanic, white adults had a significantly higher percentage (6), compared to Non-Hispanic, black adults (2 percent).

Alcohol Consumption

Figure 14A: Chronic Drinking, Pennsylvania Adults, 1995-2009

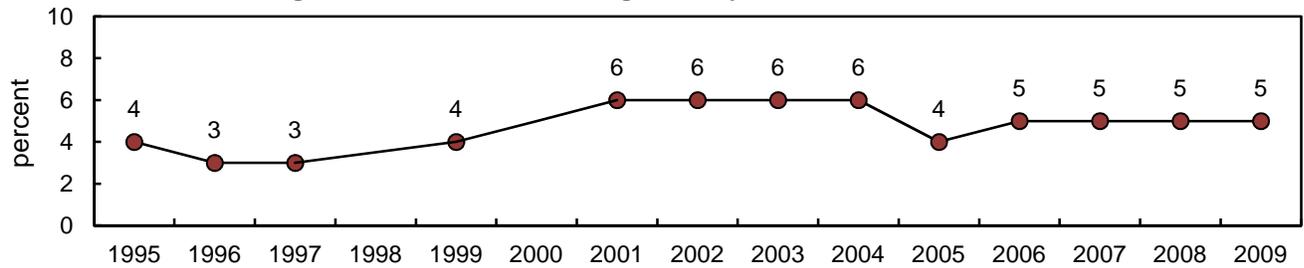
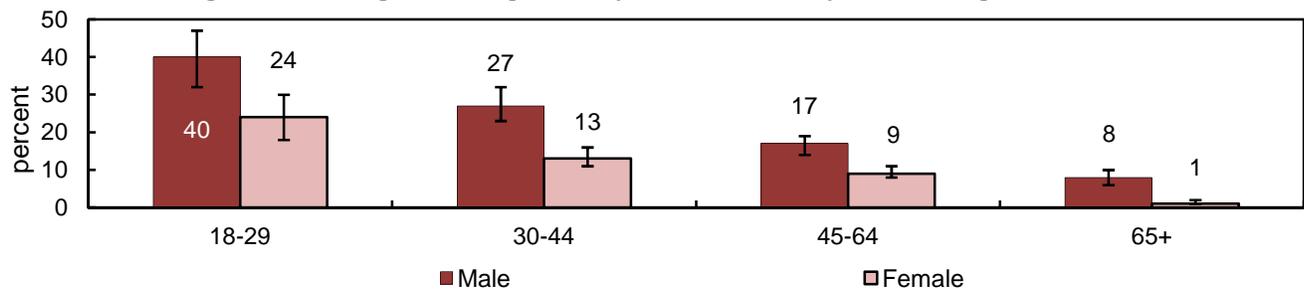


Figure 14B: Binge Drinking, Pennsylvania Adults, by Sex and Age, 2009



**Table 14: Alcohol Consumption, Pennsylvania Adults, 2009
(with 95% confidence intervals)**

	Binge Drinking * **		At Risk for Problem Drinking* ***		Chronic Drinking * ****	
	%	CI	%	CI	%	CI
All Adults	17	15-18	5	5-6	5	4-6
Male	23	20-25	7	6-7	8	7-10
Female	11	10-12	5	4-6	2	2-3
Age:						
18-29	32	27-37	8	6-11	7	5-10
30-44	20	18-23	5	4-6	5	4-7
45-64	13	11-14	5	4-6	4	4-5
65+	4	3-5	3	2-4	4	3-5
Education:						
<High School	12	9-17	4	2-7	4	2-8
High School	15	13-17	5	4-6	5	4-6
Some College	19	16-22	5	4-7	5	3-6
College Degree	18	16-20	6	4-7	5	4-7
Income:						
<\$15,000	14	10-20	5	3-8	4	2-8
\$15,000 to \$24,999	14	11-18	6	4-8	5	3-7
\$25,000 to \$49,999	16	13-19	5	4-6	5	4-6
\$50,000 to \$74,999	18	15-21	4	3-6	4	3-6
\$75,000+	21	19-24	6	5-8	7	5-9
Race:						
White, non-Hispanic	17	16-18	6	5-6	6	5-6
Black, non-Hispanic	14	9-20	4	2-6	2	1-4
Hispanic	20	12-33	3	1-7	2	1-6

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

** Defined as having greater than five or more drinks on one occasion for men and having four or more drinks on one occasion for women.

*** Defined as adult men having more than two drinks per day and adult women having more than one drink per day.

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

Immunization

Those age 50-64 who had a flu shot in the past year:

- ◆ Forty-five (45) percent of adults ages 50-64 reported in 2009 that they had had a flu shot in the past year.
- ◆ Adults with a college degree who indicated they had a flu shot in the past year had a significantly higher percentage (50), compared to adults with a high school diploma (41 percent).
- ◆ Adults with a household income of \$50,000-\$74,999 had a significantly higher percentage (53), compared to adults with household incomes \$15,000-\$49,999 (\$15,000-\$24,999, 40 percent; \$25,000-\$49,999, 40 percent).

Those age 50 and older who had a flu shot in the past year:

- ◆ Fifty-seven (57) percent of adults age 50+ in 2009 reported that they had had a flu shot in the past year.
- ◆ Adult females ages 50+ who indicated they had a flu shot in the past year had a significantly higher percentage (60), compared to adult males (54 percent).

Those age 65 and older who have ever had a pneumonia vaccination:

- ◆ Seventy (70) percent of Pennsylvania adults ages 65+ answered “Yes” to ever having had a pneumonia vaccination in the 2009 survey.

Immunization

Figure 15: Percent Who Had a Flu Shot in the Past Year, Pennsylvania Adults, Ages 50-64 and 65+, 1995-2009

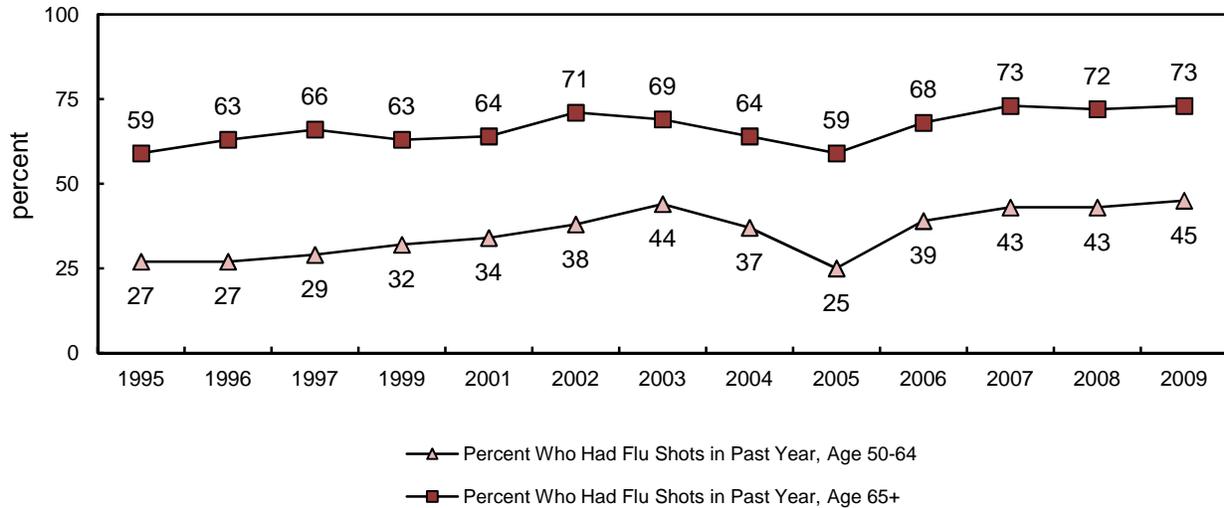


Table 15: Immunization, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	Had Flu Shot in Past Year Age 50-64*		Had Flu Shot in Past Year Age 50+*		Ever had a Pneumonia Vaccination, Age 65+*	
	%	CI	%	CI	%	CI
All Adults	45	43-48	57	56-59	70	68-72
Male	42	38-46	54	52-57	67	64-71
Female	48	45-51	60	58-62	72	69-74
Education:						
<High School	38	26-50	57	51-63	66	60-72
High School	41	38-45	56	53-58	70	67-73
Some College	46	41-51	57	53-61	74	69-78
College Degree	50	46-54	59	56-62	70	65-75
Income:						
<\$15,000	54	43-64	61	55-67	68	62-74
\$15,000 to \$24,999	40	33-46	59	55-63	70	65-74
\$25,000 to \$49,999	40	35-45	56	53-59	70	66-74
\$50,000 to \$74,999	53	47-59	58	53-62	71	63-78
\$75,000+	47	43-52	54	50-58	66	58-72
Race:						
White, non-Hispanic	45	43-48	58	56-59	71	68-73
Black, non-Hispanic	45	35-56	52	44-60	60	50-70
Hispanic	#		#		#	

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

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

Arthritis Burden

Were you ever told you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia:

- ◆ Thirty-one (31) percent of Pennsylvania adults reported they had ever been told they have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia.
- ◆ Women had a significantly higher percentage (35), compared to men (27 percent).
- ◆ As age increased, each age group had a significantly higher percentage, compared to younger age groups (ages 18-29, 8 percent; ages 30-44, 18 percent; ages 45-64, 39 percent; ages 65+, 57 percent).
- ◆ Adults with a high school education or less had significantly higher percentages (less than high school, 42 percent; high school diploma, 37 percent), compared to adults with at least some college education (some college, 28 percent; college degree, 24 percent).
- ◆ Adults with a household income of \$15,000-\$24,999 had a significantly higher percentage (41) compared to adults with household incomes of at least \$25,000 (\$25,000-\$49,999, 33 percent; \$50,000-\$74,999, 30 percent; \$75,000+, 24 percent). Adults with a household income of less than \$15,000 had a significantly higher percentage (40), compared to adults with household incomes of at least \$50,000. In addition, adults with a household income of \$25,000-\$49,999 had a significantly higher percentage, compared to adults with a household income of at least \$75,000.

Limited in any usual activities because of arthritis or joint symptoms:

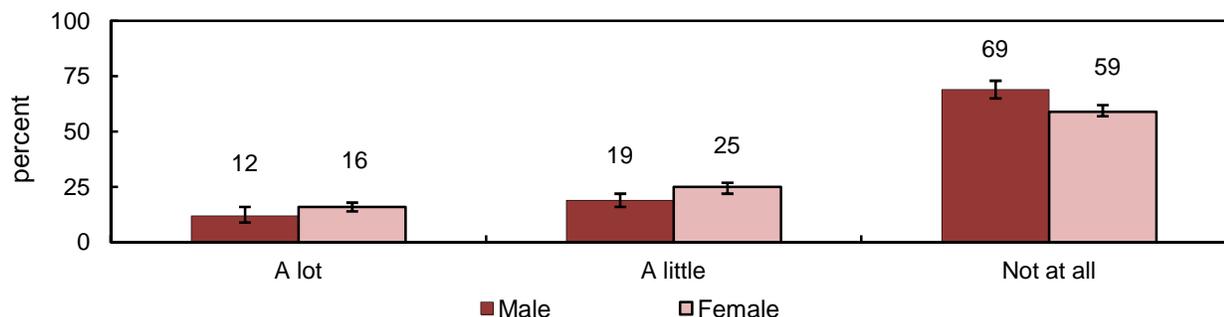
- ◆ Forty-two (42) percent of Pennsylvania adults reported they had been limited in any usual activities in 2009 because of arthritis or joint symptoms.
- ◆ Women had a significantly higher percentage (45), compared to men (37 percent).
- ◆ Adults with less than a high school education had a significantly higher percentage (52), compared to adults with a high school diploma (39 percent) and adults with a college degree (38 percent).
- ◆ Adults with a household income of less than \$15,000 had a significantly higher percentage (64), compared to adults with household incomes of at least \$15,000 (\$15,000-\$24,999, 46 percent; \$25,000-\$49,999, 41 percent; \$50,000-\$74,999, 31 percent; \$75,000+, 33 percent). Adults with a household income of \$15,000-\$24,999 had a significantly higher percentage, compared to adults with household incomes of at least \$50,000.

Arthritis or joint symptoms affect their work:

- ◆ Of those adults who were told they have some form of arthritis, 28 percent reported that arthritis or joint symptoms affected their work.
- ◆ Adults ages 65+ had a significantly lower percentage (20), compared to adults ages 30-64 (ages 30-44, 34 percent; ages 45-64, 30 percent).
- ◆ Adults with less than a college degree had significantly higher percentages, compared to adults with a college degree (less than high school, 41 percent; high school diploma, 29 percent; some college, 30 percent; college degree, 17 percent). Adults with a high school diploma had a significantly lower percentage, compared to adults with less than a high school education.
- ◆ Adults with household incomes less than \$25,000 had significantly higher percentages (<\$15,000, 49 percent; \$15,000-\$24,999, 38 percent), compared to adults with household incomes of at least \$25,000 (\$25,000-\$49,999, 28 percent; \$50,000-\$74,999, 19 percent; \$75,000+, 16 percent). Adults with a household income of \$25,000-\$49,999 had a significantly higher percentage, compared to adults with a household income of \$75,000+.
- ◆ Non-Hispanic, black adults had a significantly higher percentage (46), compared to Non-Hispanic, white adults (25 percent).

Arthritis Burden

Figure 16: Percent That Arthritis Interfered With Normal Social Activities, Pennsylvania Adults, by Sex, 2009



**Table 16: Arthritis Burden, Pennsylvania Adults, 2009
(with 95% confidence intervals)**

	Ever Told Have Some Form of Arthritis, Rheumatoid Arthritis, Gout, Lupus, or Fibromyalgia*		Limited in Any Usual Activities Because of Arthritis or Joint Symptoms* **		Arthritis or Joint Symptoms Affect Work* **	
	%	CI	%	CI	%	CI
All Adults	31	30-33	42	39-44	28	26-30
Male	27	25-29	37	33-41	28	24-33
Female	35	33-36	45	42-47	27	25-30
Age:						
18-29	8	6-11	#		#	
30-44	18	16-21	42	35-50	34	27-41
45-64	39	37-41	43	39-46	30	27-33
65+	57	55-59	40	37-43	20	17-22
Education:						
<High School	42	36-48	52	44-60	41	33-50
High School	37	35-39	39	36-43	29	26-32
Some College	28	26-31	46	41-51	30	25-36
College Degree	24	22-26	38	33-42	17	14-21
Income:						
<\$15,000	40	35-46	64	57-70	49	42-57
\$15,000 to \$24,999	41	38-45	46	41-51	38	33-44
\$25,000 to \$49,999	33	30-35	41	37-45	28	24-32
\$50,000 to \$74,999	30	26-33	31	26-37	19	15-25
\$75,000+	24	21-26	33	28-38	16	12-22
Race:						
White, non-Hispanic	33	31-34	40	38-43	25	23-27
Black, non-Hispanic	27	22-33	50	40-60	46	36-56
Hispanic	26	17-36	#		#	

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

** Out of adults who were told they have some form of arthritis.

Fruits and Vegetables

Eating fruits and vegetables 5 or more times each day:

- ◆ Twenty-four (24) percent of Pennsylvania adults indicated they ate fruits or vegetables five or more times daily in 2009.
- ◆ Women had a significantly higher percentage for eating five or more servings of fruits and vegetables daily (28 percent) compared to men (20 percent).
- ◆ Adults ages 65 and over reported a significantly higher percentage (26), compared to adults ages 30-44 (21 percent).
- ◆ Adults with a college degree had a significantly higher percentage (31), compared to adults at all other education levels (less than high school, 20 percent; high school diploma, 19 percent; some college, 24 percent).
- ◆ Adults with a household income of at least \$75,000 had a significantly higher percentage (29), compared to adults with household incomes of \$15,000-\$49,999 (\$15,000-\$24,999, 18 percent; \$25,000-\$49,999, 22 percent).

Fruits and Vegetables

Figure 17A: Eat Fruits or Vegetables 5+ Times Daily, Pennsylvania Adults, 1998-2009

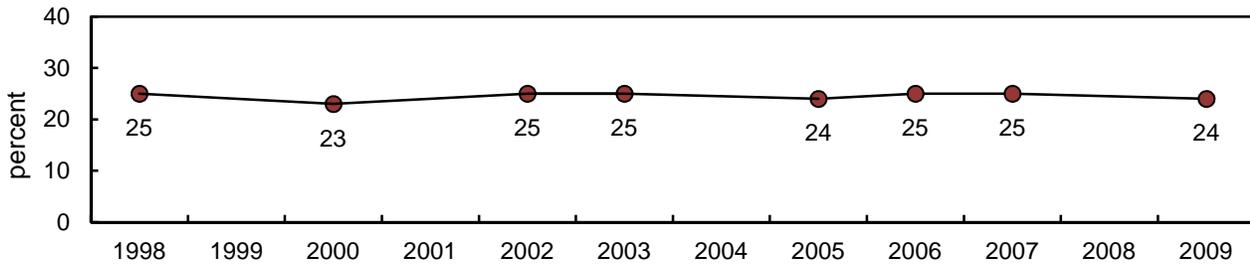


Figure 17B: Eat Fruits or Vegetables 5+ Times Daily, Pennsylvania Adults, by Education and Sex, 2009

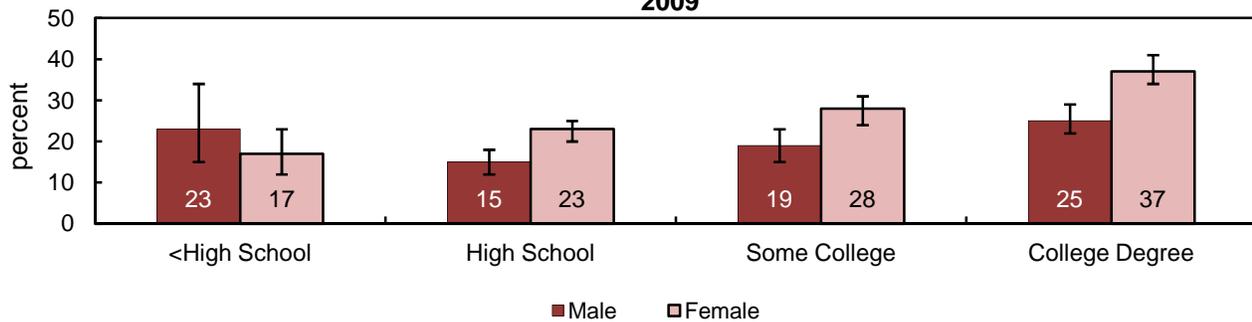


Table 17: Eat Fruits or Vegetables Five or More Times Daily*, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	%	CI
All Adults	24	23-25
Male	20	18-22
Female	28	26-30
Age:		
18-29	25	21-30
30-44	21	19-24
45-64	24	22-26
65+	26	25-28
Education:		
<High School	20	15-26
High School	19	17-21
Some College	24	21-27
College Degree	31	29-34
Income:		
<\$15,000	24	18-30
\$15,000 to \$24,999	18	15-21
\$25,000 to \$49,999	22	19-24
\$50,000 to \$74,999	25	22-29
\$75,000+	29	26-31
Race:		
White, non-Hispanic	24	22-25
Black, non-Hispanic	27	21-33
Hispanic	22	15-32

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

Those ages 18-64 who ever had their blood tested for HIV, except for blood donation:

- ◆ Thirty-five (35) percent of Pennsylvania adults ages 18-64 had an HIV blood test (excluding tests through blood donation), according to the 2009 survey.
- ◆ Adults ages 30-44 had a significantly higher percentage (48), compared to younger and older adults (ages 18-29, 37 percent; ages 45-64, 25 percent). Adults ages 18-29 had a significantly higher percentage, compared to adults ages 45-64.
- ◆ Adults ages 18-64 with household incomes of \$25,000 or more had significantly lower percentages (\$25,000-\$49,999, 33 percent; \$50,000-\$74,999, 32 percent; \$75,000+, 34 percent), compared to adults ages 18-64 with a household income of less than \$25,000 (<\$15,000, 50 percent; \$15,000-\$24,999, 46 percent).
- ◆ Non-Hispanic white adults ages 18-64 had a significantly lower percentage (31), compared to Non-Hispanic black adults ages 18-64 (64 percent) and Hispanic adults (50 percent).

HIV situation applies:

Definition: For the this survey, HIV situations include having used intravenous drugs, having been treated for a sexually transmitted or venereal disease, having received money or drugs in exchange for sex or having anal sex without a condom in the past year.

- ◆ Four percent of Pennsylvania adults indicated that the an HIV situation applied to them in 2009.
- ◆ Adults ages 18-29 had a significantly higher percentage (9), compared to adults ages 30-64 (ages 30-44, 3 percent; ages 45-64, 2 percent).

HIV/AIDS

Figure 18A: Percent Tested for HIV, Except Blood Donation, Pennsylvania Adults, Age 18-64, 1995-2009

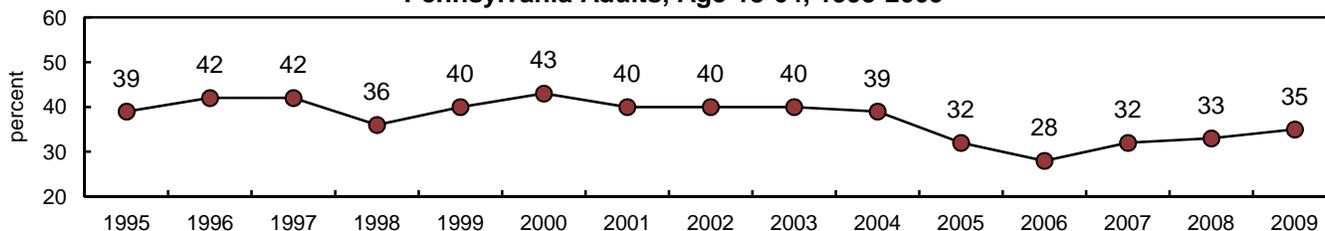
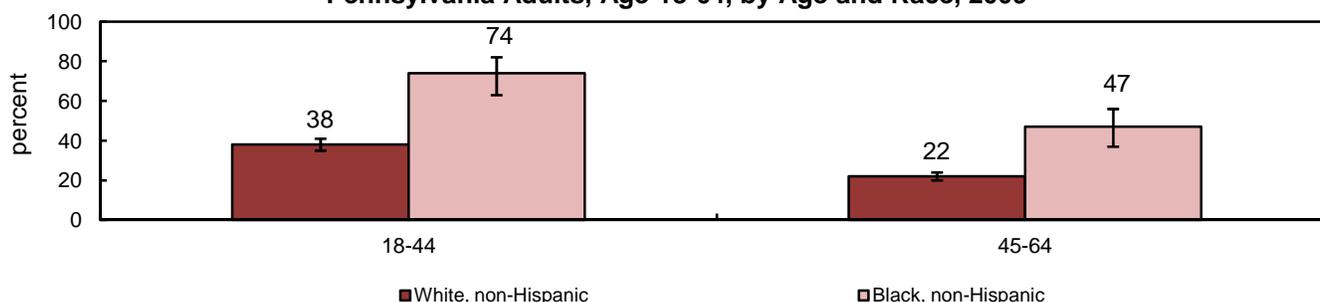


Figure 18B: Percent Tested for HIV, Except Blood Donation, Pennsylvania Adults, Age 18-64, by Age and Race, 2009



**Table 18: HIV/AIDS
Pennsylvania Adults, Age 18-64, 2009 (with 95% confidence intervals)**

	Ever Tested for HIV Except Blood Donation*		HIV Situation Applies* **	
	%	CI	%	CI
Adults Age 18-64	35	33-37	4	3-5
Male	33	30-36	5	4-7
Female	37	35-40	3	2-5
Age:				
18-29	37	32-42	9	7-13
30-44	48	45-51	3	2-5
45-64	25	23-27	2	1-2
Education:				
<High School	34	26-43	4	2-9
High School	33	29-36	4	3-6
Some College	36	32-40	5	3-8
College Degree	37	34-40	3	2-4
Income:				
<\$15,000	50	42-58	4	2-10
\$15,000 to \$24,999	46	40-51	6	3-11
\$25,000 to \$49,999	33	29-37	3	2-6
\$50,000 to \$74,999	32	28-37	3	2-6
\$75,000+	34	31-37	4	3-6
Race:				
White, non-Hispanic	31	29-32	4	3-5
Black, non-Hispanic	64	56-70	6	3-13
Hispanic	50	38-63	5	2-15

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

** Defined as having used intravenous drugs, having been treated for a sexually transmitted or venereal disease, having received money or drugs in exchange for sex or having anal sex without a condom in the past year.

Emotional Support and Life Satisfaction

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

- ◆ In 2009, 47 percent of Pennsylvania adults answered “always;” 30 percent responded “usually;” 13 percent said “sometimes;” 4 percent indicated “rarely;” and 4 percent responded “never.”
- ◆ From the 2009 survey, 9 percent of adults responded that they rarely or never get the social and emotional support they needed.
- ◆ Men who responded that they rarely or never get the social and emotional support they needed had a significantly higher percentage (11), compared to women (7 percent).
- ◆ Adults age 65+, who indicated they rarely or never get the social and emotional support they need, had a significantly higher percentage (12), compared to adults ages 30-64 (ages 30-44, 8 percent; and ages 45-64, 9 percent).
- ◆ Pennsylvania adults with a high school diploma or less had significantly higher percentages (less than high school, 17 percent; high school diploma, 12 percent), compared to adults with at least some college education (some college, 7 percent; college degree, 4 percent). Adults with a college degree had a significantly lower percentage, compared to adults with only some college education.
- ◆ Adults living in households with incomes less than \$25,000 had significantly higher percentages (<\$15,000, 20 percent; \$15,000-\$24,999, 15 percent), compared to adults with household incomes of \$25,000 or higher (\$25,000-\$49,999, 9 percent; \$50,000-\$74,999, 7 percent; \$75,000+, 3 percent). In addition, adults with a household income of \$75,000 + had a significantly lower percentage, compared to adults living in households with an income of less than \$50,000.
- ◆ Non-Hispanic white adults had a significantly lower percentage (8), compared to Non-Hispanic black adults (16 percent) and Hispanic adults (19 percent).

In general, how satisfied are you with your life?

- ◆ From the 2009 survey, 42 percent responded “very satisfied;” 52 percent said “satisfied;” 5 percent responded “dissatisfied;” and 1 percent said “very dissatisfied.”
- ◆ Ninety-four (94) percent of Pennsylvania adults in 2009 responded that they were satisfied or very satisfied with their life.
- ◆ Adults ages 65 and older had a significantly higher percentage (97), compared to those ages 18-64 (18-29, 93 percent; 30-44, 93 percent; 45-64, 94 percent).
- ◆ Pennsylvania adults with a college degree had a significantly higher percentage (96), compared to adults with a less than a high school education (90 percent).
- ◆ Adults living in households with incomes of \$75,000 or more had a significantly higher percentage (98), compared to adults with household incomes of less than \$50,000 (<\$15,000, 83 percent; \$15,000-\$24,999, 91 percent; \$25,000-\$49,999, 94 percent). In addition, adults with household incomes of less than \$15,000 had a significantly lower percentage (83), compared to adults living in households with an income of \$15,000 or more.
- ◆ Non-Hispanic white adults had a significantly higher percentage (95), compared to Non-Hispanic black adults (87 percent).

Emotional Support and Life Satisfaction

Figure 19A: Percent Rarely or Never Get the Emotional Support They Need, Pennsylvania Adults, by Sex and Education, 2009

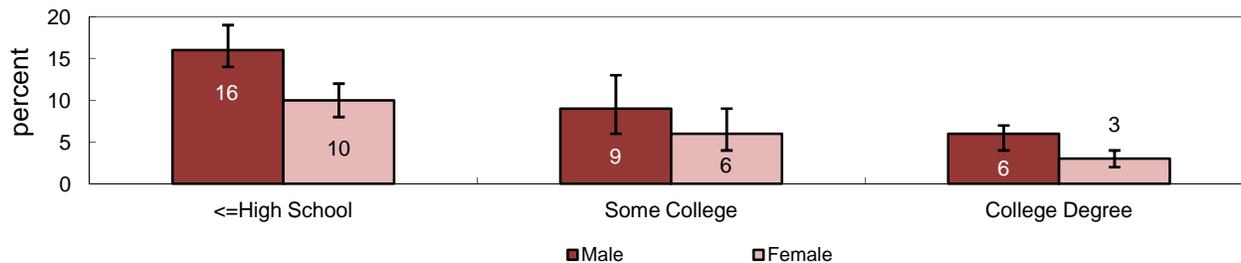


Figure 19B: Percent Satisfied or Very Satisfied With Their Life, Pennsylvania Adults, by Race and Education, 2009

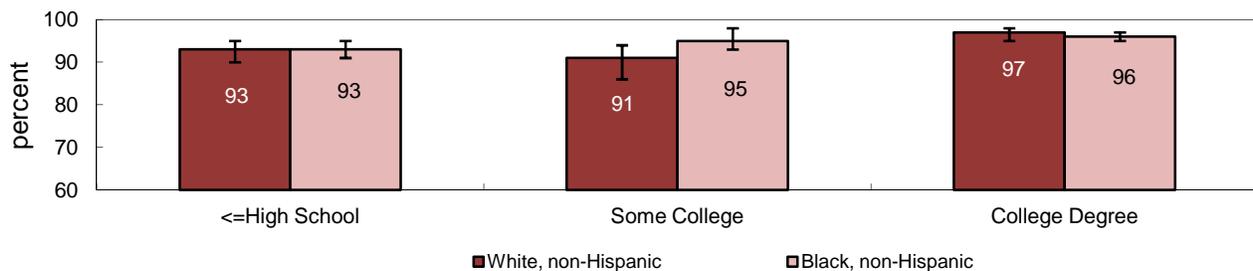


TABLE 19: Emotional Support and Life Satisfaction, Pennsylvania Adults, 2009 (with 95% confidence intervals)

	Rarely or Never Get the Emotional Support They Need*		Satisfied or Very Satisfied With Their Life*	
	%	CI	%	CI
All Adults	9	8-10	94	93-95
Males	11	10-13	94	92-95
Females	7	6-8	94	93-95
Age:				
18-29	8	5-11	93	89-95
30-44	8	6-10	93	92-95
45-64	9	7-10	94	93-95
65+	12	11-14	97	96-97
Education:				
<High School	17	13-22	90	85-93
High School	12	11-14	93	92-95
Some College	7	6-10	93	90-95
College Degree	4	3-5	96	95-97
Income:				
<\$15,000	20	15-26	83	77-87
\$15,000 to \$24,999	15	12-18	91	89-93
\$25,000 to \$49,999	9	8-11	94	92-95
\$50,000 to \$74,999	7	5-9	95	92-97
\$75,000+	3	2-5	98	97-99
Race:				
White, non-Hispanic	8	7-8	95	94-95
Black, non-Hispanic	16	11-22	87	81-92
Hispanic	19	11-30	92	82-97

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

Cancer Survivors

Ever told by a doctor, nurse, or other health professional they had cancer:

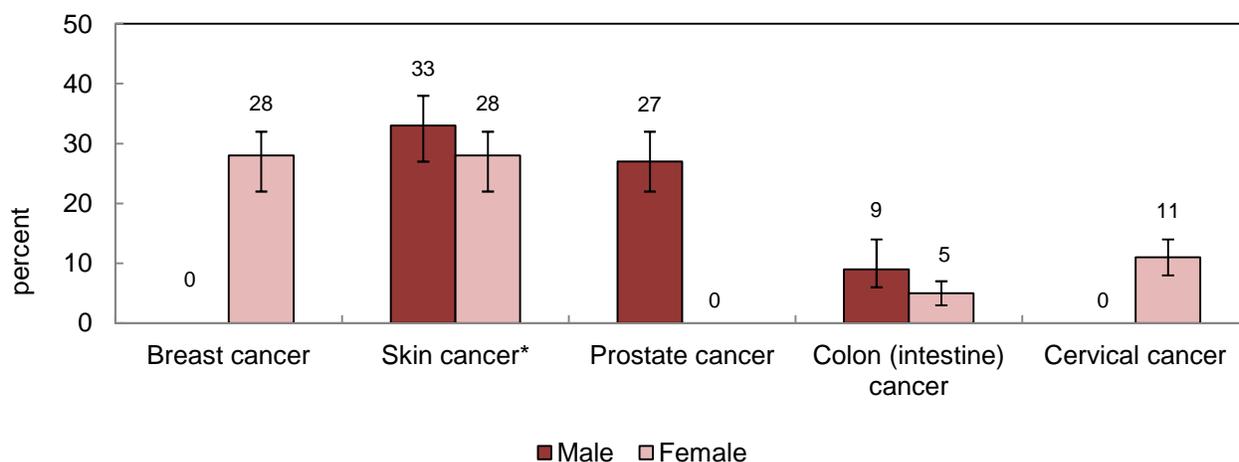
- ◆ Ten percent of Pennsylvania adults responded “Yes” to ever having been told they had cancer in the 2009 survey.
- ◆ Women had a significantly higher percentage (12) of ever being told they had cancer, compared to men (8 percent).
- ◆ Adults ages 45 and older had significantly higher percentages (ages 45-64, 10 percent; ages 65+, 27 percent), compared to adults younger than age 45 (ages 18-29, 1 percent; ages 30-44, 3 percent). Also, adults ages 65+ had a significantly higher percentage of ever being told they had cancer, compared to adults ages 45-64.
- ◆ Adults with a high school education or less had significantly higher percentages (less than high school, 12 percent; high school diploma, 11 percent), compared to adults with some college education (8 percent).
- ◆ Adults with a household income of \$15,000-\$24,999 had a significantly higher percentage (13), compared to adults with household incomes of \$50,000+ (\$50,000-\$74,999, 8 percent; \$75,000+, 8 percent).
- ◆ Non-Hispanic white adults had a significantly higher percentage (11), compared to Non-Hispanic black adults (4 percent).

Have two or more types of cancer:

- ◆ Among the 10 percent who indicated they were ever told by a doctor, nurse, or other health professional that they had cancer in the 2009 survey, 14 percent of Pennsylvania adults indicated that they had at least two types of cancer.
- ◆ Adults ages 65 and older had a significantly higher percentage (18), compared to adults younger than age 65 (ages 30-44, 4 percent; ages 45-64, 10 percent).

Cancer Survivors

Figure 20: Most Prominent Types of Cancer Reported, Pennsylvania Adults, 2009



* Skin cancer includes both Melanoma (13 percent male, 7 percent female) and other skin cancer (19 percent male, 21 percent female).

**Table 20: Cancer Survivors
Pennsylvania Adults, 2009 (with 95% confidence intervals)**

	Ever Told Have Cancer*		Have 2+ Types of Cancer**^	
	%	CI	%	CI
All Adults	10	9-11	14	12-16
Male	8	8-9	16	12-20
Female	12	11-13	13	10-16
Age:				
18-29	1	0-2	#	
30-44	3	2-4	4	1-11
45-64	10	9-12	10	7-14
65+	27	25-29	18	15-22
Education:				
<High School	12	10-15	11	6-20
High School	11	10-12	13	9-16
Some College	8	7-9	12	8-18
College Degree	10	9-11	17	13-22
Income:				
<\$15,000	11	8-14	18	11-29
\$15,000 to \$24,999	13	11-15	13	8-19
\$25,000 to \$49,999	10	9-12	13	9-18
\$50,000 to \$74,999	8	6-9	17	11-25
\$75,000+	8	7-10	14	9-20
Race:				
White, non-Hispanic	11	10-12	14	12-17
Black, non-Hispanic	4	3-7	#	
Hispanic	5	2-10	#	

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

^ Among those who were ever told they have cancer

Healthy People 2010
Year 2010 Health Objectives for the Nation
Pennsylvania Summary of BRFSS Data, 2009

Healthy People 2010 Objective ¹	Year 2010 Objective	Pennsylvania 2009	Objective Met ²
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	92± 4	No
01-04c: Percent of adults with a specific source of ongoing care (age-adjusted to 2000 std population)	96%	88± 1	No
05-03: Adults diagnosed with diabetes (age-adjusted rate per 1,000 age 18+)	25	81± 7	No
06-06: Percent of adults with disabilities* who are satisfied with their life (age-adjusted to 2000 std population)	97%	82± 4	No
12-09: Percent of adults aged 20+ who were ever told their blood pressure was high (age-adjusted to 2000 std population)	16%	35± 2	No
14-29a: Percent of adults aged 65+ with a flu shot in the past year (age-adjusted to 2000 std population)	90%	68± 5	No
14-29b: Percent of adults aged 65+ who were ever vaccinated against pneumococcal disease (age-adjusted rate per 1,000 18+)	90%	70± 5	No
14-29c: Percent of adults aged 18 to 64 who had a flu shot in the past year (age-adjusted to 2000 std population)	60%	30± 4	No
14-29d: Percent of adults aged 18 to 64 who ever had vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	18± 4	No
19-01: Percent of adults aged 20+ with healthy weights (age-adjusted to 2000 std population)	60%	34± 2	No
19-02: Percent of adults aged 20+ who are obese (age-adjusted to 2000 std population)	15%	29± 2	No
22-01: Percent of adults who engage in no leisure-time physical activity (age-adjusted to 2000 std population)	20%	25± 1	No
26-11c: Percent of adults who engaged in binge drinking** in past month (age-adjusted to 2000 std population)	6%	17± 1	No
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	21± 1	No
27-01b: Percent of adults who use smokeless (spit) tobacco (age-adjusted to 2000 std population)	0%	3± 1	No
27-05: Percent of adults who attempted to quit smoking for one day or longer in past year (age-adjusted to 2000 std population)	75%	57± 3	No

* Limited in any way in any activities because of physical, mental or emotional problems.

** Binge drinking is defined as men drinking five or more drinks or women drinking four or more drinks on one occasion in the past month.

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

² The "Yes" designation refers the 2009 percentage being significantly better compared to the Healthy People 2010 goal percentage.

³ If a "+" is indicated, then the particular subpopulation of the county has a significantly higher percentage compared to that subpopulation in Pennsylvania. If a "-" is indicated, then the particular subpopulation of the county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

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 2009 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 2009 BRFSS sample selection.

Under the disproportionate stratified sample design, the sample of Pennsylvania telephone numbers that is divided into the two strata described in the previous paragraph are selected based on the estimated probability that the phone number is attached to a housing unit. A larger proportion of the sample is selected from the strata of listed telephone numbers known to be connected to residential households.

In the first stage of sampling, the selected telephone numbers were called to determine if they were residential telephone numbers. Nonresidential telephone numbers were discarded from the sample. Residential numbers were subjected to the second stage of sampling, wherein an adult was randomly selected as the respondent from a list of adults residing in the household. The person who answers the telephone generates this list.

Questionnaire

The survey questionnaire for the statewide survey of Pennsylvania consists of a standardized core, state-selected modules and state-added questions. The CDC developed the core questionnaire with recommendations from all participating jurisdictions. Most of the core questions had been used during the 2008 BRFSS survey. All items new to the 2009 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 health care access, osteoporosis, dental insurance, illicit/prescription drug use, organ donation, workplace health programs, cardiovascular disease response, hypertension control, gambling, hospital admission and diabetes.

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 during different days of the week before any sample number was classified as "no answer."

Interviewers who were experienced in converting refusals to completed interviews re-contacted 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 9,156 completed interviews. The CASRO response rate for 2009 was 46 percent.

**Disposition of All Telephone Numbers
2009 Pennsylvania Behavioral Risk Factor Survey Sample**

<u>Disposition Code</u>	<u>Number</u>	<u>Percent</u>
Interview		
Complete	8,607	18.46
Partial Complete	549	1.18
Eligible, Non-Interview		
Termination within questionnaire	828	1.78
Refusal after respondent selection	3,102	6.65
Selected respondent never reached or was reached but did not begin interview during interviewing period	819	1.76
Selected respondent away from residence during the entire interviewing period	632	1.36
Language problem after respondent selection	89	0.19
Selected respondent physically or mentally unable to complete an interview during the entire interviewing period	499	1.07
Hang up or termination after number of adults recorded but before respondent selection	75	0.16
Household contact after number of adults recorded but before respondent selection	9	0.02
Unknown Eligibility, Non-Interview		
Household members away from residence during entire interviewing period	191	0.41
Hang-up or termination, housing unit, unknown if eligible respondent	1,293	2.77
Household contact, eligibility undetermined	174	0.37
Language problem before respondent selection	220	0.47
Physical or mental impairment before respondent selection	213	0.46
Hang-up or termination, unknown if private residence	9,292	19.93
Contact, unknown if private residence	1,105	2.37
Telephone answering device, message confirms private residential status	1,023	2.19
Telecommunication technological barrier, message confirms private residential status	26	0.06
Telephone answering device, not sure if private residence	3,339	7.16
Telecommunication technological barrier, not sure if private residence	23	0.05
Telephone number is no longer in service or has been changed	617	1.32
No answer	3,192	6.85
Busy	244	0.52
Not Eligible		
Out-of-state	8	0.02
Household, no eligible respondent	17	0.04
Not a private residence	2,984	6.40
Dedicated fax/data/modem line with no human contact	2,692	5.77
Cellular Phone	223	0.48
Fast busy	695	1.49
Non-working/disconnected number	3,530	7.57
Total	46,310	

Sample Characteristics

The following table compares the final interview sample for the 2009 BRFSS to the 2008 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 2009 Pennsylvania BRFSS Survey Sample and 2008 Pennsylvania Adult Population Estimates For Selected Characteristics

		2009 BRFSS Survey Sample		2008 Population Estimates	
		Number	Percent	Number	Percent
All Adults		9,178	100.00	9,624,587	100.00
Sex	Male	3,494	38.07	4,608,655	47.88
	Female	5,684	61.93	5,015,932	52.12
Race	White	8,290	90.33	8,365,814	86.92
	Black	427	4.65	952,926	9.90
	Other	111	1.22	305,847	3.18
	Unknown/Refused	186	2.02	NA	NA
Hispanic Origin	Yes	163	1.78	375,596	3.90
	No	8,944	97.45	9,248,991	96.10
	Unknown/Refused	71	0.77	NA	NA
Age	18-29	617	6.79	2,015,278	20.94
	30-44	1,638	18.04	2,422,004	25.16
	45-64	3,752	41.32	3,276,718	34.05
	65+	3,074	33.85	1,910,587	19.85
	Unknown/Refused	97	1.10	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 2008 population estimate “Unknown/Refused” entries.

Determining Accuracy of the Estimates and Significance Using Confidence Intervals

Tables included in this report show the 95 percent 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 percent 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), which 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 (with the calculated percentage 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 2008. 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 9,178 records included in the data analysis, 97 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 2009, the sample dataset includes 9,178 surveys, 2,337 of which were from over-samples in Fayette, Luzerne and Tioga 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 2009, 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 with 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 2008 (latest available) Dauphin County census population of 36,417 for ages 18-29 by the 2009 fair or poor health prevalence of 8 percent (0.08) for that age group at the state level. The 2009 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 2,913.

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	2007 Dauphin County Census Population		Fair or Poor Health from 2008 Pa. BRFSS	=	Estimate of Dauphin County Adults Indicating Fair or Poor Health, 2008
18-29	36,417	x	8 %	=	2,913
30-44	51,615	x	9 %	=	4,645
45-64	72,232	x	17 %	=	12,279
65+	35,141	x	25 %	=	8,785
					Total <u>28,623</u>

Caution: Synthetic estimates can be useful for planning purposes. However, these estimates should not be used if there is reason to believe that local rates for subgroups of interest would diverge widely from the state or national rates. The prevalence of most health-related conditions varies considerably with age and often with other factors such as sex, race and income. A more precise estimate may be obtained using age, sex and race-specific prevalence rates. The BRFSS is not a reliable source of prevalence rates specific to age-sex-race categories; national data would be a more reliable basis for synthetic estimates.

It is important to qualify estimates whenever they are used. A clear citation of the sources of the data used to compute the local area synthetic estimates should be included in every report of the estimates.

Step 4

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

Total Synthetically Estimated Number of Adults With Fair or Poor Health in Dauphin County = **28,623**

Total Population Age 18+ in Dauphin County = **195,405**

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.

$$\text{Synthetically Estimated Percentage With Fair or Poor Health in Dauphin County} = \frac{\text{Total Synthetically Estimated Number of Adults With Fair or Poor Health in Dauphin County}}{\text{Total Population Age 18+ in Dauphin County}} \times 100$$

$$\text{Synthetically Estimated Percentage With Fair or Poor Health in Dauphin County} = (28,623 / 195,405) \times 100$$

$$\text{Synthetically Estimated Percentage With Fair or Poor Health in Dauphin County} = \mathbf{15 \text{ Percent}}$$

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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