

2002 Behavioral Health Risks



Of Armstrong County Adults

DEPARTMENT OF
HEALTH

... in pursuit of good health

Edward G. Rendell, Governor

Armstrong County
Family Resource
Network

Introduction

The Centers for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health began the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS) in 1989. 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 health services, and knowledge and attitude assessment.

In an effort to provide local BRFSS data, the Pennsylvania Department of Health instituted the Pennsylvania BRFSS Over Sampling Program in 2002. Participation in the program was open to Pennsylvania's State Health Improvement Plan (SHIP) affiliated partnerships located statewide. Four partnerships chose to participate: Armstrong County Family Resources Network, Chester County Healthy Communities Partnership, Healthy Communities Partnership of the Franklin County Area, and Lancaster Healthy Communities. These partnerships were given the opportunity to select 56 questions of their choice in addition to the core questions asked by all who participated in BRFSS.

The survey of adults living in Armstrong County asked questions about health and health-related behaviors including general health, health care access, exercise, asthma, diabetes, oral health, immunization, tobacco use, alcohol consumption, and cancer screening. This allows for some comparison of the county survey results to state results and it also allows the county to get data specific to its individual needs.

Report Organization

A brief *Survey Highlights* section includes a prevalence estimate referring to colorectal cancer screening behavior for adults in Armstrong County that is statistically different compared to the Pennsylvania estimate.

Select prevalence estimates are included in *Table 1: Core Questions, Armstrong County and Pennsylvania Adults, 2002*. They are estimated from questions asked of all 2002 Pennsylvania BRFSS questionnaire respondents. Armstrong County data are presented alongside Pennsylvania data to assist with comparison (see Table 1 footnote). The topics in Table 1 include Health Status, Health Care Access, Exercise, Asthma, Diabetes, Oral Health, Immunization, Tobacco Use, Alcohol Consumption, Injury Prevention, Women's and Men's Health, Colorectal Cancer, and HIV/AIDS.

The topics in *Table 2: Module, State Added, and County Added Questions, Armstrong County, 2002* include prevalence estimates that were requested specifically for Armstrong County. Topics include: Hypertension Awareness, Physical Activity, Healthy Days, Other Tobacco Products, Cholesterol Awareness, Quality of Life, Health Care Coverage and Utilization, Cardiovascular Disease, Injury Prevention, and Skin Cancer (refer to Table 2 footnotes for additional information).

Survey Highlights

Colorectal Cancer Screening:

67.5 percent of Armstrong County adults reported that they have never had a sigmoidoscopy or colonoscopy. This was significantly higher compared to Pennsylvania adults.

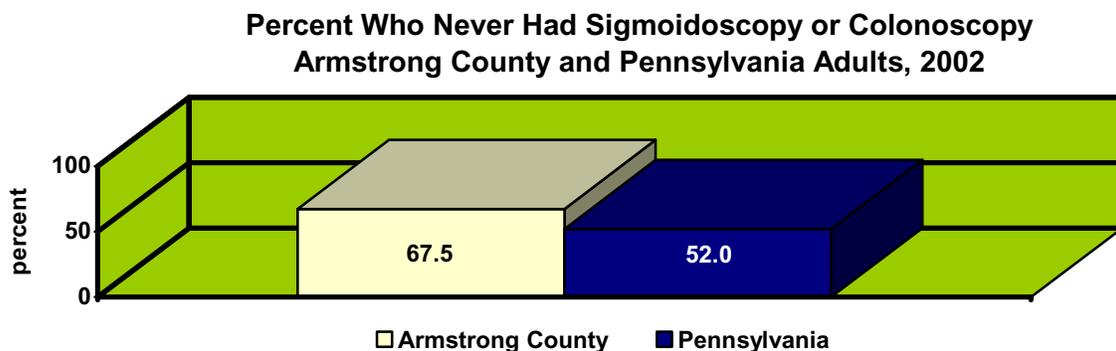


TABLE 1
Core Questions
Armstrong County and Pennsylvania Adults, 2002 (with 95% confidence interval)

	Armstrong County *				Pennsylvania			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Health Status								
Fair or Poor Health	1,349	263	18.1	11.8-24.4	13,461	2,137	15.9	15.0-16.7
Obese	1,291	354	24.6	19.4-29.7	12,877	3,025	24.0	23.0-25.0
Health Care Access								
No Health Care Insurance, Age 18-64	1,025	135	15.2	9.3-21.2	10,363	1,151	12.6	11.6-13.6
Do Not Have a Personal Health Care Provider	1,348	81	14.6	6.4-22.9	13,467	1,253	11.8	11.0-12.7
Unable to Get Medical Care in the Past 12 Months	1,349	60	4.0	2.6-6.3	13,474	560	4.8	4.3-5.4
Exercise								
No Leisure Time Physical Activity	1,350	404	25.7	19.6-31.8	13,479	3,328	24.4	23.4-25.3
Nutrition								
Do Not Eat Fruits and Vegetables 5+ Time/Day	1,350	1,101	80.2	73.8-86.7	13,490	10,026	74.6	73.6-75.5
Asthma								
Told They Had Asthma	1,348	139	11.4	6.0-16.8	13,477	1,463	11.5	10.8-12.3
Diabetes								
Told They Had Diabetes	1,331	139	9.0	6.2-12.9	13,340	1,114	8.2	7.6-8.8
Oral Health								
Did Not Visit Dentist in the Past Year	1,330	448	35.2	27.3-43.0	13,360	3,690	28.2	27.2-29.2
Have Had All Permanent Teeth Removed	1,334	177	12.4	6.9-18.0	13,281	1,162	8.0	7.4-8.6
Did Not Have Teeth Cleaned by Dentist in the Past Year	1,128	342	30.4	22.5-38.4	12,039	3,004	26.1	25.0-27.1
Immunization								
Did Not Have a Flu Shot in Past Year, Aged 65+	318	89	28.1	14.0-42.2	2,977	915	29.5	27.4-31.6
Never Had a Pneumonia Vaccination, Aged 65+	313	102	39.6	21.7-57.6	2,907	1,033	36.5	34.3-38.8
Tobacco Use								
Current Smokers	1,350	342	23.2	17.2-29.3	13,491	3,130	24.5	23.5-25.5
Alcohol Consumption								
Binge Drinkers	1,340	192	14.5	8.4-20.5	13,370	1,910	16.9	16.0-17.8
Drink and Drive	1,345	23	1.5	0.9-2.5	13,458	255	2.2	1.9-2.6
Injury Prevention								
Do Not Always Use Seatbelts	1,347	461	33.6	26.1-41.0	13,454	4,018	31.4	30.4-32.5
Women's Health								
Did Not Have a Mammogram in the Past Year, Age 40+	576	218	33.9	26.4-41.4	5,458	2,056	38.0	36.3-39.7
Did Not Have a Clinical Breast Exam in the Past Year, Age 40+	567	191	36.2	27.2-45.1	5,412	1,787	34.0	32.4-35.7
Never Had a Pap Test	814	36	5.1	2.6-9.5	8,011	300	4.7	4.1-5.5
Men's Health								
Never Had a Prostate-Specific Antigen (PSA) Test, Age 50+	216	46	28.2	9.1-47.2	2,279	490	21.5	19.4-23.7
Never Had a Digital Rectal Exam (DRE), Age 50+	235	34	14.8	2.2-27.4	2,349	337	16.0	14.0-18.0
Colorectal Cancer Screening								
Never Had a Sigmoidoscopy or Colonoscopy, Age 50+	625	375	67.5	58.5-76.6 +	6,112	3,220	52.0	50.4-53.6
HIV/AIDS								
Never Tested for HIV (except for blood donation), Age 18-64	966	667	67.5	58.8-76.1	9,827	6,062	60.4	59.0-61.7

Note: Excludes missing, don't know, and refused.

* If a "+" is indicated, then the county has a significantly higher percentage compared to Pennsylvania. If a "-" is indicated, then the county has a significantly lower percentage compared to Pennsylvania.

TABLE 2
Module, State Added*, and County Added Questions
Armstrong County Adults, 2002 (with 95% confidence interval)

MODULE				
	Total No.	No.	%	CI
Hypertension Awareness				
Ever Told Blood Pressure Was High	1,253	413	31.3	28.4-34.1
Ever Told Blood Pressure Was High and Do Not Take Medication for High Blood Pressure	413	78	18.4	14.3-22.4
Physical Activity				
No Moderate Activities for at Least 10 Minutes	1,270	192	15.1	12.8-17.5
No Vigorous Activities for at Least 10 Minutes	1,269	768	57.7	54.6-60.8
Healthy Days				
Physical Health Not Good 1+ Days in the Past 30 Days	1,238	437	33.8	30.8-36.7
Mental Health Not Good 1+ Days in the Past 30 Days	1,245	382	30.6	27.6-33.5
Poor Physical or Mental Health Prevented Usual Activities in the Past 30 Days	1,263	110	8.3	6.7-10.3
STATE ADDED*				
	Total No.	No.	%	CI
Other Tobacco Products				
Current Smokeless Tobacco User	1,016	67	6.1	4.1-9.0
Current Cigar Smoker	1,014	32	10.3	1.3-19.3
Current Pipe Smoker	1,015	6	0.4	0.2-1.0
COUNTY ADDED				
	Total No.	No.	%	CI
Cholesterol Awareness				
Never Had Cholesterol Checked Of Those Checked,	1,215	271	25.9	23.0-28.8
Ever Told Cholesterol Was High	940	358	36.4	33.0-39.8
Quality of Life				
Limited By Physical, Mental, or Emotional Problems	1,244	239	18.1	15.7-20.5
Use Special Equipment Due to Health Problems	1,248	109	7.7	6.3-9.5
Health Care Coverage and Utilization				
Did Not Visit a Doctor for a Routine Checkup in the Past Year	1,239	246	21.2	18.5-23.8
Cardiovascular Disease				
Ever Told They Had a Heart Attack, Coronary Heart Disease, or a Stroke	1,243	112	8.4	6.9-10.3
Weight Control				
Doctor, Nurse or Other Health Professional Did Not Give Advice About Weight	1,247	1,002	80.5	78.0-83.0
Injury Prevention				
Do Not Have Working Smoke Detectors on All Floors of Home, Including the Basement but Excluding the Attic	1,244	222	17.7	15.2-20.1
Skin Cancer				
Do Not Always Use Sunscreen or Sunblock With a Sun-Protective Ffactor (SFP) of 15 or Higher	1,257	1,046	85.6	81.3-89.8

Note: Excludes missing, don't know, and refused.

*Includes state added questions also selected for county over sample survey.

**Year 2010 Health Objectives for the Nation:
Armstrong County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Armstrong County 2002	Objective Met ² Armstrong County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	85 ± 5	No		87 ± 1	No
01-04c: Percent of adults with specific source of ongoing care (age-adjusted to 2000 std population)	96%	85 ± 6	No		88 ± 1	No
03-11a: Percent of women aged 18+ who have ever received a Pap test (age-adjusted to 2000 std population)	97%	96 ± 4	Yes		95 ± 1	No
03-11b: Percent of women aged 18+ who received a Pap test within past 3 years (age-adjusted to 2000 std population)	90%	83 ± 4	No		84 ± 1	No
03-12a: Percent of adults aged 50+ who received a fecal occult blood test (FOBT) for colorectal cancer within the past 2 years (age-adjusted to 2000 std population)	50%	22 ± 8	No	-	35 ± 2	No
03-12b: Percent of adults aged 50+ who ever received a sigmoidoscopy for colorectal cancer (age-adjusted to 2000 std population)	50%	32 ± 9	No		48 ± 2	Yes
03-13: Percent of women aged 40+ with a mammogram in last 2 years (age-adjusted to 2000 std population)	70%	76 ± 6	Yes		77 ± 1	Yes ⁺
05-03: Rate per 1000 of adults who have been diagnosed with diabetes (age-adjusted to 2000 std population)	25	83 ± 36	No		74 ± 6	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

**Year 2010 Health Objectives for the Nation:
Armstrong County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Armstrong County 2002	Objective Met ² Armstrong County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
05-17: Percent of adults with diabetes who perform self-blood-glucose-monitoring at least once daily (age-adjusted to 2000 std population)	60%	47 ± 17	Yes		64 ± 5	Yes
07-01: Percent of adults ages 18-24 who completed high school	90%	89 ± 8	Yes		87 ± 3	Yes
12-09: Percent of adults ages 20+ who ever were told their blood pressure was high (age-adjusted to 2000 std population)	16%	28 ± 2	No	NA	NA	NA
14-29a: Percent of adults 65+ with flu shot in past year (age-adjusted to 2000 std population)	90%	73 ± 12	No		71 ± 2	No
14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	60 ± 18	No		64 ± 2	No
14-29c: Percent of adults ages 18-64 with flu shot in the past year (age-adjusted to 2000 std population)	60%	18 ± 5	No		23 ± 1	No
14-29d: Percent of adults ages 18-64 who ever had a vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	12 ± 5	No		13 ± 1	No
19-01: Percent of adults with a healthy weight (age 20+) (age-adjusted to 2000 std population)	60%	33 ± 6	No		39 ± 1	No
19-02: Percent of obese adults (age 20+) (age-adjusted to 2000 std population)	15%	24 ± 5	No		24 ± 1	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

Note: "NA" indicates the necessary data are "Not Available".

**Year 2010 Health Objectives for the Nation:
Armstrong County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Armstrong County 2002	Objective Met ² Armstrong County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
19-05: Percent of adults who consume at least 2 daily servings of fruit (age-adjusted to 2000 std population)	75%	31 ± 8	No		33 ± 2	No
19-06: Percent of adults who consume at least 3 daily servings of vegetables (age-adjusted to 2000 std population)	50%	19 ± 6	No		23 ± 2	No
21-03: Percent of adults (aged 35-44) who have no permanent tooth extraction due to dental caries or periodontal disease	42%	50 ± 10	Yes		57 ± 2	Yes ⁺
21-04: Percent of older adults (aged 65-74) who had all their natural teeth extracted	20%	29 ± 14	Yes		23 ± 3	Yes
21-10: Percent of adults who have visited a dentist in the past year	56%	65 ± 8	Yes ⁺		71 ± 1	Yes ⁺
22-01: Percent of adults who engage in no leisure-time physical activity	20%	26 ± 6	Yes		24 ± 1	No
22-02: Percent of adults who engage in moderate physical activity	30%	74 ± 5	Yes ⁺	NA	NA	NA
22-03: Percent of adults who engage in vigorous physical activity	30%	55 ± 5	Yes ⁺	NA	NA	NA
26-11c: Percent adults who engaged in binge drinking in past month	6%	14 ± 6	No		17 ± 1	No
26-13a: Percent of adult females who exceed guidelines for low-risk drinking (8+ drinks per week or 4+ drinks per occasion)	50%	8 ± 3	Yes ⁺		11 ± 1	Yes ⁺

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

Note: "NA" indicates the necessary data are "Not Available".

**Year 2010 Health Objectives for the Nation:
Armstrong County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Armstrong County 2002	Objective Met ² Armstrong County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
26-13b: Percent of adult males who exceed guidelines for low-risk drinking (15+ drinks per week or 5+ drinks per occasion)	50%	24 ± 11	Yes ⁺		28 ± 2	Yes ⁺
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	26 ± 5	No		25 ± 1	No
27-01b: Percent of adults who use smokeless (spit) tobacco (age-adjusted to 2000 population)	0.40%	6 ± 3	No		4 ± 1	No
27-01c: Percent of adults who smoke cigars (age-adjusted to 2000 std population)	1.20%	11 ± 9	No		7 ± 1	No
27-05: Percent of adults who attempted to quit smoking (age-adjusted to 2000 std population)	75%	48 ± 9	No		54 ± 2	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

2002 Behavioral Health Risks



Of Chester County Adults

DEPARTMENT OF
HEALTH

... in pursuit of good health

Edward G. Rendell, Governor

**Chester County
Healthy Communities
Partnership**

Introduction

The Centers for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health began the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS) in 1989. 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 health services, and knowledge and attitude assessment.

In an effort to provide local BRFSS data, the Pennsylvania Department of Health instituted the Pennsylvania BRFSS Over Sampling Program in 2002. Participation in the program was open to Pennsylvania's State Health Improvement Plan (SHIP) affiliated partnerships located statewide. Four partnerships chose to participate: Armstrong County Family Resources Network, Chester County Healthy Communities Partnership, Healthy Communities Partnership of the Franklin County Area, and Lancaster Healthy Communities. These partnerships were given the opportunity to select 56 questions of their choice in addition to the core questions asked by all who participated in BRFSS.

The survey of adults living in Chester County asked questions about health and health-related behaviors including general health, health care access, exercise, asthma, diabetes, oral health, immunization, tobacco use, alcohol consumption, and cancer screening. This allows for some comparison of the county survey results to state results and it also allows the county to get data specific to its individual needs.

Report Organization

A brief *Survey Highlights* section includes a prevalence estimate referring to health status, health care access, exercise, nutrition, diabetes, oral health, tobacco use, and injury prevention for adults in Chester County that is statistically different compared to the Pennsylvania estimate.

Select prevalence estimates are included in *Table 1: Core Questions, Chester County and Pennsylvania Adults, 2002*. They are estimated from questions asked of all 2002 Pennsylvania BRFSS questionnaire respondents. Chester County data are presented alongside Pennsylvania data to assist with comparison (see Table 1 footnote). The topics in Table 1 include Health Status, Health Care Access, Exercise, Asthma, Diabetes, Oral Health, Immunization, Tobacco Use, Alcohol Consumption, Injury Prevention, Women's and Men's Health, Colorectal Cancer, and HIV/AIDS.

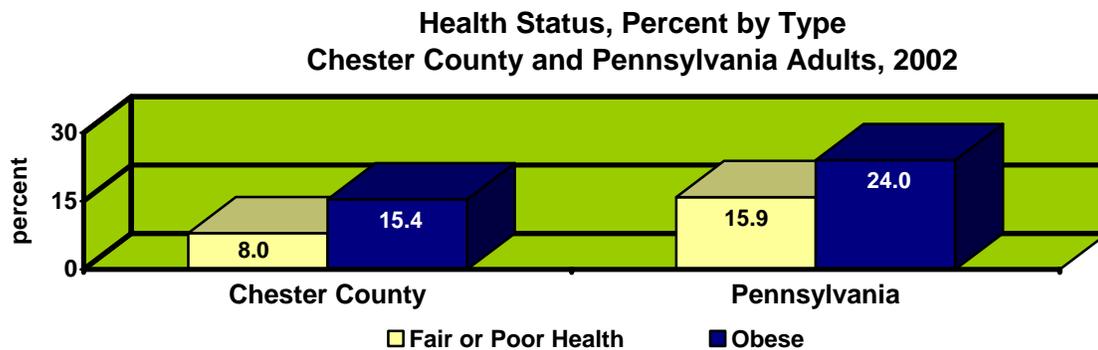
The topics in *Table 2: Module and State Added Questions, Chester County, 2002* include prevalence estimates that were requested specifically for Chester County. Topics include: Cardiovascular Disease, Quality of Life, Weight Control, Folic Acid, Injury Prevention, and Skin Cancer (refer to Table 2 footnotes for additional information).

Survey Highlights

Health Status:

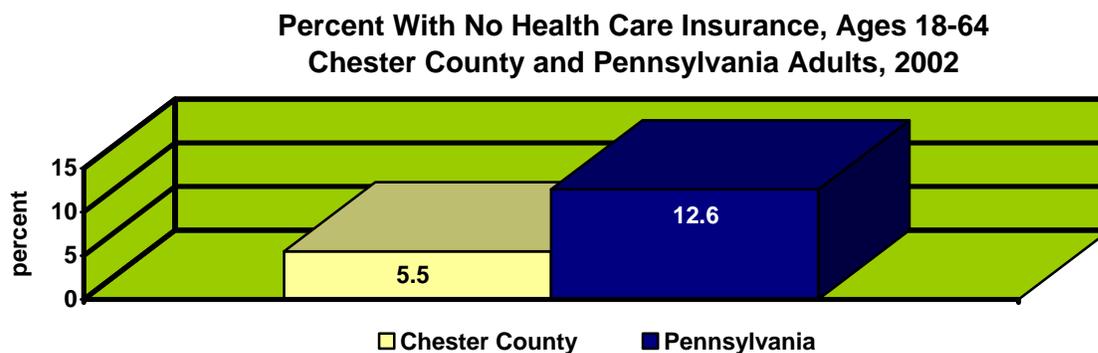
8.0 percent of Chester County adults reported that their general health was fair or poor. This was significantly lower compared to Pennsylvania adults.

A significantly lower percentage (15.4 percent) of Chester County adults were obese according to the survey compared to Pennsylvania adults.



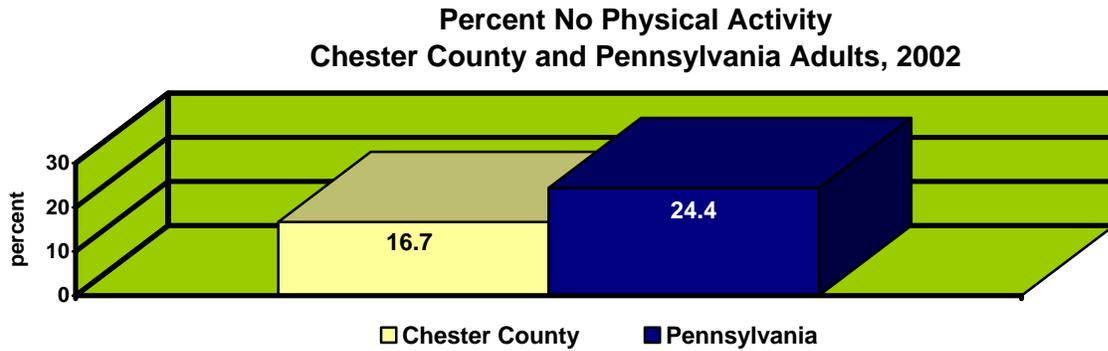
Health Care Access:

5.5 percent of Chester County adults, ages 18-64, reported that they have no health care insurance. The Chester County percentage was significantly lower compared to the percentage for Pennsylvania adults.



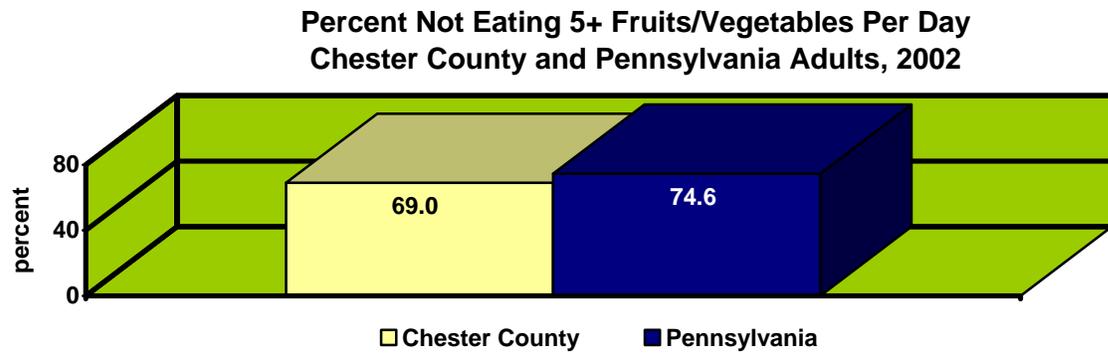
Exercise:

16.7 percent of adults did not participate in leisure time physical activity in Chester County. This was significantly lower than the Pennsylvania adult percentage.



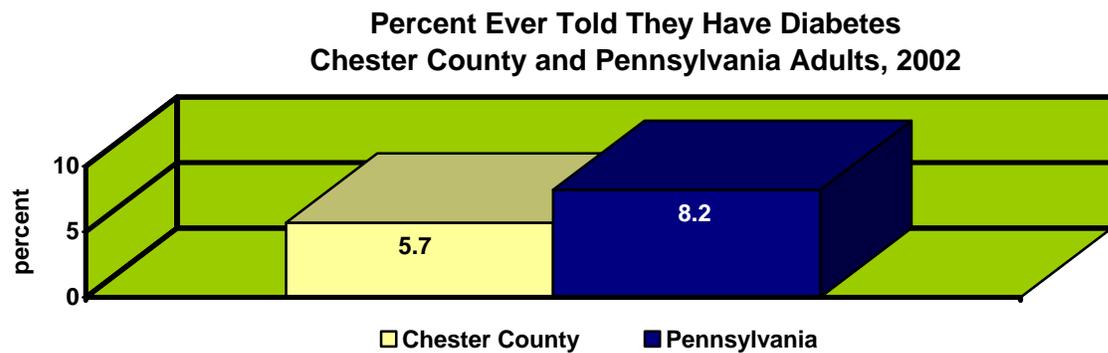
Nutrition:

69.0 percent of Chester County adults said they were not eating fruits and vegetables 5 or more times a day. A significantly lower percentage compared to Pennsylvania adults.



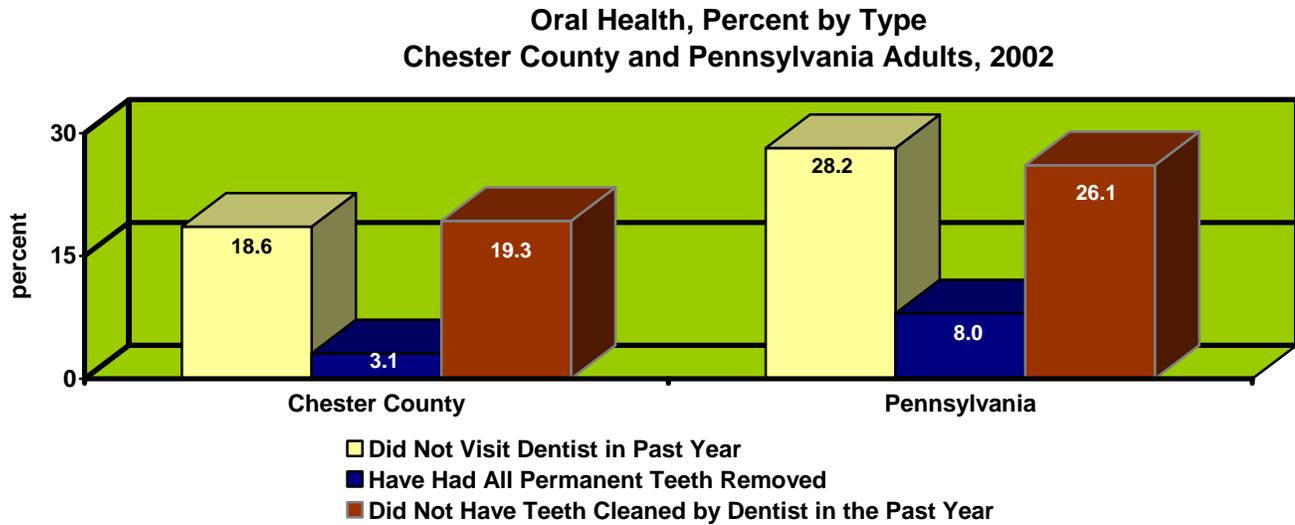
Diabetes:

5.7 percent of Chester County adults were told they had diabetes, which significantly lower compared to the Pennsylvania adult percentage.



Oral Health:

18.6 percent of Chester County adults did not visit a dentist in the past year, 3.1 percent of Chester County adults have had all their permanent teeth removed, and 19.3 percent of Chester County adults did not have teeth cleaned by dentist in the past year. All these percentages were significantly lower compared to the same percentages for Pennsylvania adults.



Tobacco Use:

17.5 percent of Chester County adults were current smokers. This was significantly lower compared to Pennsylvania adults.

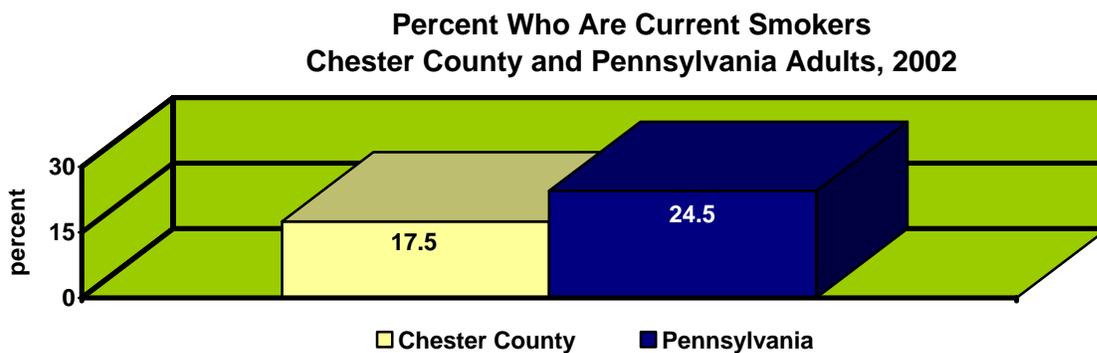


TABLE 1
Core Questions
Chester County and Pennsylvania Adults, 2002 (with 95% confidence interval)

	Chester County *				Pennsylvania			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Health Status								
Fair or Poor Health	1,173	102	8.0	6.4-9.9 -	13,461	2,137	15.9	15.0-16.7
Obese	1,145	173	15.4	12.9-17.8 -	12,877	3,025	24.0	23.0-25.0
Health Care Access								
No Health Care Insurance, Age 18-64	941	47	5.5	4.0-7.5 -	10,363	1,151	12.6	11.6-13.6
Do Not Have a Personal Health Care Provider	1,175	99	9.9	7.6-12.9	13,467	1,253	11.8	11.0-12.7
Unable to Get Medical Care in the Past 12 Months	1,174	39	3.3	2.1-5.2	13,474	560	4.8	4.3-5.4
Exercise								
No Leisure Time Physical Activity	1,175	189	16.7	13.8-19.5 -	13,479	3,328	24.4	23.4-25.3
Nutrition								
Do Not Eat Fruits and Vegetables 5+ Time/Day	1,175	806	69.0	65.8-72.2 -	13,490	10,026	74.6	73.6-75.5
Asthma								
Told They Had Asthma	1,173	118	9.9	8.0-12.3	13,477	1,463	11.5	10.8-12.3
Diabetes								
Told They Had Diabetes	1,166	68	5.7	4.3-7.4 -	13,340	1,114	8.2	7.6-8.8
Oral Health								
Did Not Visit Dentist in the Past Year	1,164	209	18.6	15.8-21.4 -	13,360	3,690	28.2	27.2-29.2
Have Had All Permanent Teeth Removed	1,158	34	3.1	2.1-4.5 -	13,281	1,162	8.0	7.4-8.6
Did Not Have Teeth Cleaned by Dentist in the Past Year	1,129	210	19.3	16.4-22.1 -	12,039	3,004	26.1	25.0-27.1
Immunization								
Did Not Have a Flu Shot in Past Year, Aged 65+	217	58	28.7	20.2-37.2	2,977	915	29.5	27.4-31.6
Never Had a Pneumonia Vaccination, Aged 65+	212	66	35.8	26.5-45.1	2,907	1,033	36.5	34.3-38.8
Tobacco Use								
Current Smokers	1,175	205	17.5	14.8-20.2 -	13,491	3,130	24.5	23.5-25.5
Alcohol Consumption								
Binge Drinkers	1,165	172	16.5	13.8-19.3	13,370	1,910	16.9	16.0-17.8
Drink and Drive	1,171	26	2.5	1.6-3.8	13,458	255	2.2	1.9-2.6
Injury Prevention								
Do Not Always Use Seatbelts	1,174	207	19.9	16.6-23.3 -	13,454	4,018	31.4	30.4-32.5
Women's Health								
Did Not Have a Mammogram in the Past Year, Age 40+	487	168	35.2	30.1-40.3	5,458	2,056	38.0	36.3-39.7
Did Not Have a Clinical Breast Exam in the Past Year, Age 40+	491	126	28.7	23.7-33.7	5,412	1,787	34.0	32.4-35.7
Never Had a Pap Test	690	20	4.9	2.6-9.0	8,011	300	4.7	4.1-5.5
Men's Health								
Never Had a Prostate-Specific Antigen (PSA) Test, Age 50+	188	30	17.8	9.4-26.2	2,279	490	21.5	19.4-23.7
Never Had a Digital Rectal Exam (DRE), Age 50+	196	21	13.1	5.0-21.1	2,349	337	16.0	14.0-18.0
Colorectal Cancer Screening								
Never Had a Sigmoidoscopy or Colonoscopy, Age 50+	513	233	46.2	40.8-51.7	6,112	3,220	52.0	50.4-53.6
HIV/AIDS								
Never Tested for HIV (except for blood donation), Age 18-64	902	520	58.4	54.6-62.3	9,827	6,062	60.4	59.0-61.7

Note: Excludes missing, don't know, and refused.

* If a "+" is indicated, then the county has a significantly higher percentage compared to Pennsylvania. If a "-" is indicated, then the county has a significantly lower percentage compared to Pennsylvania.

TABLE 2
Module and State Added* Questions
Chester County Adults, 2002 (with 95% confidence interval)

MODULE				
	Total No.	No.	%	CI
Cardiovascular Disease				
Ever Told They Had a Heart Attack, Coronary Heart Disease, or a Stroke	1,099	71	5.9	4.6-7.5
Quality of Life				
Limited By Physical, Mental, or Emotional Problems	1,110	117	9.9	8.1-12.1
Use Special Equipment Due to Health Problems	1,112	42	3.2	2.3-4.4
Weight Control				
Doctor, Nurse or Other Health Professional Did Not Give Advice About Weight	1,098	888	81.5	78.9-84.1
Folic Acid				
Do Not Currently Take Vitamin Pills or Supplements	1,107	367	34.4	31.0-37.8
STATE ADDED*				
	Total No.	No.	%	CI
Injury Prevention				
Did Not Check Their Smoke Dectectors in the Past 6 Months or Do Not Have Smoke Detectors in their Home	1,045	364	34.7	31.2-38.3
Do Not Have Working Smoke Detectors on All Floors of Home, Including the Basement but Excluding the Attic	1,032	168	16.1	13.3-18.8
Skin Cancer				
Do Not Always Use Sunscreen or Sunblock With a Sun-Protective Ffactor (SFP) of 15 or Higher	1,096	865	80.3	77.4-83.1
Do Not Always Stay Out of the Sun or Seek Shade Between the Hours of 10 a.m. and 4 p.m.	1,087	963	88.1	85.7-90.5
Do Not Always Wear a Wide-Brimmed Hat or Any Other Hat That Shades Their Face, Ears, and Neck from the Sun	1,095	968	87.9	85.6-90.2
Do Not Always Wear a Long-Sleeve Shirt When Outdoors in the Sun	1,089	1,062	97.6	96.3-98.4
Used Tanning Bed in the Past 12 Months	1,096	56	4.6	3.4-6.1

Note: Excludes missing, don't know, and refused.

*Includes state added questions also selected for county over sample survey.

**Year 2010 Health Objectives for the Nation:
Chester County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Chester County 2002	Objective Met ² Chester County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	94 ± 2	No	+	87 ± 1	No
01-04c: Percent of adults with specific source of ongoing care (age-adjusted to 2000 std population)	96%	89 ± 3	No		88 ± 1	No
03-11a: Percent of women aged 18+ who have ever received a Pap test (age-adjusted to 2000 std population)	97%	94 ± 4	Yes		95 ± 1	No
03-11b: Percent of women aged 18+ who received a Pap test within past 3 years (age-adjusted to 2000 std population)	90%	88 ± 4	Yes		84 ± 1	No
03-12a: Percent of adults aged 50+ who received a fecal occult blood test (FOBT) for colorectal cancer within the past 2 years (age-adjusted to 2000 std population)	50%	37 ± 6	No		35 ± 2	No
03-12b: Percent of adults aged 50+ who ever received a sigmoidoscopy for colorectal cancer (age-adjusted to 2000 std population)	50%	54 ± 6	Yes		48 ± 2	Yes
03-13: Percent of women aged 40+ with a mammogram in last 2 years (age-adjusted to 2000 std population)	70%	80 ± 4	Yes ⁺		77 ± 1	Yes ⁺
05-03: Rate per 1000 of adults who have been diagnosed with diabetes (age-adjusted to 2000 std population)	25	54 ± 16	No		74 ± 6	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

**Year 2010 Health Objectives for the Nation:
Chester County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Chester County 2002	Objective Met ² Chester County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
07-01: Percent of adults ages 18-24 who completed high school	90%	90 ± 8	Yes		87 ± 3	Yes
14-29a: Percent of adults 65+ with flu shot in past year (age-adjusted to 2000 std population)	90%	71 ± 9	No		71 ± 2	No
14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	65 ± 10	No		64 ± 2	No
14-29c: Percent of adults ages 18-64 with flu shot in the past year (age-adjusted to 2000 std population)	60%	25 ± 3	No		23 ± 1	No
14-29d: Percent of adults ages 18-64 who ever had a vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	16 ± 3	No		13 ± 1	No
19-01: Percent of adults with a healthy weight (age 20+) (age-adjusted to 2000 std population)	60%	43 ± 4	No		39 ± 1	No
19-02: Percent of obese adults (age 20+) (age-adjusted to 2000 std population)	15%	16 ± 2	Yes	-	24 ± 1	No
19-05: Percent of adults who consume at least 2 daily servings of fruit (age-adjusted to 2000 std population)	75%	42 ± 4	No	+	33 ± 2	No
19-06: Percent of adults who consume at least 3 daily servings of vegetables (age-adjusted to 2000 std population)	50%	30 ± 4	No	+	23 ± 2	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

**Year 2010 Health Objectives for the Nation:
Chester County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Chester County 2002	Objective Met ² Chester County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
21-03: Percent of adults (aged 35-44) who have no permanent tooth extraction due to dental caries or periodontal disease	42%	73 ± 6	Yes ⁺	+	57 ± 2	Yes ⁺
21-04: Percent of older adults (aged 65-74) who had all their natural teeth extracted	20%	9 ± 8	Yes ⁺	-	23 ± 3	Yes
21-10: Percent of adults who have visited a dentist in the past year	56%	81 ± 3	Yes ⁺	+	71 ± 1	Yes ⁺
22-01: Percent of adults who engage in no leisure-time physical activity	20%	16 ± 3	Yes ⁺	-	24 ± 1	No
26-11c: Percent adults who engaged in binge drinking in past month	6%	17 ± 3	No		17 ± 1	No
26-13a: Percent of adult females who exceed guidelines for low-risk drinking (8+ drinks per week or 4+ drinks per occasion)	50%	14 ± 4	Yes ⁺		11 ± 1	Yes ⁺
26-13b: Percent of adult males who exceed guidelines for low-risk drinking (15+ drinks per week or 5+ drinks per occasion)	50%	26 ± 5	Yes ⁺		28 ± 2	Yes ⁺
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	18 ± 3	No	-	25 ± 1	No
27-05: Percent of adults who attempted to quit smoking (age-adjusted to 2000 std population)	75%	50 ± 8	No		54 ± 2	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

2002 Behavioral Health Risks



Of Franklin County Adults

DEPARTMENT OF
HEALTH

... in pursuit of good health

Edward G. Rowley, Governor

Healthy Communities
Partnership of
Greater Franklin County

Introduction

The Centers for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health began the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS) in 1989. 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 health services, and knowledge and attitude assessment.

In an effort to provide local BRFSS data, the Pennsylvania Department of Health instituted the Pennsylvania BRFSS Over Sampling Program in 2002. Participation in the program was open to Pennsylvania's State Health Improvement Plan (SHIP) affiliated partnerships located statewide. Four partnerships chose to participate: Armstrong County Family Resources Network, Chester County Healthy Communities Partnership, Healthy Communities Partnership of the Franklin County Area, and Lancaster Healthy Communities. These partnerships were given the opportunity to select 56 questions of their choice in addition to the core questions asked by all who participated in BRFSS.

The survey of adults living in Franklin County asked questions about health and health-related behaviors including general health, health care access, exercise, asthma, diabetes, oral health, immunization, tobacco use, alcohol consumption, and cancer screening. This allows for some comparison of the county survey results to state results and it also allows the county to get data specific to its individual needs.

Report Organization

A brief *Survey Highlights* section includes a prevalence estimate referring to health status, health care access, exercise, nutrition, diabetes, oral health, tobacco use, and injury prevention for adults in Franklin County that is statistically different compared to the Pennsylvania estimate.

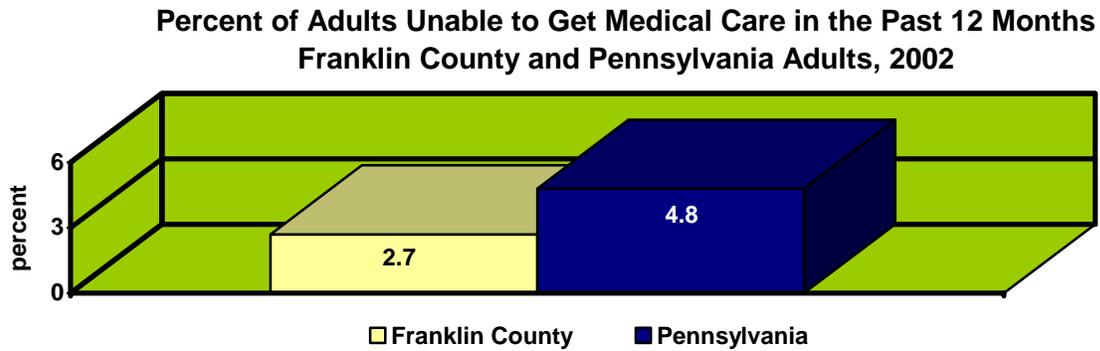
Select prevalence estimates are included in *Table 1: Core Questions, Franklin County and Pennsylvania Adults, 2002*. They are estimated from questions asked of all 2002 Pennsylvania BRFSS questionnaire respondents. Franklin County data are presented alongside Pennsylvania data to assist with comparison (see Table 1 footnote). The topics in Table 1 include Health Status, Health Care Access, Exercise, Asthma, Diabetes, Oral Health, Immunization, Tobacco Use, Alcohol Consumption, Injury Prevention, Women's and Men's Health, Colorectal Cancer, and HIV/AIDS.

The topics in *Table 2: Module and County Added Questions, Franklin County, 2002* include prevalence estimates that were requested specifically for Franklin County. Topics include: Physical Activity, Weight Control, Quality of Life, Care Giving, Osteoporosis, Older Adults, Social Context, Mental Health and Tobacco (refer to Table 2 footnotes for additional information).

Survey Highlights

Health Care Access:

2.7 percent of Franklin County adults were unable to get medical care in the past 12 months. This was significantly lower compared to Pennsylvania adults.



Alcohol Consumption:

9.0 percent of Franklin County adults were binge drinkers. This was significantly lower compared to the percentage for Pennsylvania adults.

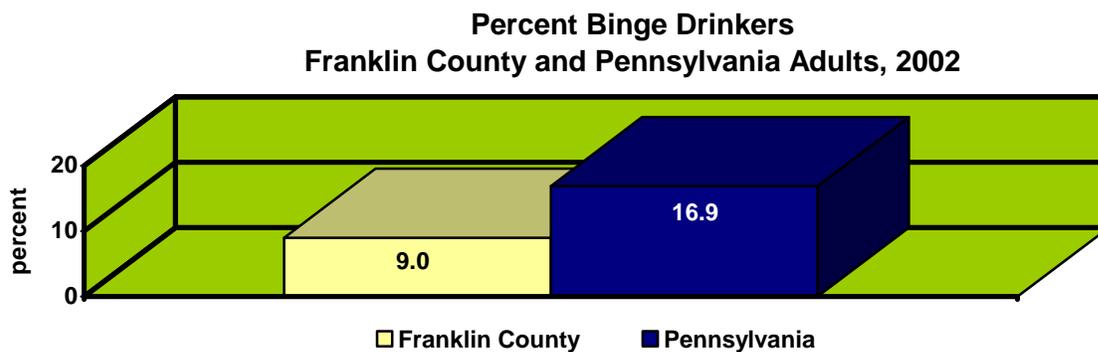


TABLE 1
Core Questions
Franklin County and Pennsylvania Adults, 2002 (with 95% confidence interval)

	Franklin County *				Pennsylvania			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Health Status								
Fair or Poor Health	1,312	199	14.0	11.3-16.7	13,461	2,137	15.9	15.0-16.7
Obese	1,250	317	24.1	20.5-27.7	12,877	3,025	24.0	23.0-25.0
Health Care Access								
No Health Care Insurance, Age 18-64	977	134	12.9	10.3-15.5	10,363	1,151	12.6	11.6-13.6
Do Not Have a Personal Health Care Provider	1,309	104	9.3	6.0-14.0	13,467	1,253	11.8	11.0-12.7
Unable to Get Medical Care in the Past 12 Months	1,314	40	2.7	1.9-3.8 -	13,474	560	4.8	4.3-5.4
Exercise								
No Leisure Time Physical Activity	1,311	332	23.7	20.0-27.5	13,479	3,328	24.4	23.4-25.3
Nutrition								
Do Not Eat Fruits and Vegetables 5+ Time/Day	1,314	996	72.9	68.0-77.7	13,490	10,026	74.6	73.6-75.5
Asthma								
Told They Had Asthma	1,314	134	9.3	7.6-11.3	13,477	1,463	11.5	10.8-12.3
Diabetes								
Told They Had Diabetes	1,305	107	6.9	5.5-8.6	13,340	1,114	8.2	7.6-8.8
Oral Health								
Did Not Visit Dentist in the Past Year	1,307	367	28.7	24.6-32.9	13,360	3,690	28.2	27.2-29.2
Have Had All Permanent Teeth Removed	1,295	118	7.7	5.9-9.9	13,281	1,162	8.0	7.4-8.6
Did Not Have Teeth Cleaned by Dentist in the Past Year	1,165	276	24.0	20.4-27.7	12,039	3,004	26.1	25.0-27.1
Immunization								
Did Not Have a Flu Shot in Past Year, Aged 65+	322	108	35.0	26.1-43.9	2,977	915	29.5	27.4-31.6
Never Had a Pneumonia Vaccination, Aged 65+	313	102	39.6	21.7-57.6	2,907	1,033	36.5	34.3-38.8
Tobacco Use								
Current Smokers	1,314	292	21.6	17.9-25.2	13,491	3,130	24.5	23.5-25.5
Alcohol Consumption								
Binge Drinkers	1,307	121	9.0	7.4-11.1 -	13,370	1,910	16.9	16.0-17.8
Drink and Drive	1,312	12	1.1	0.6-2.1	13,458	255	2.2	1.9-2.6
Injury Prevention								
Do Not Always Use Seatbelts	1,312	410	30.7	26.8-34.7	13,454	4,018	31.4	30.4-32.5
Women's Health								
Did Not Have a Mammogram in the Past Year, Age 40+	523	178	32.7	26.7-38.7	5,458	2,056	38.0	36.3-39.7
Did Not Have a Clinical Breast Exam in the Past Year, Age 40+	521	161	30.3	24.5-36.1	5,412	1,787	34.0	32.4-35.7
Never Had a Pap Test	766	21	3.5	2.0-6.3	8,011	300	4.7	4.1-5.5
Men's Health								
Never Had a Prostate-Specific Antigen (PSA) Test, Age 50+	252	50	15.7	10.6-20.9	2,279	490	21.5	19.4-23.7
Never Had a Digital Rectal Exam (DRE), Age 50+	253	29	11.9	3.9-20.0	2,349	337	16.0	14.0-18.0
Colorectal Cancer Screening								
Never Had a Sigmoidoscopy or Colonoscopy, Age 50+	642	332	51	44.6-57.4	6,112	3,220	52.0	50.4-53.6
HIV/AIDS								
Never Tested for HIV (except for blood donation), Age 18-64	925	571	61.9	56.1-67.8	9,827	6,062	60.4	59.0-61.7

Note: Excludes missing, don't know, and refused.

* If a "+" is indicated, then the county has a significantly higher percentage compared to Pennsylvania. If a "-" is indicated, then the county has a significantly lower percentage compared to Pennsylvania.

TABLE 2
Module and County Added Questions
Franklin County Adults, 2002 (with 95% confidence interval)

MODULE				
	Total No.	No.	%	CI
Physical Activity				
No Moderate Activities for at Least 10 Minutes	1,269	161	13.0	11.0-15.1
No Vigorous Activities for at Least 10 Minutes	1,262	717	55.2	52.1-58.2
Weight Control				
Doctor, Nurse or Other Health Professional Did Not Give Advice About Weight	1,257	979	78.4	75.9-80.9
COUNTY ADDED				
	Total No.	No.	%	CI
Quality of Life				
Limited By Physical, Mental, or Emotional Problems	1,246	235	17.8	15.5-20.0
Use Special Equipment Due to Health Problems	1,251	75	5.6	4.4-7.2
Care Giving				
Provided Care to a Family Member or Friend Who is 60 Years of Age or Older	1,246	341	26.4	23.7-29.1
Osteoporosis				
Doctor or Other Health Care Professional Did Not Talk to Them About Osteoporosis, Women	737	398	56.1	52.2-60.0
Do Not Take a Calcium Supplement, Women	738	416	58.3	54.5-62.2
Older Adults				
Not Able to Walk on a Level Surface in Home, Age 65+	305	7	2.6	1.2-5.4
Social Context				
Felt Concerned About Having Enough Food for Their Family in the Past 30 Days	1,248	53	4.4	3.3-6.0
Believes Neighborhood is Only Slightly or Not at All Safe	1,239	102	7.6	6.1-9.3
Mental Health				
Ever Been Told by a Doctor or Other Health Professional That You Have a Mental Illness	1,247	58	4.1	3.1-5.4
Family Needs a Mental Health Service Not Provided in Their Area	1,126	28	2.4	1.6-3.7
Not Aware There are Funds for Mental Health Services Through the County That People Can Use If They Do Not Have Insurance	1,223	484	40.6	37.5-43.6
Tobacco				
Believes Local Government Should Not Have the Authority to Pass Local Tobacco Regulatory Laws	1,075	541	51.7	48.4-55.0
Believes Public Dining Areas/Restaurants Should Not Be Smoke-Free	1,218	205	17.7	15.2-20.2
They Have or Their Family Member Has a Health Problem Due to Second-Hand Smoke	1,224	68	5.2	4.0-6.7
Believes Youth Who Violate Tobacco Laws Should Not Be Held Accountable	1,144	179	16.4	14.0-18.8

Note: Excludes missing, don't know, and refused.

**Year 2010 Health Objectives for the Nation:
Franklin County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective¹	Year 2010 Objective	Franklin County 2002	Objective Met² Franklin County	Sig. Diff. to PA³	Pennsylvania 2002	Objective Met² Pennsylvania
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	86 ± 3	No		87 ± 1	No
01-04c: Percent of adults with specific source of ongoing care (age-adjusted to 2000 std population)	96%	91 ± 5	Yes		88 ± 1	No
03-11a: Percent of women aged 18+ who have ever received a Pap test (age-adjusted to 2000 std population)	97%	96 ± 2	Yes		95 ± 1	No
03-11b: Percent of women aged 18+ who received a Pap test within past 3 years (age-adjusted to 2000 std population)	90%	88 ± 3	Yes		84 ± 1	No
03-12a: Percent of adults aged 50+ who received a fecal occult blood test (FOBT) for colorectal cancer within the past 2 years (age-adjusted to 2000 std population)	50%	52 ± 7	Yes	+	35 ± 2	No
03-12b: Percent of adults aged 50+ who ever received a sigmoidoscopy for colorectal cancer (age-adjusted to 2000 std population)	50%	48 ± 6	Yes		48 ± 2	Yes
03-13: Percent of women aged 40+ with a mammogram in last 2 years (age-adjusted to 2000 std population)	70%	81 ± 4	Yes ⁺		77 ± 1	Yes ⁺
05-03: Rate per 1000 of adults who have been diagnosed with diabetes (age-adjusted to 2000 std population)	25	63 ± 16	No		74 ± 6	No
05-12: Percent of adults with diabetes who have a glycosylated hemoglobin measurement at least once a year (age-adjusted to 2000 std population)	50%	85 ± 12	Yes ⁺		94 ± 4	Yes ⁺

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

**Year 2010 Health Objectives for the Nation:
Franklin County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Franklin County 2002	Objective Met ² Franklin County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
05-13: Percent of adults with diabetes who have an annual dilated eye examination (age-adjusted to 2000 std population)	75%	55 ± 12	No		70 ± 8	Yes
07-01: Percent of adults ages 18-24 who completed high school	90%	76 ± 10	No		87 ± 3	Yes
14-29a: Percent of adults 65+ with flu shot in past year (age-adjusted to 2000 std population)	90%	65 ± 9	No		71 ± 2	No
14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	68 ± 9	No		64 ± 2	No
14-29c: Percent of adults ages 18-64 with flu shot in the past year (age-adjusted to 2000 std population)	60%	24 ± 5	No		23 ± 1	No
14-29d: Percent of adults ages 18-64 who ever had a vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	11 ± 2	No		13 ± 1	No
19-01: Percent of adults with a healthy weight (age 20+) (age-adjusted to 2000 std population)	60%	36 ± 5	No		39 ± 1	No
19-02: Percent of obese adults (age 20+) (age-adjusted to 2000 std population)	15%	24 ± 4	No		24 ± 1	No
19-05: Percent of adults who consume at least 2 daily servings of fruit (age-adjusted to 2000 std population)	75%	32 ± 4	No		33 ± 2	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

Note: "NA" indicates the necessary data are "Not Available".

**Year 2010 Health Objectives for the Nation:
Franklin County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Franklin County 2002	Objective Met ² Franklin County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
19-06: Percent of adults who consume at least 3 daily servings of vegetables (age-adjusted to 2000 std population)	50%	26 ± 4	No		23 ± 2	No
21-03: Percent of adults (aged 35-44) who have no permanent tooth extraction due to dental caries or periodontal disease	42%	57 ± 11	Yes ⁺		57 ± 2	Yes ⁺
21-04: Percent of older adults (aged 65-74) who had all their natural teeth extracted	20%	12 ± 5	Yes ⁺	-	23 ± 3	Yes
21-10: Percent of adults who have visited a dentist in the past year	56%	64 ± 10	Yes		71 ± 1	Yes ⁺
22-01: Percent of adults who engage in no leisure-time physical activity	20%	23 ± 3	Yes		24 ± 1	No
22-02: Percent of adults who engage in moderate physical activity	30%	68 ± 5	Yes ⁺	NA	NA	NA
22-03: Percent of adults who engage in vigorous physical activity	30%	52 ± 5	Yes ⁺	NA	NA	NA
26-11c: Percent adults who engaged in binge drinking in past month	6%	9 ± 2	No	-	17 ± 1	No
26-13a: Percent of adult females who exceed guidelines for low-risk drinking (8+ drinks per week or 4+ drinks per occasion)	50%	7 ± 3	Yes ⁺		11 ± 1	Yes ⁺
26-13b: Percent of adult males who exceed guidelines for low-risk drinking (15+ drinks per week or 5+ drinks per occasion)	50%	16 ± 11	Yes ⁺		28 ± 2	Yes ⁺

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

Note: "NA" indicates the necessary data are "Not Available".

**Year 2010 Health Objectives for the Nation:
Franklin County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Franklin County 2002	Objective Met ² Franklin County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	23 ± 4	No		25 ± 1	No
27-05: Percent of adults who attempted to quit smoking (age-adjusted to 2000 std population)	75%	51 ± 8	No		54 ± 2	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

2002 Behavioral Health Risks



Of Lancaster County Adults

DEPARTMENT OF
HEALTH

... in pursuit of good health

Edward G. Rendell, Governor

Lancaster
Healthy
Communities

Introduction

The Centers for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health began the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS) in 1989. 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 health services, and knowledge and attitude assessment.

In an effort to provide local BRFSS data, the Pennsylvania Department of Health instituted the Pennsylvania BRFSS Over Sampling Program in 2002. Participation in the program was open to Pennsylvania's State Health Improvement Plan (SHIP) affiliated partnerships located statewide. Four partnerships chose to participate: Armstrong County Family Resources Network, Chester County Healthy Communities Partnership, Healthy Communities Partnership of the Franklin County Area, and Lancaster Healthy Communities. These partnerships were given the opportunity to select 56 questions of their choice in addition to the core questions asked by all who participated in BRFSS.

The survey of adults living in Lancaster County asked questions about health and health-related behaviors including general health, health care access, exercise, asthma, diabetes, oral health, immunization, tobacco use, alcohol consumption, and cancer screening. This allows for some comparison of the county survey results to state results and it also allows the county to get data specific to its individual needs.

Report Organization

A brief *Survey Highlights* section includes a prevalence estimate referring to health status, health care access, exercise, nutrition, diabetes, oral health, tobacco use, and injury prevention for adults in Lancaster County that is statistically different compared to the Pennsylvania estimate.

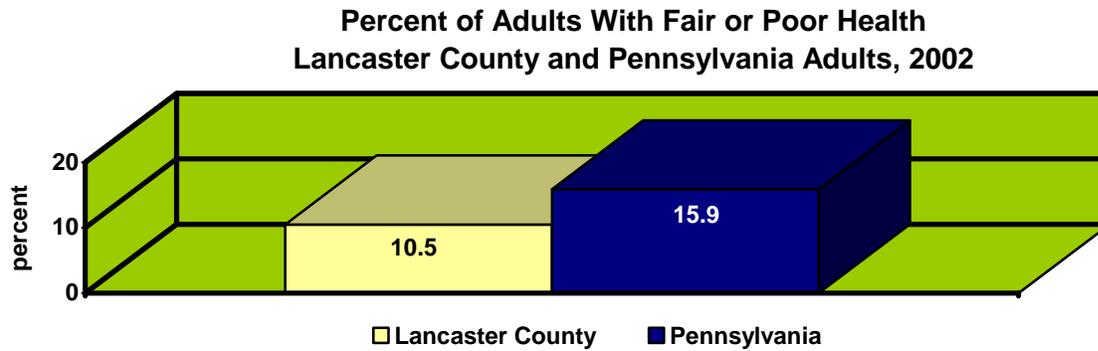
Select prevalence estimates are included in *Table 1: Core Questions, Lancaster County and Pennsylvania Adults, 2002*. They are estimated from questions asked of all 2002 Pennsylvania BRFSS questionnaire respondents. Lancaster County data are presented alongside Pennsylvania data to assist with comparison (see Table 1 footnote). The topics in Table 1 include Health Status, Health Care Access, Exercise, Asthma, Diabetes, Oral Health, Immunization, Tobacco Use, Alcohol Consumption, Injury Prevention, Women's and Men's Health, Colorectal Cancer, and HIV/AIDS.

The topics in *Table 2: Module and County Added Questions, Lancaster County, 2002* include prevalence estimates that were requested specifically for Lancaster County. Topics include: Health Care Coverage and Utilization, Weight Control, Healthy Days, Quality of Life, Injury Prevention, Physical Activity, Cardiovascular Disease, Other Tobacco Products, and Marijuana (refer to Table 2 footnotes for additional information).

Survey Highlights

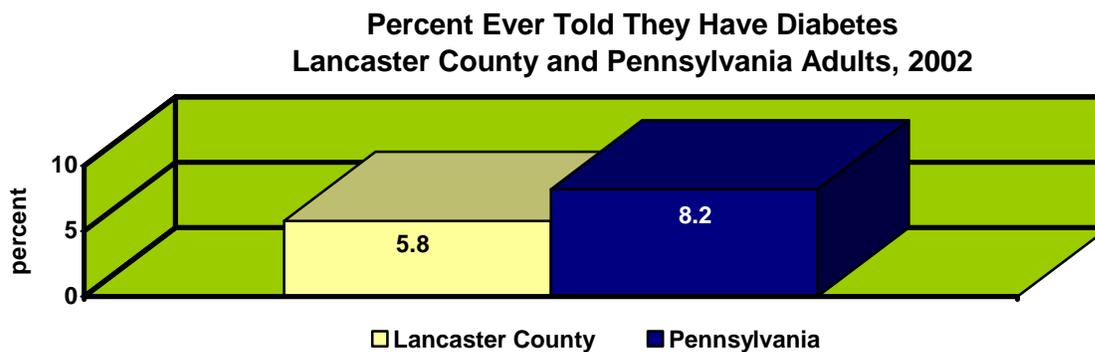
Health Status:

10.5 percent of Lancaster County adults reported that their general health was fair or poor. This was significantly lower compared to Pennsylvania adults.



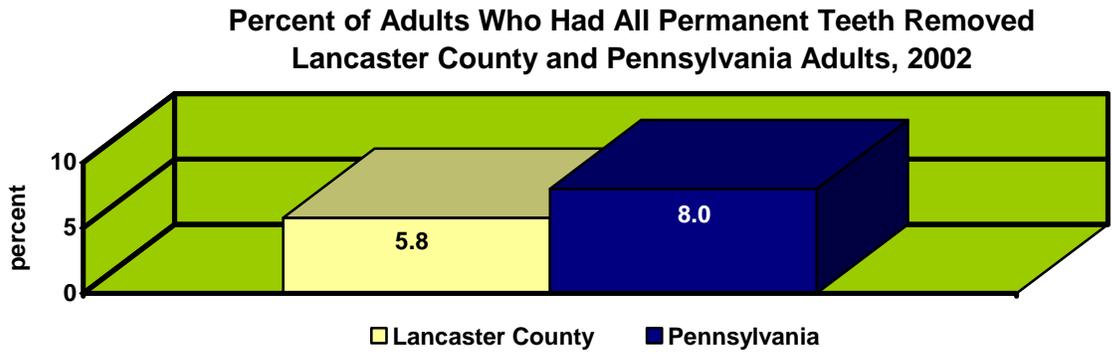
Diabetes:

5.8 percent of Lancaster County adults were told they had diabetes, which was significantly lower compared to the Pennsylvania adult percentage.



Oral Health:

5.8 percent of Lancaster County adults have had all their permanent teeth removed. This was significantly lower compared to Pennsylvania adults.



Alcohol Consumption:

13.5 percent of Lancaster County adults were binge drinkers. This is significantly lower compared to the percentage for Pennsylvania adults.

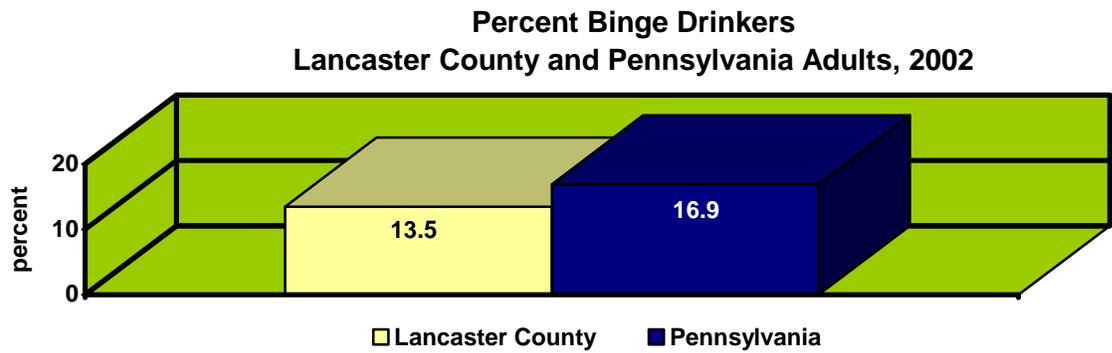


TABLE 1
Core Questions
Lancaster County and Pennsylvania Adults, 2002 (with 95% confidence interval)

	Lancaster County *				Pennsylvania			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Health Status								
Fair or Poor Health	1,202	130	10.5	8.5-12.4 -	13,461	2,137	15.9	15.0-16.7
Obese	1,144	257	22.3	19.6-25.1	12,877	3,025	24.0	23.0-25.0
Health Care Access								
No Health Care Insurance, Age 18-64	958	90	12.4	9.5-15.4	10,363	1,151	12.6	11.6-13.6
Do Not Have a Personal Health Care Provider	1,206	116	12.4	10.0-14.8	13,467	1,253	11.8	11.0-12.7
Unable to Get Medical Care in the Past 12 Months	1,207	46	4.8	3.2-7.1	13,474	560	4.8	4.3-5.4
Exercise								
No Leisure Time Physical Activity	1,205	277	24.7	21.7-27.7	13,479	3,328	24.4	23.4-25.3
Nutrition								
Do Not Eat Fruits and Vegetables 5+ Time/Day	1,207	873	73.2	70.2-76.1	13,490	10,026	74.6	73.6-75.5
Asthma								
Told They Had Asthma	1,207	125	10.2	8.2-12.3	13,477	1,463	11.5	10.8-12.3
Diabetes								
Told They Had Diabetes	1,197	75	5.8	4.5-7.4 -	13,340	1,114	8.2	7.6-8.8
Oral Health								
Did Not Visit Dentist in the Past Year	1,198	299	26.0	23.1-28.9	13,360	3,690	28.2	27.2-29.2
Have Had All Permanent Teeth Removed	1,189	79	5.8	4.6-7.3 -	13,281	1,162	8.0	7.4-8.6
Did Not Have Teeth Cleaned by Dentist in the Past Year	1,108	253	24.6	21.6-27.6	12,039	3,004	26.1	25.0-27.1
Immunization								
Did Not Have a Flu Shot in Past Year, Aged 65+	236	80	33.8	27.3-40.3	2,977	915	29.5	27.4-31.6
Never Had a Pneumonia Vaccination, Aged 65+	232	91	40.4	33.6-47.3	2,907	1,033	36.5	34.3-38.8
Tobacco Use								
Current Smokers	1,207	258	21.8	19.0-24.5	13,491	3,130	24.5	23.5-25.5
Alcohol Consumption								
Binge Drinkers	1,201	159	13.5	11.2-15.7 -	13,370	1,910	16.9	16.0-17.8
Drink and Drive	1,207	23	1.6	1.0-2.5	13,458	255	2.2	1.9-2.6
Injury Prevention								
Do Not Always Use Seatbelts	1,206	374	32.3	29.2-35.5	13,454	4,018	31.4	30.4-32.5
Women's Health								
Did Not Have a Mammogram in the Past Year, Age 40+	473	168	36.0	31.2-40.8	5,458	2,056	38.0	36.3-39.7
Did Not Have a Clinical Breast Exam in the Past Year, Age 40+	475	155	30.5	26.1-35.0	5,412	1,787	34.0	32.4-35.7
Never Had a Pap Test	702	21	3.7	2.2-5.9	8,011	300	4.7	4.1-5.5
Men's Health								
Never Had a Prostate-Specific Antigen (PSA) Test, Age 50+	175	46	27.6	20.3-35.0	2,279	490	21.5	19.4-23.7
Never Had a Digital Rectal Exam (DRE), Age 50+	175	28	18.6	11.8-25.3	2,349	337	16.0	14.0-18.0
Colorectal Cancer Screening								
Never Had a Sigmoidoscopy or Colonoscopy, Age 50+	503	276	54.9	50.1-59.7	6,112	3,220	52.0	50.4-53.6
HIV/AIDS								
Never Tested for HIV (except for blood donation), Age 18-64	911	593	64.4	60.6-68.2	9,827	6,062	60.4	59.0-61.7

Note: Excludes missing, don't know, and refused.

* If a "+" is indicated, then the county has a significantly higher percentage compared to Pennsylvania. If a "-" is indicated, then the county has a significantly lower percentage compared to Pennsylvania.

TABLE 2
Module and County Added Questions
Lancaster County Adults, 2002 (with 95% confidence interval)

MODULE				
	Total No.	No.	%	CI
Health Care Coverage and Utilization				
Did Not Visit a Doctor for a Routine Checkup in the Past Year	1,139	355	33.4	30.0-36.8
Weight Control				
Doctor, Nurse or Other Health Professional Did Not Give Advice About Weight	1,151	949	83.6	81.3-85.9
COUNTY ADDED				
	Total No.	No.	%	CI
Healthy Days				
Mental Health Not Good 1+ Days in Past 30 Days	1,096	332	29.6	26.5-32.7
Poor Physical or Mental Health Prevented Usual Activities in the Past 30 Days	1,115	172	14.1	11.8-16.4
Quality of Life				
Limited By Physical, Mental, or Emotional Problems	1,126	187	14.9	12.6-17.1
Use Special Equipment Due to Health Problems	1,130	52	4.1	3.0-5.5
Injury Prevention				
Do Not Have Working Smoke Detectors on All Floors of Home, Including the Basement but Excluding the Attic	1,121	199	18.1	15.2-21.0
Do Not Have an Emergency Plan for Their Home in the Event of a Fire or Other Emergency	1,111	621	56.7	53.4-59.9
Physical Activity				
No Moderate Activities for at least 10 Minutes	1,120	143	12.6	10.4-14.9
Spends More Than 6 Hours Home Watching TV, Playing Video Games, or Using the Computer in the Past Week	1,113	377	34.5	31.2-37.7
Spends More Than 6 Hours Reading or Doing Sedentary Hobbies in the Past Week	1,109	272	23.2	20.4-25.9
Spends Less Than an Hour Volunteering	1,118	756	70.1	67.0-73.1
Cardiovascular Disease				
Ever Told They Had a Heart Attack, Coronary Heart Disease, or a Stroke	1,117	79	6.0	4.7-7.6
Other Tobacco Products				
Ever Used or Tried Any Smokeless Tobacco Products	1,120	130	13.1	10.6-15.6
Ever Smoked a Cigar	1,121	476	45.2	41.9-48.6
Ever Smoked a Pipe	1,121	258	23.8	20.9-26.8
Marijuana				
Used Marijuana in the Past Year	1,114	57	5.7	4.2-7.6

**Year 2010 Health Objectives for the Nation:
Lancaster County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Lancaster County 2002	Objective Met ² Lancaster County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
01-01: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std population)	100%	88 ± 3	No		87 ± 1	No
01-04c: Percent of adults with specific source of ongoing care (age-adjusted to 2000 std population)	96%	88 ± 2	No		88 ± 1	No
03-11a: Percent of women aged 18+ who have ever received a Pap test (age-adjusted to 2000 std population)	97%	97 ± 2	Yes		95 ± 1	No
03-11b: Percent of women aged 18+ who received a Pap test within past 3 years (age-adjusted to 2000 std population)	90%	84 ± 3	No		84 ± 1	No
03-12a: Percent of adults aged 50+ who received a fecal occult blood test (FOBT) for colorectal cancer within the past 2 years (age-adjusted to 2000 std population)	50%	45 ± 5	Yes	+	35 ± 2	No
03-12b: Percent of adults aged 50+ who ever received a sigmoidoscopy for colorectal cancer (age-adjusted to 2000 std population)	50%	45 ± 5	Yes		48 ± 2	Yes
03-13: Percent of women aged 40+ with a mammogram in last 2 years (age-adjusted to 2000 std population)	70%	80 ± 4	Yes ⁺		77 ± 1	Yes ⁺
05-03: Rate per 1000 of adults who have been diagnosed with diabetes (age-adjusted to 2000 std population)	25	57 ± 15	No		74 ± 6	No
07-01: Percent of adults ages 18-24 who completed high school	90%	77 ± 10	No		87 ± 3	Yes

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

**Year 2010 Health Objectives for the Nation:
Lancaster County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective¹	Year 2010 Objective	Lancaster County 2002	Objective Met² Lancaster County	Sig. Diff. to PA³	Pennsylvania 2002	Objective Met² Pennsylvania
14-29a: Percent of adults 65+ with flu shot in past year (age-adjusted to 2000 std population)	90%	67 ± 6	No		71 ± 2	No
14-29b: Percent of adults 65+ ever vaccinated against pneumococcal disease (age-adjusted to 2000 std population)	90%	61 ± 7	No		64 ± 2	No
14-29c: Percent of adults ages 18-64 with flu shot in the past year (age-adjusted to 2000 std population)	60%	24 ± 3	No		23 ± 1	No
14-29d: Percent of adults ages 18-64 who ever had a vaccination against pneumococcal disease (age-adjusted to 2000 std population)	60%	9 ± 2	No	-	13 ± 1	No
19-01: Percent of adults with a healthy weight (age 20+) (age-adjusted to 2000 std population)	60%	38 ± 3	No		39 ± 1	No
19-02: Percent of obese adults (age 20+) (age-adjusted to 2000 std population)	15%	23 ± 3	No		24 ± 1	No
19-05: Percent of adults who consume at least 2 daily servings of fruit (age-adjusted to 2000 std population)	75%	35 ± 3	No		33 ± 2	No
19-06: Percent of adults who consume at least 3 daily servings of vegetables (age-adjusted to 2000 std population)	50%	25 ± 3	No		23 ± 2	No
21-03: Percent of adults (aged 35-44) who have no permanent tooth extraction due to dental caries or periodontal disease	42%	68 ± 7	Yes ⁺	+	57 ± 2	Yes ⁺

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.

**Year 2010 Health Objectives for the Nation:
Lancaster County & Pennsylvania BRFSS Data, 2002**

Healthy People 2010 Objective ¹	Year 2010 Objective	Lancaster County 2002	Objective Met ² Lancaster County	Sig. Diff. to PA ³	Pennsylvania 2002	Objective Met ² Pennsylvania
21-04: Percent of older adults (aged 65-74) who had all their natural teeth extracted	20%	20 ± 7	Yes		23 ± 3	Yes
21-10: Percent of adults who have visited a dentist in the past year	56%	73 ± 3	Yes ⁺		71 ± 1	Yes ⁺
22-01: Percent of adults who engage in no leisure-time physical activity	20%	25 ± 3	No		24 ± 1	No
26-11c: Percent adults who engaged in binge drinking in past month	6%	14 ± 2	No		17 ± 1	No
26-13a: Percent of adult females who exceed guidelines for low-risk drinking (8+ drinks per week or 4+ drinks per occasion)	50%	9 ± 3	Yes ⁺		11 ± 1	Yes ⁺
26-13b: Percent of adult males who exceed guidelines for low-risk drinking (15+ drinks per week or 5+ drinks per occasion)	50%	22 ± 4	Yes ⁺		28 ± 2	Yes ⁺
27-01a: Percent of adults who smoke cigarettes (age-adjusted to 2000 std population)	12%	22 ± 2	No		25 ± 1	No
27-05: Percent of adults who attempted to quit smoking (age-adjusted to 2000 std population)	75%	42 ± 7	No	-	54 ± 2	No

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

2 The "Yes⁺" designation refers the 2002 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 county has a significantly lower percentage compared to that subpopulation in Pennsylvania.