



**2009**  
**HEALTH STATUS AND HEALTH RISK BEHAVIORS**  
**OF ARIZONANS**



**August 2010**



**Jan Brewer, Governor**  
State of Arizona

**Will Humble, Director**  
Arizona Department of Health Services

**Authors:**

**Judy Bass**  
Arizona BRFSS Coordinator

**Richard S. Porter, Chief**  
Bureau of Public Health Statistics

Survey Center  
Website: <http://www.azdhs.gov/plan/brfs/>

**ACKNOWLEDGMENTS**

This report could not have been completed without the input and assistance of the following:

**Opinion Research Corporation, Macro International**  
BRFSS Contractor

**Centers for Disease Control and Prevention**  
Gloria Colclough  
Bill Garvin

A **special thank you** to Arizona residents for participating in the survey and cooperating with the interviewers.

**Notice**

The Arizona Department of Health Services does not discriminate on the basis of disability in the administration of its programs and services as prescribed by Title II of the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973.

If you need this publication in an alternative format, please contact the ADHS Bureau of Public Health Statistics at (602) 542-7333 or E-mail: [Bassj@azdhs.gov](mailto:Bassj@azdhs.gov) or <http://www.azdhs.gov>.

Funded by the Centers for Disease Control Cooperative Agreement No. U58/CCU922904

*Permission to quote from or reproduce this publication is granted when due acknowledgment is made.*

## TABLE OF CONTENTS

EXECUTIVE SUMMARY .....	1
METHODS .....	3
RISK FACTORS/CHRONIC DISEASE TERM GLOSSARY .....	5
<b>SELF-REPORTED HEALTH STATUS AND LIFE SATISFACTION .....</b>	<b>7</b>
SELF-REPORTED HEALTH STATUS .....	9
LIFE SATISFACTION .....	15
SLEEP .....	19
<b>HEALTH CONDITIONS AND LIMITATIONS.....</b>	<b>21</b>
LIMITATION OF ACTIVITIES .....	23
SPECIAL EQUIPMENT REQUIRED .....	27
ASTHMA .....	31
CARDIOVASCULAR DISEASE – HEART ATTACK.....	35
CARDIOVASCULAR DISEASE – ANGINA .....	39
CARDIOVASCULAR DISEASE – STROKE .....	43
DIABETES .....	47
OBESITY (BMI).....	51
<b>CANCER SURVIVORS .....</b>	<b>55</b>
CANCER PREVALENCE .....	57
CANCER TYPE .....	61
CANCER CLINICAL TRIALS .....	63
<b>HEALTH RISKS, BEHAVIORS AND AWARENESS .....</b>	<b>65</b>
ALCOHOL ABUSE - BINGE DRINKING .....	67
ALCOHOL ABUSE - HEAVY DRINKING .....	71
CIGARETTE SMOKING .....	75
FRUIT AND VEGETABLE CONSUMPTION.....	79
INFLUENZA VACCINATION .....	83
PHYSICAL ACTIVITY - CATEGORIES .....	87
SHINGLES.....	91
CAREGIVER STATUS.....	95
<b>SCREENINGS .....</b>	<b>99</b>
HIGH BLOOD PRESSURE (HYPERTENSION) .....	101
CHOLESTEROL .....	105
<b>HEALTH CARE COVERAGE AND HEALTH CARE UTILIZATION .....</b>	<b>109</b>
HEALTH CARE COVERAGE.....	111
USUAL SOURCE OF HEALTH CARE.....	115
TIME SINCE LAST ROUTINE CHECKUP .....	119
COULD NOT AFFORD NEEDED HEALTH CARE .....	123
<b>APPENDICES .....</b>	<b>127</b>
2009 ARIZONA RESPONDENT PROFILE .....	128
2002–2009 ARIZONA RESPONDENT PROFILE BY YEAR .....	129
2009 RESPONDENT PROFILE BY COUNTY .....	130
2009 ADDITIONAL SELECTED INDICATORS.....	131
2009 ARIZONA BRFSS QUESTIONS LISTING .....	137
2009 ARIZONA QUESTIONNAIRE .....	138
2009 BRFSS WEIGHTING FORMULA .....	155

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## EXECUTIVE SUMMARY

This report is an annual information update about the prevalence of selected risk behaviors, health conditions and chronic diseases in adults in the State of Arizona in 2009. The document also provides data on self-reported health status and life satisfaction of Arizonans, health screenings and health care coverage. Core questions provide information on high-risk behaviors and chronic diseases that are surveyed each year. The optional modules provide information on high-risk behaviors and chronic diseases that may or may not be surveyed each year. State-added questions supply information on high-risk behaviors added by request. The Behavioral Risk Factor Surveillance System (BRFSS) program is a rich source of state-level public health data. These data have become integral to health promotion, disease prevention, and intervention planning throughout Arizona.

### Highlights Of The 2009 Behavioral Risk Factors Survey

<b>Risk Factors</b>	<b>Arizona (Percent)</b>	<b>National (Median Percent)</b>
Self-Reported Health Status (Excellent)	21.3	21.0
Life Satisfaction ( Very satisfied, Satisfied)	94.3	N/A
Sleep (Enough sleep every day in last 30-days)	31.6	N/A
Activities Limited	18.6	18.6
Special Equipment Required	6.3	7.0
Asthma	15.5	13.4
Cardiovascular Disease (Heart Attack)	4.4	3.9
Cardiovascular Disease (Angina)	3.4	3.8
Cardiovascular Disease (Stroke)	2.6	2.4
Diabetes	8.6	8.4
Obesity (BMI > 30.0)	25.9	27.1
Alcohol Abuse - Binge Drinking	14.9	15.5
Alcohol Abuse - Heavy Drinking	6.0	5.1
Cigarette Smoking	16.1	17.9
Fruit And Vegetable Consumption (>5 per day)	24.1	23.4
Influenza Vaccination (ages 65+)	67.0	69.8
Physical Activity –(Met Standards)	49.5	49.3
Shingles	8.4	N/A
Caregiver Status (% who are caregivers)	23.6	N/A
High blood pressure (Hypertension)	26.6	28.6
Cholesterol (Screened for)	74.0	76.9
Health Care Coverage (Uninsured)	15.0	14.6
Have Usual Source Of Health Care	79.4	N/A
Routine Checkup (in the Last Year)	65.9	N/A
Could Not Afford Needed Health Care	14.1	N/A

## EXECUTIVE SUMMARY (Cont.)

- The percentage of current smokers in Arizona reached a low of 16.1%. Men were more likely to be smokers at 18% versus 14.3% for women.
- Arizonans who reported excellent health over past 5 to 7 years were similar with a range of (19.1% - 24.4%)
- The proportion of Arizonans consuming five or more servings of fruits and vegetable has slightly increased from 23.5% in 2008 to 24.1% in 2009.
- Respondents with activity limitations and requirements for special equipment decreased slightly from 7.7% in 2008 to 6.3% in 2009.
- Asthma was reported at 15.5%, the highest in eight years. Thirty-two percent of those in the category: “unable to work,” reported having asthma.
- Nearly 70% of adults 65 years and older received an influenza vaccination in 2009.
- Arizona Respondents who reported being uninsured improved from 17.9% in 2008 to 15% in 2009.
- Arizona consistently has a significant proportion of its population (14.1%) who can not afford needed health care.

<b>Risk Indicator Trends for Arizona 2002-2009 (Percent)</b>								
<b>Risk Factors</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>	<b>2009</b>
Self-Reported Health Status (Excellent)	22.3	24.4	22.9	23.8	22.7	22.1	19.1	21.3
Life Satisfaction ( Very satisfied, Satisfied)	N/A	N/A	N/A	94.7	95.8	95.5	95.8	94.3
Activities Limited	N/A	19.6	17.1	19.4	19.6	18.4	21.5	18.6
Special Equipment Required	4.8	6.0	5.3	6.2	5.7	6.5	7.7	6.3
Asthma	13.9	12.5	12.4	12.2	14.7	14.0	14.8	15.5
Cardiovascular Disease (Heart Attack)	N/A	N/A	N/A	4.6	4.7	4.6	4.5	4.4
Cardiovascular Disease (Angina)	N/A	N/A	N/A	5.0	4.7	4.9	4.6	3.4
Cardiovascular Disease (Stroke)	N/A	N/A	N/A	2.1	2.9	2.9	2.5	2.6
Diabetes	6.4	6.3	6.6	7.5	8.5	8.4	7.7	8.6
Obesity (BMI)	19.6	20.1	21.2	21.1	22.9	25.8	23.9	25.9
Seat Belt Use	11.2	N/A	N/A	N/A	18.1	N/A	6.8	N/A
Alcohol Abuse - Binge Drinking	16.9	16.6	15.5	14.5	15.2	14.9	15.2	14.9
Alcohol Abuse - Heavy Drinking	8.7	5.4	4.8	6.3	5.5	5.8	5.2	6.0
Cigarette Smoking	23.4	20.8	18.5	20.2	18.2	19.8	15.8	16.1
Fruit And Vegetable Consumption (>5 per day)	22.7	23.1	22.1	23.7	26.0	28.3	23.5	24.1
Folic Acid Awareness	N/A	43.8	37.2	36.7	45.6	40.8	N/A	N/A
Influenza Vaccination (ages 65+)	69.7	68.9	66.1	62.5	65.4	69.0	71.4	67.0
Physical Activity – (Met Standards)	N/A	50.1	51.8	47.0	48.1	47.6	47.0	49.5
High blood pressure (Hypertension)	N/A	22.7	N/A	22.3	N/A	24.8	N/A	26.6
Cholesterol (checked within past five years)	N/A	70.6	N/A	67.0	N/A	71.9	N/A	74.0
Colorectal Cancer Screening (Sigmoidoscopy & Colonoscopy) (Age 50+)	48.2	N/A	53.0	56.0	56.6	62.2	63.8	N/A
Routine Mammography (40+ never had)	9.8	N/A	9.8	N/A	9.5	N/A	8.9	N/A
Health Care Coverage (Uninsured)	16.1	16.7	17.9	20.9	19.6	18.1	17.9	15.0
Have Usual Source Of Health Care	77.7	73.6	74.3	72.0	71.7	74.4	74.3	79.4
Could Not Afford Needed Health Care	N/A	11.8	12.8	14.4	13.0	13.6	13.6	14.1

---

---

## METHODS

---

---

### A. BACKGROUND

The Arizona Department of Health Services (ADHS) has participated in the Behavioral Risk Factor Surveillance System (BRFSS) since 1982, through a cooperative agreement with the Centers for Disease Control and Prevention (CDC). The BRFSS is an ongoing data collection system for gathering information on adult health-related behaviors of non-institutionalized residents 18 years of age and older. The purpose of the BRFSS is to provide data that can be used to plan, implement and monitor health promotion and disease prevention efforts in Arizona.

### B. SAMPLING DESIGN

The Arizona BRFSS is a random sample telephone survey, using disproportionate stratified sampling, random digit dialing and a Computer Assisted Telephone Interviewing (CATI) system. The survey has the potential to represent 96.3 percent of all households in Arizona (i.e., those who have land-line telephones rather than cellular phones according to Arizona Department of Economic Security data for the year 2000, the latest year available). A sample size of 5,475 interviews over a 12-month period was selected to achieve an acceptable 95 percent confidence interval of  $\pm 3$  percent on risk factor prevalence estimates of the adult population. This means that the estimated prevalence of a given risk factor can be reliably projected across the total population of Arizona residents. Prevalence estimates of individual demographic variables, especially those that yield smaller sample sizes, do not achieve the same level of accuracy as the total sample.

A demographic profile of the Arizona population surveyed is reported in Appendix I: 2009 Arizona Respondent Profile.

### C. QUESTIONNAIRE

The questionnaire, designed through cooperative agreements with the CDC, was divided into three sections: Core, Optional Modules, and State-Added questions. The Core section contained questions on health risk behaviors and demographic information; the next section contained optional modules: PreDiabetes, Diabetes, Actions to Control High Blood Pressure, Heart Attack and Stroke, Shingles and Mental Illness and Stigma. The last section contained State-added questions consisting of: Cancer survivorship, Food Assistance Program Participation, and Tobacco items.

### D. BRFSS Protocol

The ADHS has contracted with a private survey research firm since August 2000 to contact randomly selected Arizona residences from 9 A.M. until 9 P.M. weekdays, from 11 A.M. until 7 P.M. Saturdays, and 11 A.M. until 7 P.M. Sundays. All telephone numbers released in each month's sample received at least 15 attempts over a minimum 14 day period, including at least three attempts during weekends, three attempts during weekday evening and three attempts during the daytime weekday. Furthermore selected respondents who were not able to complete the interview at the time of selection received a minimum of 10 callbacks during the interview period.

After a residence had been contacted, one adult (18 years of age or older) was randomly selected from all adults residing in the household to be interviewed.

---

---

## METHODS (Cont.)

---

---

### E. DATA ANALYSIS

The collected data were compiled and weighted by the CDC. Weighted counts were based on the Arizona population to accurately reflect the population demographics. The weighting factor considered the number of adults and telephone lines in the household, cluster size, stratum size, and age/race/sex distribution of the general population. The weighting formula is described in the 2009 BRFSS Weighting Formula at the end of this report.

All analyses presented are based upon cell size counts of at least eight cases. The demographic information that was collected and presented in these results includes sex, age, education, household income, race, and ethnicity. Comparisons between responses within demographic categories were analyzed for statistical significance at the  $\alpha = .05$  level. Throughout the report, statistical difference is noted when analysis provides 95 percent confidence that the categories described are different.

## RISK FACTORS/CHRONIC DISEASE TERM GLOSSARY

<b>Asthma</b>	Respondents who reported a doctor told them they had asthma.
<b>Binge Drinking</b>	Respondents who reported having five or more drinks on an occasion, one or more times in the past month.
<b>Cancer</b>	Respondents who reported having been told by a doctor, nurse, or other health care professional that they had cancer. In addition, Cancer survivors reported on the type of cancer they had and if they were in clinical trials.
<b>Cardiovascular Disease</b>	Respondents who reported a doctor told them they had a heart attack, angina, or stroke.
<b>Caregiver</b>	Caregivers provide assistance to someone who is, in some degree incapacitated and needs help. The responses from the caregiver module can then be paired with information from the main BRFSS questionnaire, which allow for additional information about the health and well-being of caregivers.
<b>Cholesterol</b>	Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke.
<b>COPD</b>	Respondents who reported a doctor told them they had emphysema or chronic bronchitis.
<b>Current Smoking</b>	Respondents who reported smoking 100 cigarettes during their lifetime and who smoke now (regularly or irregularly).
<b>Diabetes</b>	Respondents who reported a doctor told them they had diabetes.
<b>Influenza Vaccination</b>	Respondents 65 years or older who reported not receiving a flu shot in the past 12 months.
<b>Folic Acid Awareness</b>	Female respondents 18 to 44 years of age who reported a reason other than preventing birth defects as the reason experts recommend that women take folic acid.

---

---

## RISK FACTORS/CHRONIC DISEASE TERM GLOSSARY (Cont.)

---

---

<b>Fruits/Vegetables</b>	Respondents who reported that they consumed fewer than five servings of fruits and vegetables daily.
<b>Health Care Coverage</b>	Respondents who reported that they did not have health care coverage.
<b>Heavy Drinking</b>	Adult men having more than two drinks per day and adult women having more than one drink per day.
<b>Limited Activities</b>	Respondents who reported they were limited in any activities due to any impairment or health problems.
<b>No Leisure-Time Activity</b>	Respondents who reported that they did not participate in physical activity in the past month outside of normal work-related activities.
<b>Obese</b>	Respondents with a Body Mass Index (BMI) of 30.0 to 99.8. BMI is weight in kilograms divided by height in meters squared ( $W/H^2$ ).
<b>Overweight</b>	Respondents with a Body Mass Index (BMI) of 25.0 to 29.9.
<b>Respondent</b>	Arizona residents 18 years of age or older. In some cases various subset(s) of this group may be used.
<b>Seatbelt Use</b>	Respondents who reported that they "sometimes", "seldom", or "never" wear seat belts when driving or riding in a car.
<b>Shingles</b>	Shingles, also called herpes zoster or zoster, is a painful skin rash caused by the varicella zoster virus (VZV). VZV is the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. Usually the virus does not cause any problems; however, the virus can reappear years later, causing shingles. Herpes zoster is not caused by the same virus that causes genital herpes, a sexually transmitted disease.
<b>Special Equipment</b>	Respondents reported having a health problem or impairment that required special equipment.

**SELF-REPORTED HEALTH STATUS  
AND  
LIFE SATISFACTION**

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## SELF-REPORTED HEALTH STATUS

Health-related quality of life (HRQOL) related questions about perceived physical and mental health and function have developed into an important part of health surveillance and are generally considered valid indicators of service needs and intervention outcomes. Self-assessed health status has proved a more dominant predictor of mortality and morbidity than many objective measures of health.<sup>1</sup> HRQOL measures make it feasible to scientifically demonstrate the effect quality of life has on health, going well beyond the old paradigm that was restricted to what can be viewed under a microscope.<sup>2</sup>

**Survey Question:** Would you say that in general your health is?

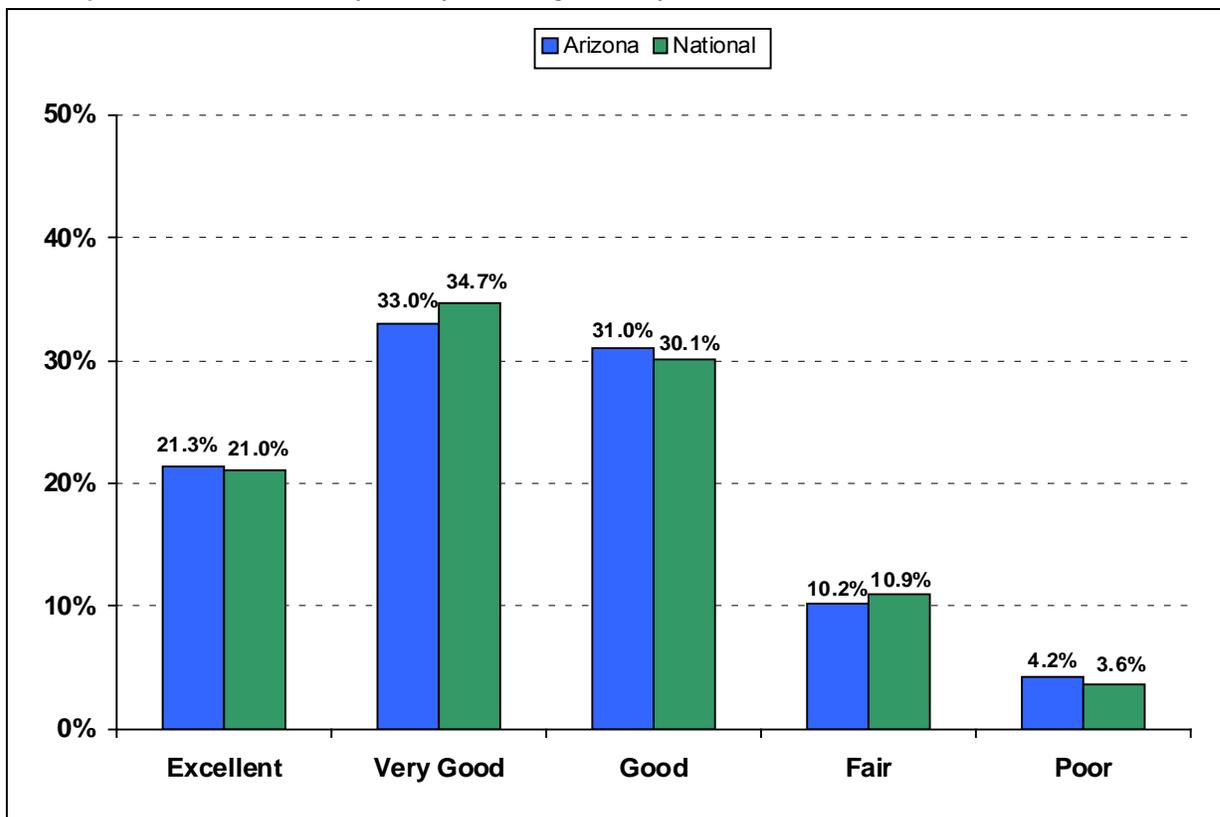


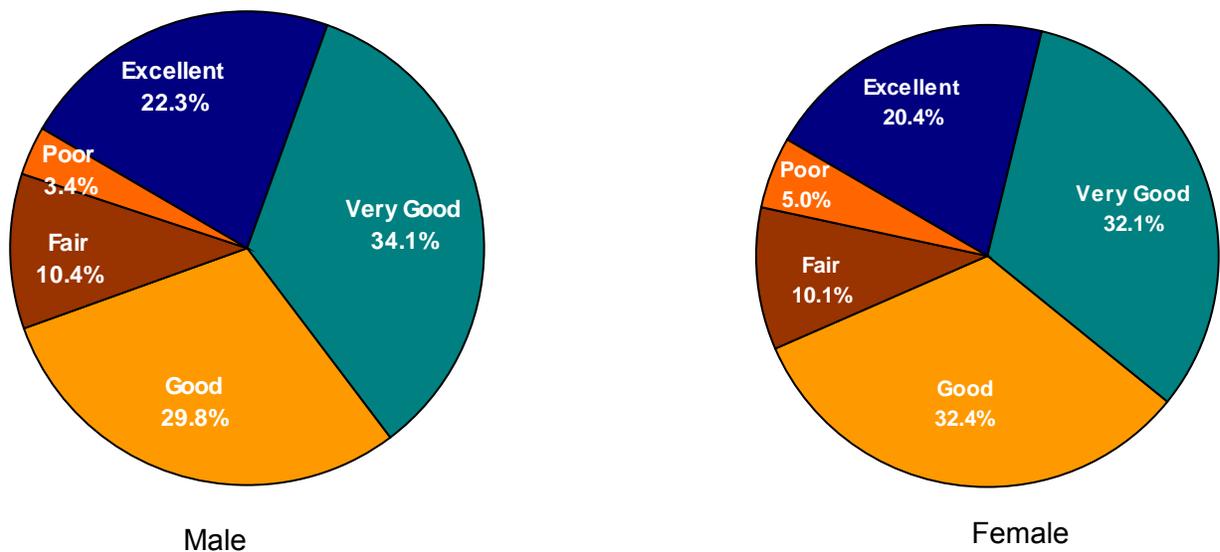
Figure 1a. 2009 Arizona and national BRFSS respondents' self-reported physical health status

When compared to the median value of all states in the nation, Arizona is not much different. We do show a slightly higher reported value in the poor, good and excellent categories when compared to national figures.

### References

<sup>1</sup> Idler EL, Benyamini Y. Self-rated health and mortality: A review of twenty-seven community studies. *J Health Soc Behav* 1997; 38:21-37.

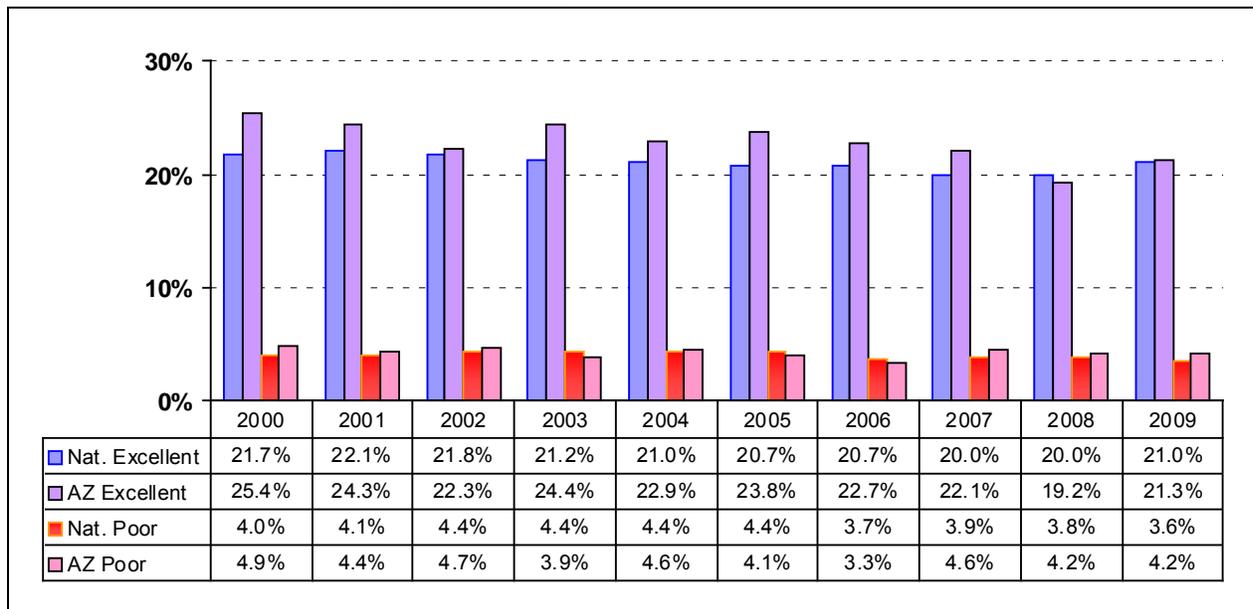
<sup>2</sup> U.S. Department of Health and Human Services. Centers for Disease Control and Prevention (CDC). *Measuring Healthy Days, "What is quality of life?"* Atlanta, Georgia: CDC, November 2000; pages 7-10.



**Figure 1b.** 2009 Arizona BRFSS respondents' self-reported physical health status by gender.

Males and females exhibited fairly consistent responses concerning self-reported health status. It appears that females reported poor and good health status more often than males.

**Survey Questions:** How good is your general health?



**Figure 1c.** 2000-2009 Arizona and national BRFSS respondents' self-reported physical health status.

In each year from 2000 to 2009, the proportion of respondents who reported their health status as excellent was higher in Arizona compared to the nation with the one exception of 2008.

The proportion of Arizonans who assessed their health status as poor decreased from 4.9% in 2000 to 4.2% in 2009. We see a similar reduction in those who reported excellent health from 25.4% to 21.3%.

According to the 2009 BRFSS (Table 1a below), 14.5 percent of respondents reported their health was fair or poor. Some of the highlights of this table include:

- Poor health is reported more frequently as age increases.
- Looking at marital status, the separated, divorced, and widowed group reported having poor health.
- There is a gradient in response associate with income. The lower the income the higher the percentage reporting poor health.
- Native American and Hispanic respondents were much more likely to report poor health.

2009 Arizona BRFSS: Self-Reported Fair or Poor General Physical Health Status						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>Total</b>	14.5	1106		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	8.0	193
Male	13.9	408		Self-employed	11.3	47
Female	15.2	698		Out of work	18.1	70
<b>AGE</b>				Homemaker	15.4	107
18-24	2.6	6		Student	4.8	8
25-34	8.0	52		Retired	21.9	436
35-44	12.8	91		Unable to work	71.3	240
45-54	20.4	190		<b>INCOME</b>		
55-64	18.6	259		<\$25,000	30.7	552
65+	22.6	508		\$25,000-\$34,999	20.1	110
<b>MARITAL STATUS</b>				\$35,000-\$49,999	12.8	112
Married	13.4	512		\$50,000-\$74,999	6.8	84
Divorced	22.0	190		\$75,000 or more	3.8	64
Widowed	26.9	252		<b>RACE/ ETHNICITY</b>		
Separated	30.9	40		White, non-Hispanic	12.9	732
Never Married	8.5	84		Black	17.2	17
Unmarried Couple	14.7	24		Asian/PI	7.6	6
<b>EDUCATION</b>				American Indian	21.8	62
Less than High School	33.1	244		Other	31.7	24
High School Graduate/GED	17.3	323		HISPANIC	19.0	250
Some College/Tech School	15.4	344				
College Grad	6.9	191				

Table 1a. BRFSS results: Respondents self-reported fair or poor physical health status. \*N is unweighted.

In Table 1b, below, 85.5% of respondents reported their health was excellent to good.

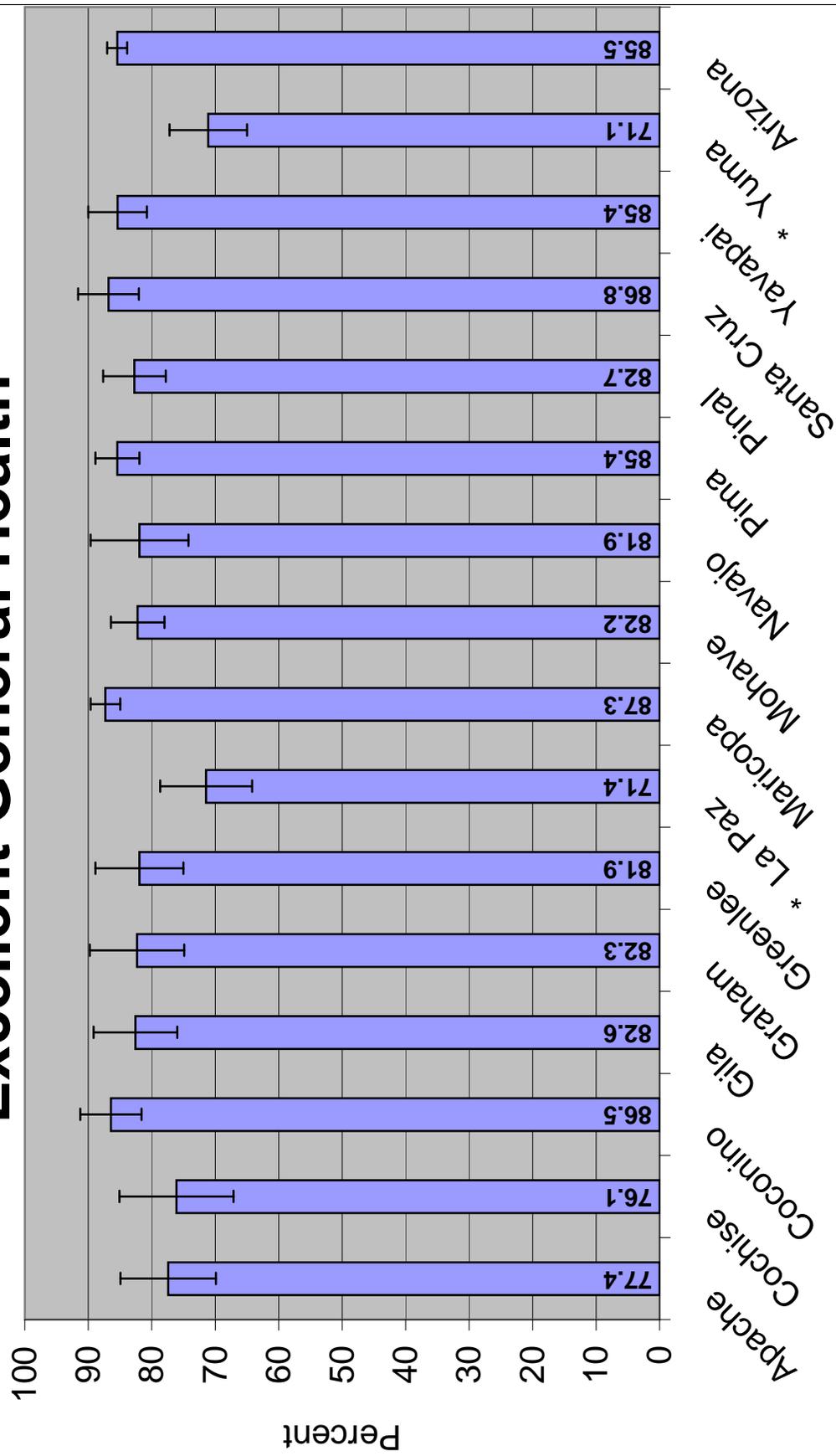
Differences were noted in the following areas:

- The groups that reported the highest percentage of good to excellent health were married and never married.
- Those without a high school education reported the lowest percentages for these questions.
- White non-Hispanic and Asian reported higher percentages in this table.

2009 Arizona BRFSS: Self-Reported Good to Excellent General Physical Health Status					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	85.5	4210	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	92.0	1619
Male	86.1	1603	Self-employed	88.7	348
Female	84.8	2607	Out of work	81.9	243
<b>AGE</b>			Homemaker	84.6	383
18-24	97.4	135	Student	95.2	73
25-34	92.0	379	Retired	78.1	1448
35-44	87.2	563	Unable to work	28.7	81
45-54	79.6	706	<b>INCOME</b>		
55-64	81.4	923	<\$25,000	69.3	901
65+	77.4	1504	\$25,000-\$34,999	79.9	443
<b>MARITAL STATUS</b>			\$35,000-\$49,999	87.2	616
Married	86.6	2438	\$50,000-\$74,999	93.2	650
Divorced	78.0	574	\$75,000 or more	96.2	1036
Widowed	73.1	576	<b>RACE/ ETHNICITY</b>		
Separated	69.1	77	White, non-Hispanic	87.1	3241
Never married	91.5	396	Black, non-Hispanic	82.8	41
Unmarried couple	85.3	127	Asian/PI	92.4	58
<b>EDUCATION</b>			American Indian	78.2	171
Less than High School	66.9	293	Other	68.3	54
High School Graduate/GED	82.7	1041	<b>HISPANIC</b>	81.0	585
Some College/Tech School	84.6	1289			
College Grad	93.1	1572			

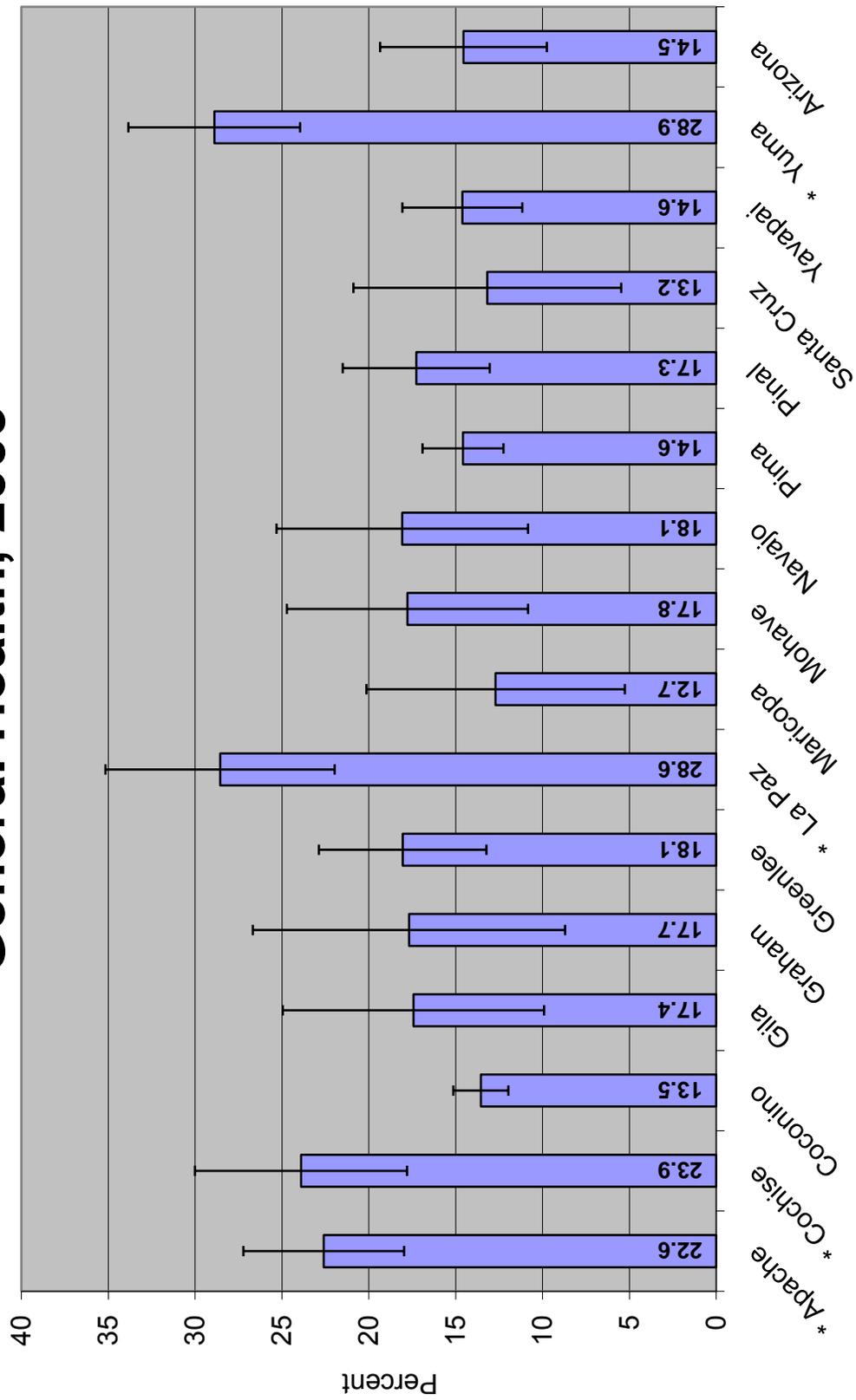
**Table 1b.** BRFSS results: Respondents self-reported very good or excellent physical health status. \*N is unweighted.

# Arizona Residents with Good to Excellent General Health



\* Significantly different from Arizona percentage.

# Arizona Residents with Fair or Poor General Health, 2009



\*Significantly different from Arizona percentage.

## LIFE SATISFACTION

“Extensive research has been conducted in psychology and the social sciences to understand the factors influencing well-being. Nevertheless, it is only relatively recently that subjective measures of well-being have begun to be taken seriously outside academia. People with positive self-perceptions also tend to live longer than those who regard themselves more negatively. As well as being valid, self-reports of life satisfaction seem to be reliable. In other words, people tend to give the same patterns of response over time, and when slightly different question wordings are used. Whilst on the individual level, day-to-day changes in happiness are of interest, at a policy level it is overall satisfaction that gives the best indication of how groups of people are faring.”<sup>1</sup>

**Survey Question:** In general, how satisfied are you with your life?

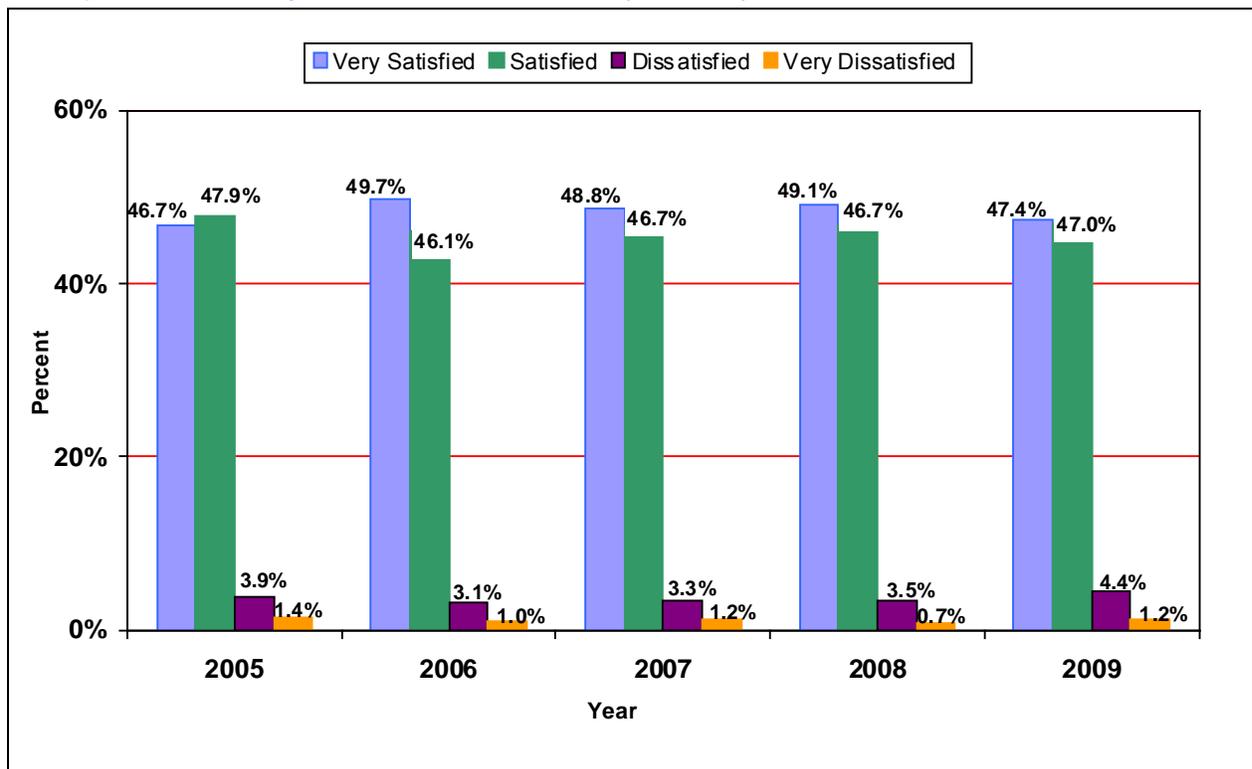


Figure 2a. 2005-2009 Arizona BRFSS respondents' self-reported life satisfaction.

### Reference

<sup>1</sup> New Economics Foundation, “The Happy Planet Index,” Life Satisfaction available from <http://www.happyplanetindex.org/public-data/files/happy-planet-index-first-global.pdf>; pg. 11 Internet; accessed 7 June 2007.

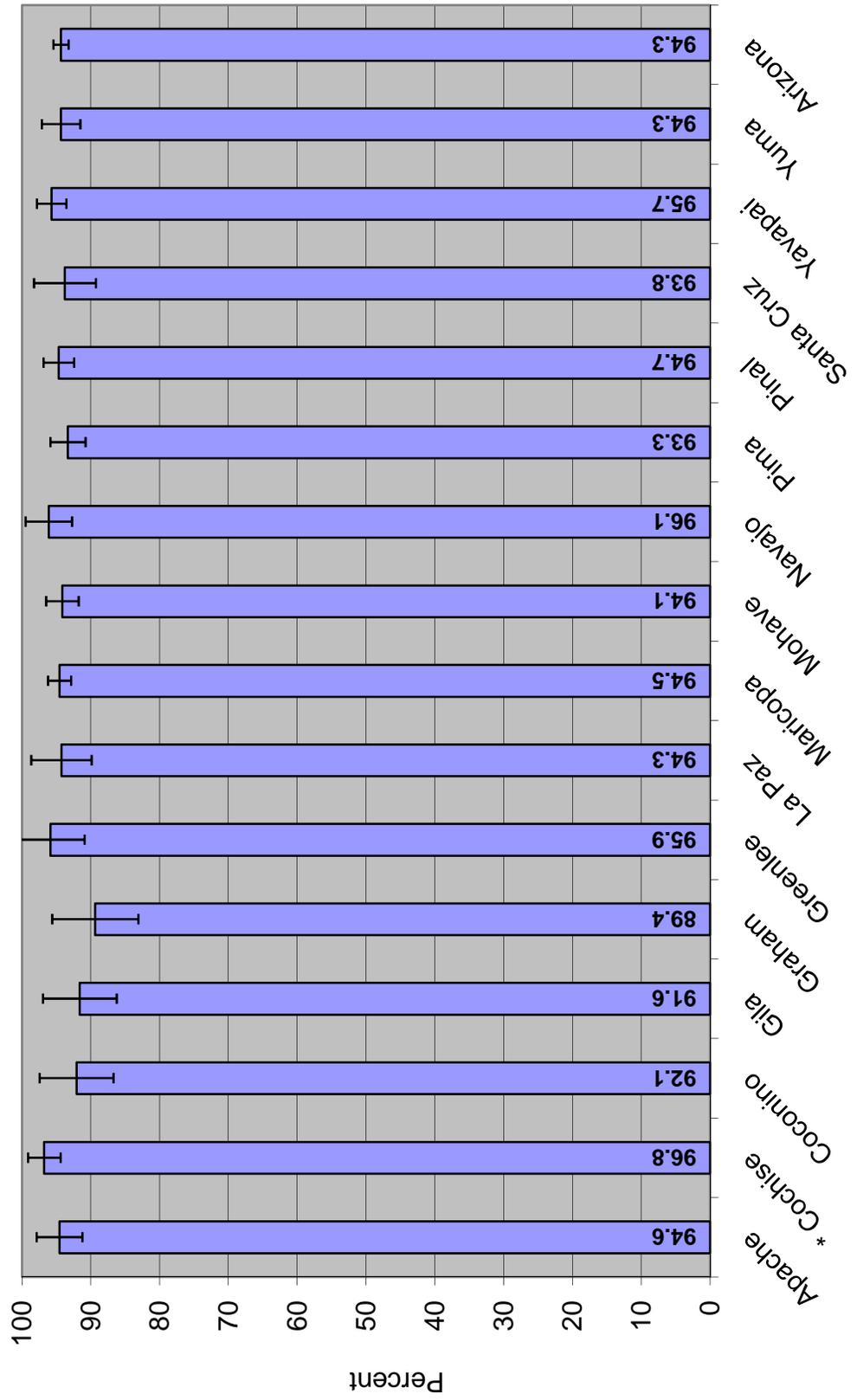
According to the 2009 BRFSS (Table 2a, below), 94.3% respondents reported that they were satisfied or very satisfied with their life.

- As household income increased, so does satisfaction with life; 98.9% of adults making more than \$75,000 reported satisfaction within their life.
- In terms of ethnicity, the vast majority of respondents reported high levels of satisfaction with their lives. Asian/Pacific Indians, Hispanics and Whites (non-Hispanics) reported very high satisfaction (94.2% -100%) with Blacks and American Indians reporting slightly less satisfaction (89.8% - 91.7%) respectively.

2009 Arizona BRFSS: Life Satisfaction (Satisfied and Very Satisfied)					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	94.3	4822	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	96.8	1673
Male	94.9	1836	Self-employed	98.4	374
Female	93.8	2986	Out of work	85.6	250
<b>AGE</b>			Homemaker	92	448
18-24	96.5	125	Student	98.4	77
25-34	96.2	388	Retired	95.3	1771
35-44	93.8	580	Unable to work	70.6	215
45-54	92.4	811	<b>INCOME</b>		
55-64	90.9	1036	<\$25,000	87.6	1215
65+	96.1	1882	\$25,000-\$34,999	92.3	508
<b>MARITAL STATUS</b>			\$35,000-\$49,999	93.4	684
Married	96.8	2773	\$50,000-\$74,999	97.3	709
Divorced	84.2	660	\$75,000 or more	98.9	1057
Widowed	93.2	731	<b>RACE/ ETHNICITY</b>		
Separated	68.6	83	White, non-Hispanic	94.5	3668
Never married	92.7	419	Black	89.8	47
Unmarried couple	96.3	137	Asian/PI	100	61
<b>EDUCATION</b>			American Indian	91.7	194
Less than High School	90.4	440	Other	81.1	66
High School Graduate/GED	92	1230	HISPANIC	94.2	724
Some College/Tech School	93.8	1468			
College Grad	97.4	1668			

Table 2a. BRFSS results: Respondents' life satisfaction. \*N is unweighted.

# Arizonans Satisfied or Very Satisfied with Life, 2009



\*Significantly different than Arizona Percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

---

---

## SLEEP

---

---

As chronic diseases have assumed an increasingly common role in premature death and illness, interest in the role of sleep in the development and management of chronic diseases has grown. Notably, insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression.<sup>1</sup>

### Diabetes

Research has found that insufficient sleep is linked to an increased risk for the development of Type 2 diabetes. Specifically, sleep duration and quality have emerged as predictors of levels of *Hemoglobin A1c*, an important marker of blood sugar control. Recent research suggests that optimizing sleep duration and quality may be important means of improving blood sugar control in persons with Type 2 diabetes.<sup>2</sup>

### Cardiovascular Disease

Persons with sleep apnea have been found to be at increased risk for a number of cardiovascular diseases. Notably, hypertension, stroke, coronary heart disease and irregular heartbeats (*cardiac arrhythmias*) have been found to be more common among those with disordered sleep than their peers without sleep abnormalities. Likewise, sleep apnea and hardening of the arteries (*atherosclerosis*) appear to share some common physiological characteristics, further suggesting that sleep apnea may be an important predictor of cardiovascular disease.<sup>3</sup>

### Obesity

Laboratory research has found that short sleep duration results in metabolic changes that may be linked to obesity. Epidemiologic studies conducted in the community have revealed an association between short sleep duration and excess body weight. Notably, this association has been reported in all age groups—but has been particularly pronounced in children. It is believed that sleep in childhood and adolescence is particularly important for brain development and that insufficient sleep in youngsters may adversely affect the function of a region of the brain known as the *hypothalamus*, which regulates appetite and the expenditure of energy.<sup>4</sup>

---

#### References

<sup>1</sup> U.S. Department of Health and Human Services, Center for Disease Control and Prevention Sleep and Sleep Disorder [http://www.cdc.gov/sleep/chronic\\_disease.htm](http://www.cdc.gov/sleep/chronic_disease.htm) Internet accessed 3 June 2010.

<sup>2</sup> Knutson KL, Ryden AM, Mander VA, Van Cauter E. Role of sleep duration and quality in the risk and severity of type 2 diabetes mellitus. *Arch Intern Med* 2006;166:1768–1764.

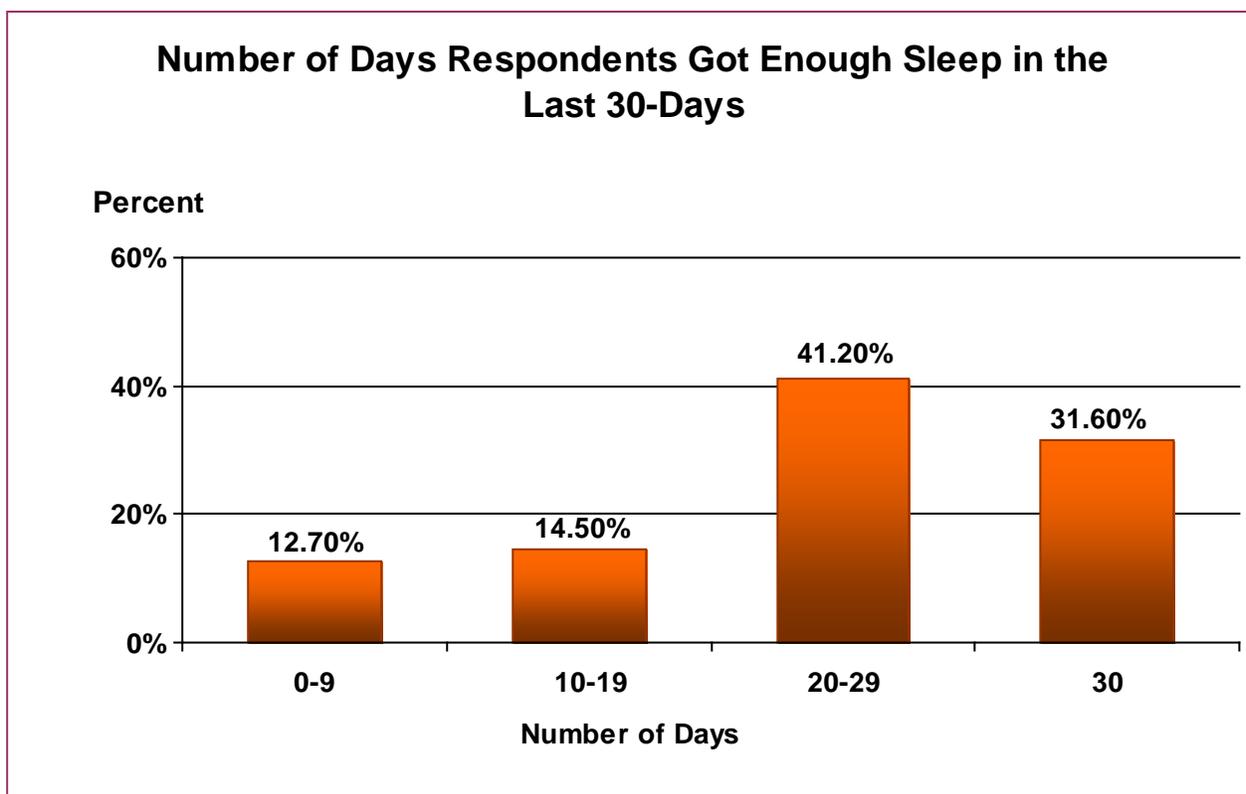
<sup>3</sup> Kasasbeh E, Chi DS, Krishnaswamy G. Inflammatory aspects of sleep apnea and their cardiovascular consequences. *South Med J* 2006;99:58–67.

<sup>4</sup> Taheri S. The link between short sleep duration and obesity: We should recommend more sleep to prevent obesity. *Arch Dis Child* 2006;91:881–884.

## Depression

The relationship between sleep and depression is complex. While sleep disturbance has long been held to be an important symptom of depression,<sup>4</sup> recent research has indicated that depressive symptoms may decrease once sleep apnea has been effectively treated and sufficient sleep restored.<sup>5</sup> The interrelatedness of sleep and depression suggests it is important that the sleep sufficiency of persons with depression be assessed and that symptoms of depression are monitored among persons with a sleep disorder.

**Survey Question:** How many days did you get enough sleep in past 30 days?



**Figure 3a.** 2009 Arizona Respondents who reported in receiving enough sleep in the last 30-days.

---

### Reference

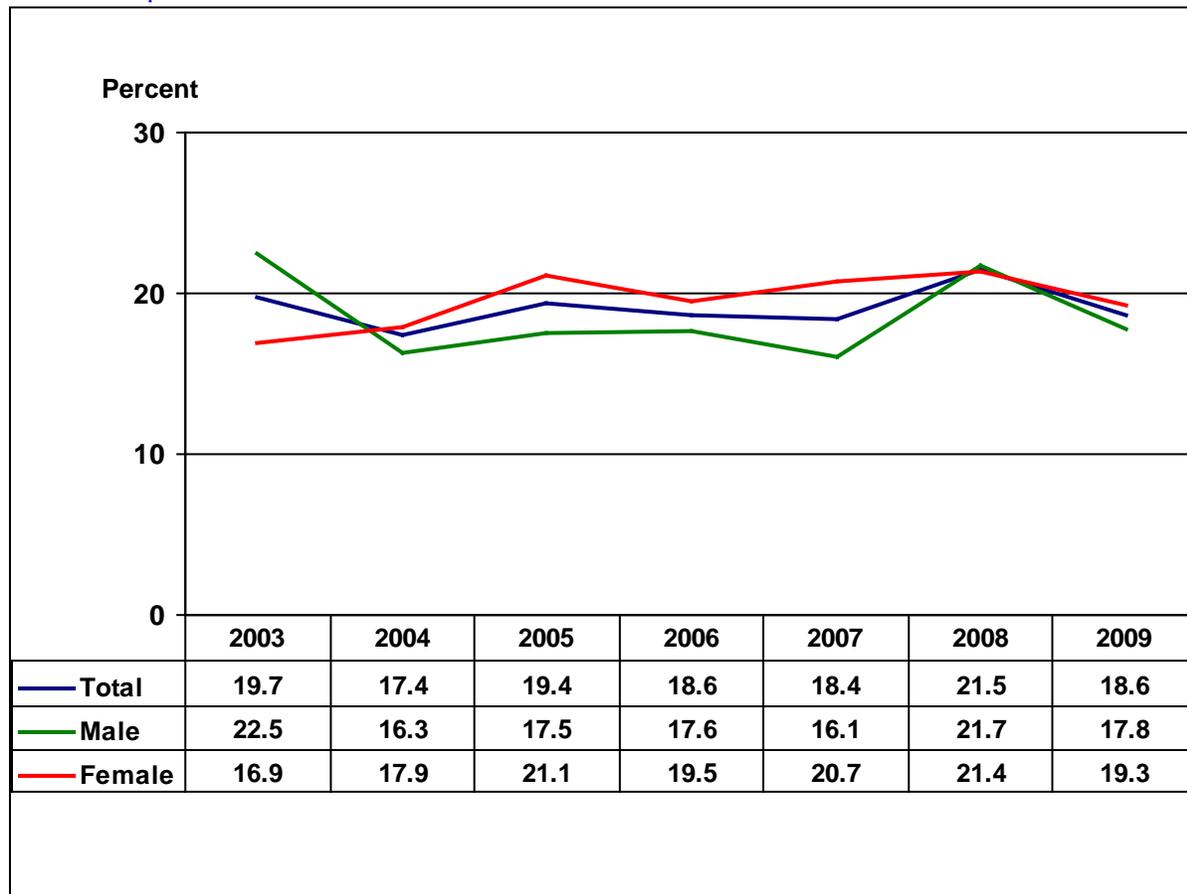
<sup>5</sup> Schwartz DJ, Kohler WC, Karatinos G. Symptoms of depression in individuals with obstructive sleep apnea may be amenable to treatment with continuous positive airway pressure. *Chest* 2005;128:1304–1306.

**HEALTH CONDITIONS  
AND  
LIMITATIONS**

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## LIMITATION OF ACTIVITIES

**Survey Question:** Are you limited in any way in any activities because of physical, mental, or emotional problems?



**Figure 4a.** Arizona BRFSS respondents who reported their activities are limited by gender.

In the 2009 BRFSS, 18.6 percent of respondents reported their activities were limited. The prevalence of some type of activity limitation was slightly higher for females than males. (**Figure 4a**).

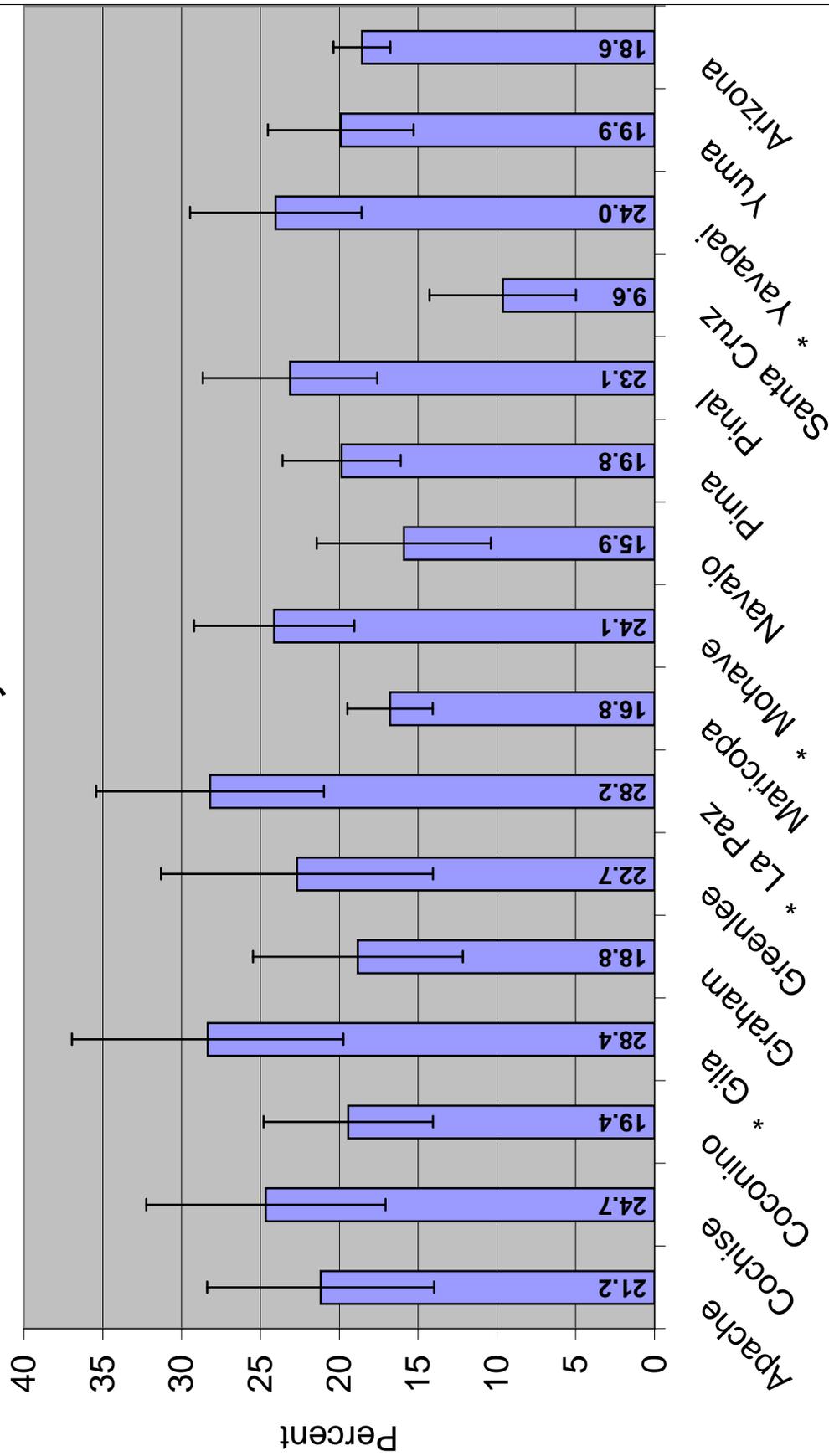
- Older respondents over 65 years of age reported the highest levels of limitation.
- Those who were divorced or widowed had higher percentages of limited activities, at 32.1% and 33.4% respectively.
- As household income increased, the percentage of adults with an activity limitation decreased; 25.2% of adults with a household income of less than \$25,000 had an activity limitation (the highest percent for all income subgroups) compared to 12.6% of adults with a household income of \$75,000 or higher.

2009 Arizona BRFSS: Limited Activities						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	18.6	1413		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	10	245
Male	17.8	521		Self-employed	17.7	76
Female	19.3	892		Out of work	17.1	76
<b>AGE</b>				Homemaker	12	106
18-24	7.4	15		Student	9.4	11
25-34	9	41		Retired	32.7	604
35-44	14.9	104		Unable to work	89.9	290
45-54	20.4	221		<b>INCOME</b>		
55-64	27.7	377		<\$25,000	25.2	536
65+	31.4	655		\$25,000-\$34,999	23.5	157
<b>MARITAL STATUS</b>				\$35,000-\$49,999	16.9	193
Married	16.4	634		\$50,000-\$74,999	17.3	152
Divorced	32.1	272		\$75,000 or more	12.6	174
Widowed	33.4	309		<b>RACE/ ETHNICITY</b>		
Separated	17.4	31		White, non-Hispanic	21.4	1149
Never married	14.6	122		Black	14.9	15
Unmarried couple	16.6	39		Asian/PI	6.6	5
<b>EDUCATION</b>				American Indian	15.8	52
Less than High School	18.6	152		Other	36.6	30
High School Graduate/GED	20.2	391		Hispanic	10.6	145
Some College/Tech School	19	471				
College Grad	17.1	396				

**Table 4a.** BRFSS results: Respondents who reported their activities were limited. \*N is unweighted.

\*95 Percent% Confidence Interval: 16.8% - 20.4%

# Arizonans with Limitations of Activities, 2009

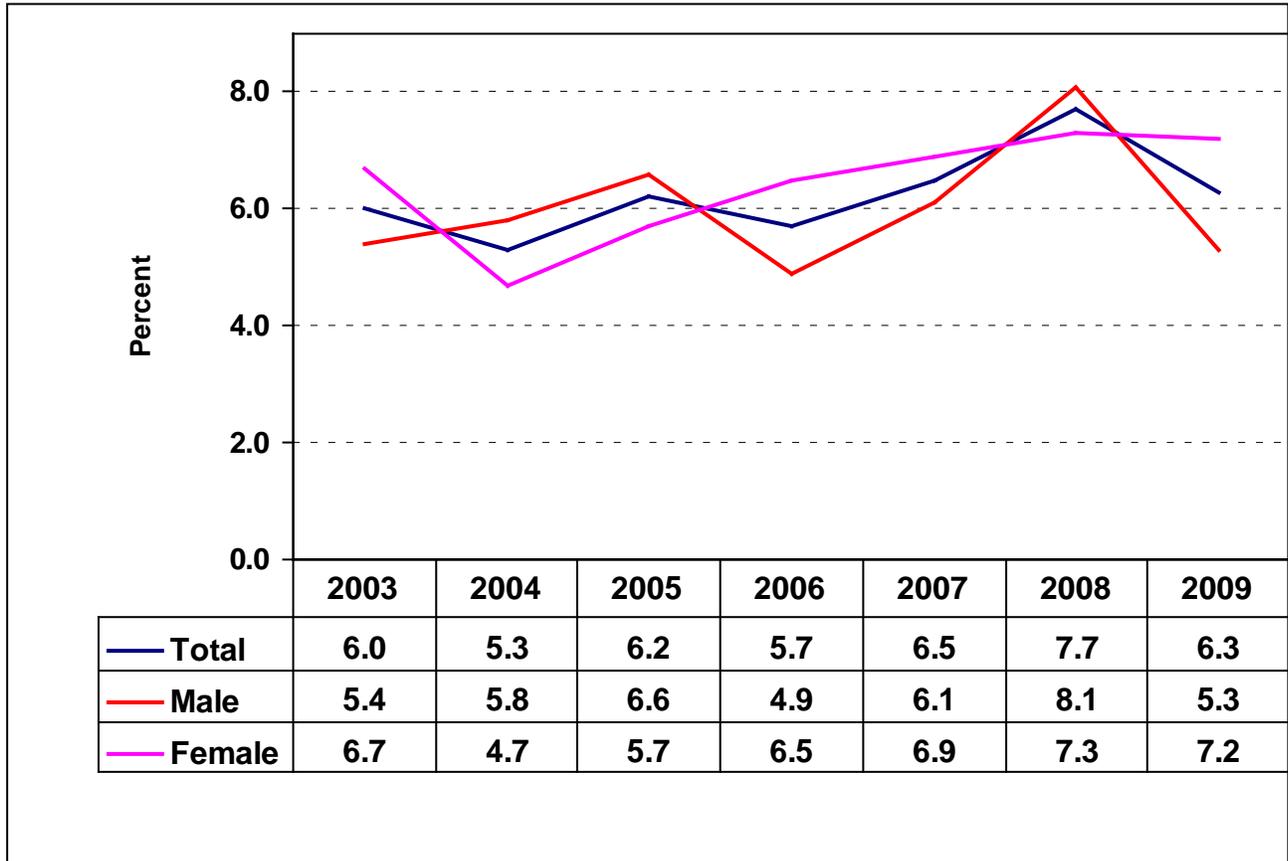


\* Significantly higher than Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## SPECIAL EQUIPMENT REQUIRED

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



**Figure 5a.** Arizona BRFSS respondents who require the use of special equipment.

According to the 2009 BRFSS, 6.2%\* of respondents reported they required the use of special equipment. In 2009, 7.2% of female, and 5.3% of male respondents reported they required the use of special equipment.

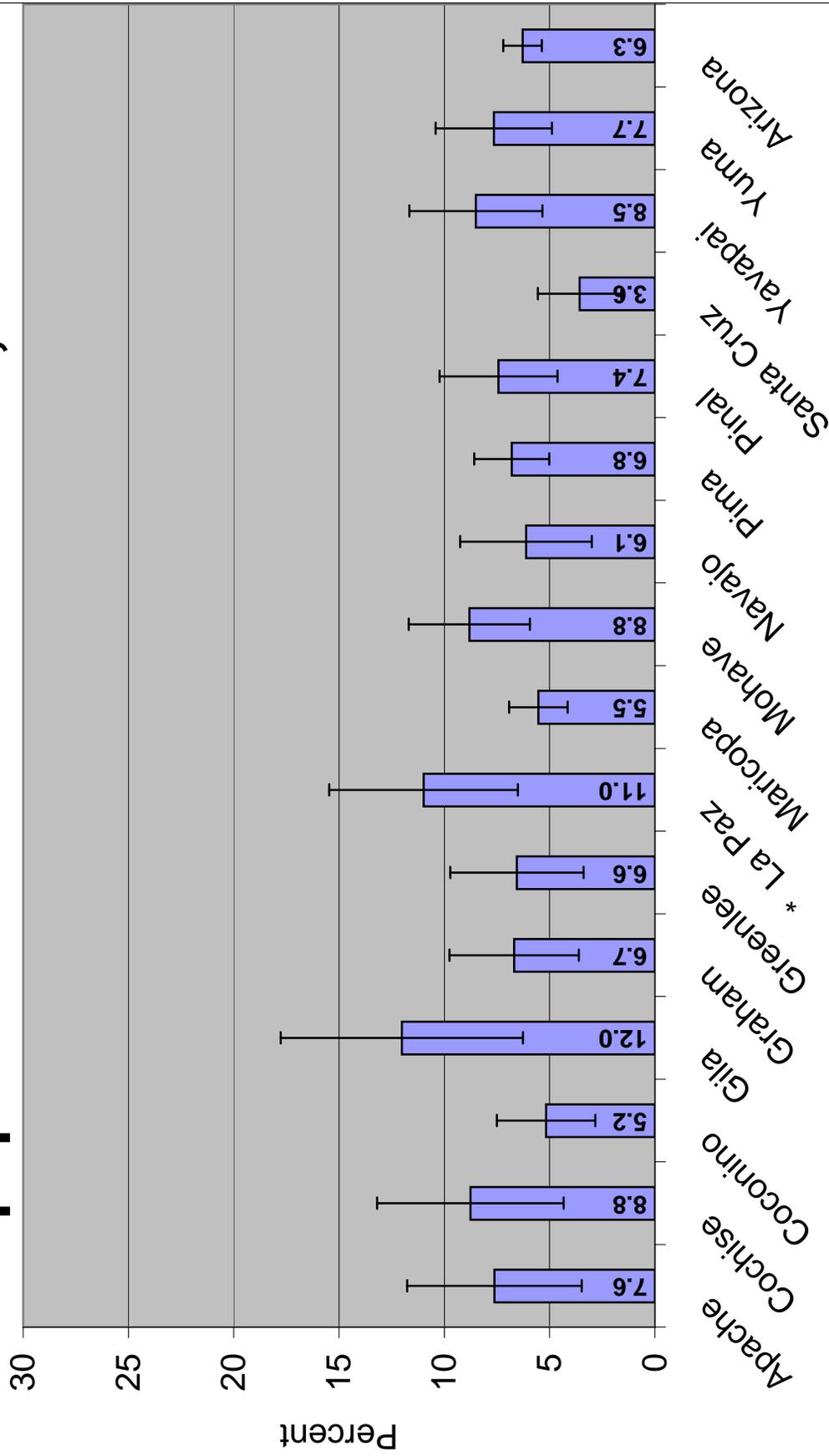
\* 95% Confidence Interval: 5.3% - 7.3%

- In 2009, 6.3% of 5426 respondents reported having a health problem or impairment that required special equipment.
- Looking at marital status, the widowed group reported the highest percentage of need for special equipment, at 22.2%.
- Females were more likely to require the use of special equipment, 7.2%, than the males, at 5.3%.
- As adults' age increased, so did the likelihood of their need for special equipment.
- In 2009, 37.9% of those who stated that they were unable to work and 15.7% of retirees reported needing special equipment.

2009 Arizona BRFSS: Special Equipment						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	6.3	589		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	1.5	39
Male	5.3	197		Self-employed	3.7	25
Female	7.2	392		Out of work	4.3	15
<b>AGE</b>				Homemaker	4.6	45
18-24	1.5	2		Student	3.5	2
25-34	0.8	6		Retired	15.7	313
35-44	2.4	19		Unable to work	37.9	146
45-54	6.9	63		<b>INCOME</b>		
55-64	9.1	139		<\$25,000	12.1	254
65+	16.8	360		\$25,000-\$34,999	8.5	70
<b>MARITAL STATUS</b>				\$35,000-\$49,999	4.6	62
Married	4.3	214		\$50,000-\$74,999	3.6	49
Divorced	13.7	111		\$75,000 or more	2.5	45
Widowed	22.2	202		<b>RACE/ ETHNICITY</b>		
Separated	5.8	9		White, non-Hispanic	7	479
Never married	4.3	36		Black	3.1	6
Unmarried couple	3.8	13		Asian/ PI	6.2	4
<b>EDUCATION</b>				American Indian	7.2	25
Less than High School	8.4	78		Other	16.9	14
High School Graduate/GED	7.5	171		Hispanic	3.5	53
Some College/Tech School	6.9	191				
College Grad	4.4	146				

**Table 5a.** BRFSS results: Respondents who require special equipment. \*N is unweighted.

# Arizona Residents who need Special Equipment for Health Reasons, 2009



\*Significantly higher than Arizona Percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

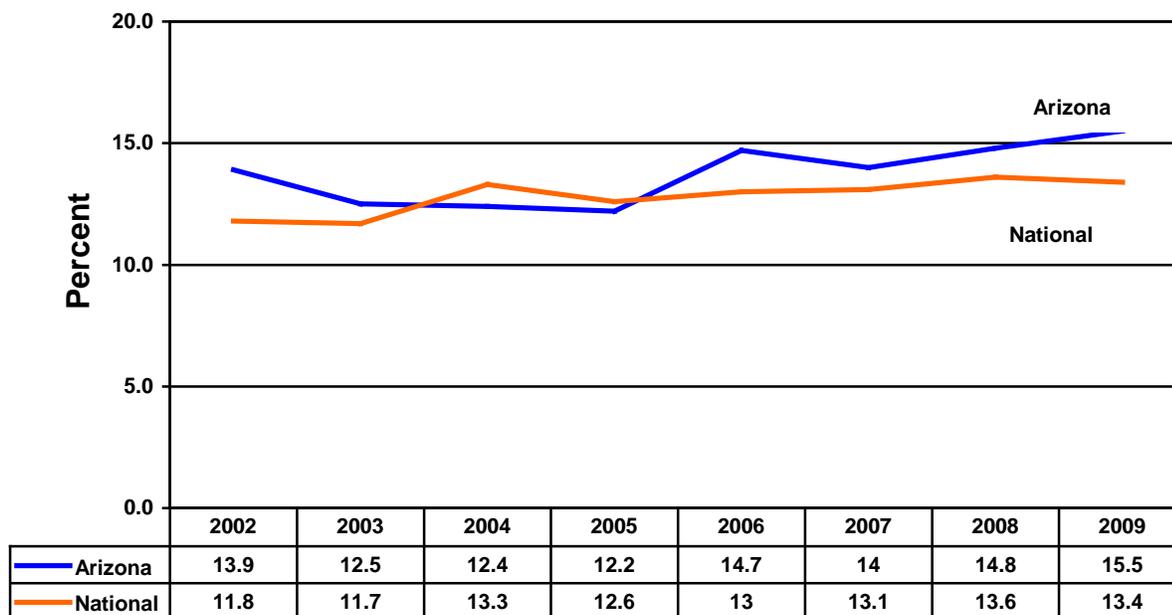
## ASTHMA

Asthma is a chronic disease of the airways that causes persistent and distressing episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be difficult to diagnose and to distinguish from other respiratory illnesses.<sup>1</sup>

Asthma is a serious and growing health problem. According to estimates, 14.9 million persons in the United States have asthma. Asthma is responsible for around 500,000 hospitalizations, 5,000 deaths, and 134 million restricted activity days annually. Yet, people with asthma can avoid most of the problems caused by asthma if they and their health care providers managed the disease according to accepted guidelines.<sup>2</sup> The number of asthma-related inpatient hospitalizations in Arizona declined by more than half from 21,300 in 2000 to 8,287 in 2009. During 2009, there were 25,893 emergency room visits related to asthma. In addition, children less than 15 years of age accounted for 2,998 inpatient discharges and 11,711 emergency room visits.<sup>2</sup>

Asthma is a complicated disease that requires a long-term and multifaceted answer. This includes educating, treating, and providing continuing medical care and monitoring for people with asthma, changing behaviors that lead to asthma or exacerbates it, and eliminating or avoiding triggers.<sup>3</sup>

**Survey Question:** Have you EVER been told by a doctor, nurse, or other health professional that you had asthma?



**Figure 6a.** Percentage of Arizona BRFSS respondents who were told that they had asthma in 2002-2009.

### References

<sup>1</sup> Asthma: Asthma Speaker's Kit for Health Care Professionals. Retrieved from the Internet May 20, 2004.

<http://www.cdc.gov/asthma/speakit/intro.htm>

<sup>2</sup> Arizona Department of Public Health Services, Bureau of Public Health Statistics, Christopher Mrela, retrieved from Asthma Statistics, retrieved on June 23, 2010, <http://www.azdhs.gov/plan/hip/for/asthma/index.htm>

<sup>3</sup> Asthma: Asthma Speaker's Kit for Health Care Professionals. Retrieved from the Internet May 20, 2004.

<http://www.cdc.gov/asthma/speakit/intro.htm>

According to the 2009 BRFSS, 15.5 percent\* of respondents were told that they had asthma. The following respondent groups had the highest prevalence of asthma:

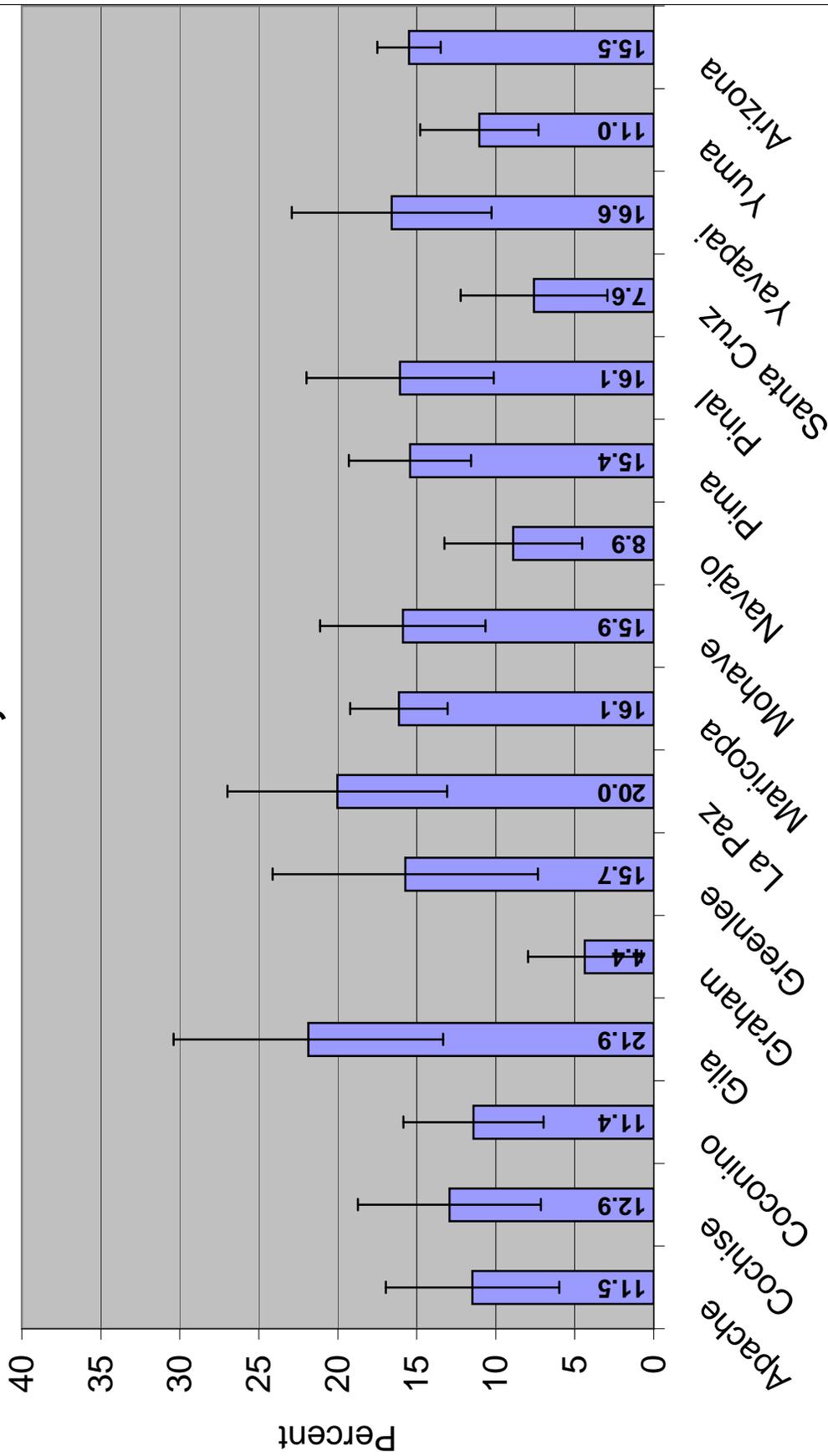
- Adult females in 2009 were more likely than males to have asthma: 16.4% versus 14.5%.
- Respondents between the ages of 18-24 were more likely to have asthma, at 20.2%.
- Unmarried couples were more likely to have asthma at 19.6% than those in the other categories of marital status.
- Among types of employment, unable to work category reported the highest percentage of asthma, at 32.9%.

2009 Arizona BRFSS: Respondents Who Were Told They Have Asthma						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	15.5	780		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	15.7	259
Male	14.5	247		Self-employed	13.5	59
Female	16.4	533		Out of work	11.9	42
<b>AGE</b>				Homemaker	12.5	71
18-24	20.2	29		Student	26.1	18
25-34	16.7	67		Retired	12.8	235
35-44	14.2	94		Unable to work	32.9	93
45-54	16.1	141		<b>INCOME</b>		
55-64	16.6	188		<\$25,000	16.5	245
65+	11	261		\$25,000-\$34,999	14.2	74
<b>MARITAL STATUS</b>				\$35,000-\$49,999	10.6	90
Married	13.8	395		\$50,000-\$74,999	18.1	108
Divorced	21	144		\$75,000 or more	14.8	153
Widowed	12.2	116		<b>RACE/ ETHNICITY</b>		
Separated	15.3	22		White, non-Hispanic	17	612
Never married	19	73		Black	21.7	8
Unmarried couple	19.6	26		Asian/PI	1.6	5
<b>EDUCATION</b>				American Indian	15.1	36
Less than High School	9.5	78		Other	33.9	21
High School Graduate/GED	17.4	211		Hispanic	10.2	87
Some College/Tech School	16.5	236				
College Grad	14.7	253				

Table 6a. BRFSS results: Respondents who were told they had asthma. \*N is unweighted.

\* 95% Confidence Interval: 13.5% - 17.5%

# Percent of Arizona Population with Asthma, 2009

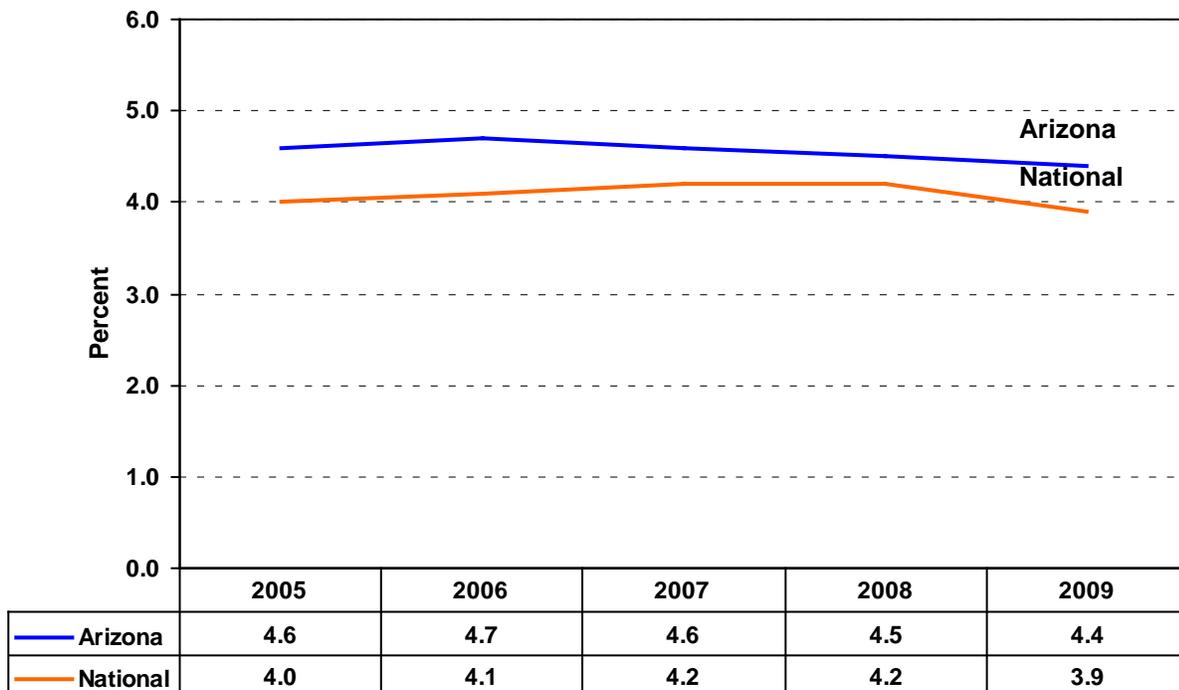


**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## CARDIOVASCULAR DISEASE – HEART ATTACK

“Heart disease is the nation’s leading cause of death. Much of the burden of heart disease could be eliminated by reducing the prevalence rates of its major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity, and poor nutrition. Modest reductions in the rates of one or more of these risk factors can have a large public health impact. Heart disease can also be prevented or controlled through governmental policies (such as restricting access to tobacco) and through environmental changes (such as providing better access to healthy foods and opportunities for physical activity).”<sup>1</sup>

**Survey Questions:** Ever told you had a heart attack, also called a myocardial infarction?



**Figure 7a.** Prevalence of BRFSS respondents who were told that they had a heart attack.

In each year from 2005 to 2009, the prevalence rates of myocardial infarction were about the same and slightly higher than the National median value.

### Reference

<sup>1</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention, “The Burden of Chronic Diseases and Their Risk Factors”: National and State Perspective, February 2004.

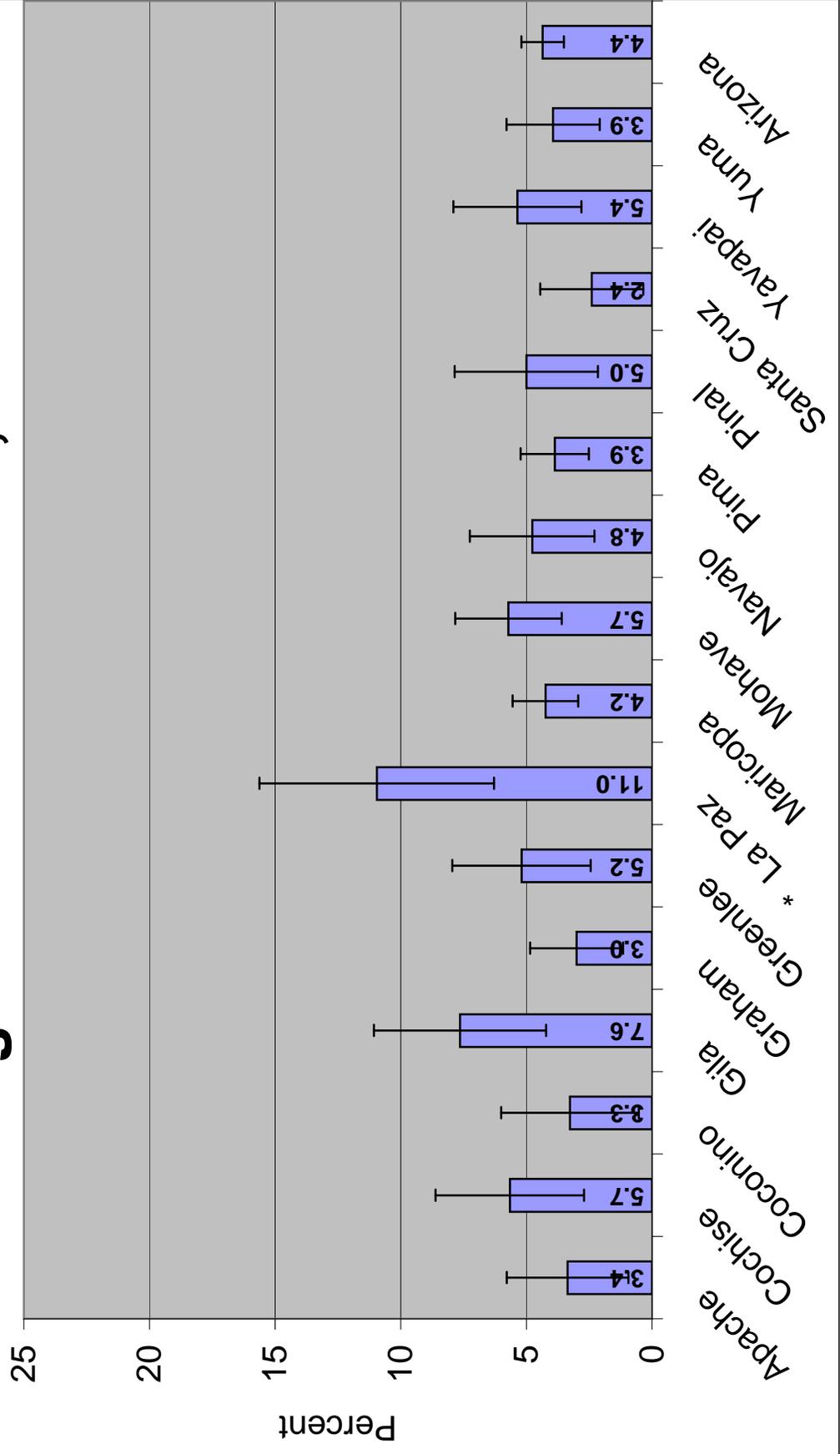
- According to the 2009 BRFSS, 4.4%\* of all respondents were told by medical personnel that they had a heart attack or myocardial infarction.
- Males were more likely to have had a heart attack at 5.2% versus females at 3.6%.
- By employment status category, adults who retired and who were unable to work were most likely to have had a heart attack at 11.4% to 15.9% respectively.
- By household income, adults with household incomes greater than \$75,000 were less likely to have had a heart attack, at 2.4%.
- Hispanics were slightly less likely than non-Hispanic Whites to have had a heart attack, at 1.8% versus 4.9%.

2009 Arizona BRFSS: Respondents Who Were Told They Have Had A Heart Attack.						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	4.4	382		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	2	46
Male	5.2	204		Self-employed	4.1	17
Female	3.6	178		Out of work	0.9	10
<b>AGE</b>				Homemaker	2.9	23
18-24	0	0		Student	1.2	1
25-34	0.1	2		Retired	11.4	222
35-44	2.9	11		Unable to work	15.9	60
45-54	4.5	34		<b>INCOME</b>		
55-64	5.5	62		<\$25,000	6	140
65+	12.6	273		\$25,000-\$34,999	6.9	59
<b>MARITAL STATUS</b>				\$35,000-\$49,999	4.1	48
Married	4	179		\$50,000-\$74,999	4.8	41
Divorced	7.7	59		\$75,000 or more	2.4	37
Widowed	14.2	117		<b>RACE/ ETHNICITY</b>		
Separated	8.5	9		White, non-Hispanic	4.9	316
Never married	0.7	12		Black	8.6	4
Unmarried couple	1	4		Asian/ PI	0	0
<b>EDUCATION</b>				American Indian	3.1	9
Less than High School	4.4	52		Other	17.2	10
High School Graduate/GED	4.9	114		Hispanic	1.8	33
Some College/Tech School	4.9	125				
College Grad	3.5	91				

**Table 7a.** BRFSS results: Respondents who were told they have had a heart attack. \*N is unweighted.

\*95% Confidence Interval: 3.6% - 5.2%

# Percent of Arizonans Reporting having had a Heart Attack, 2009

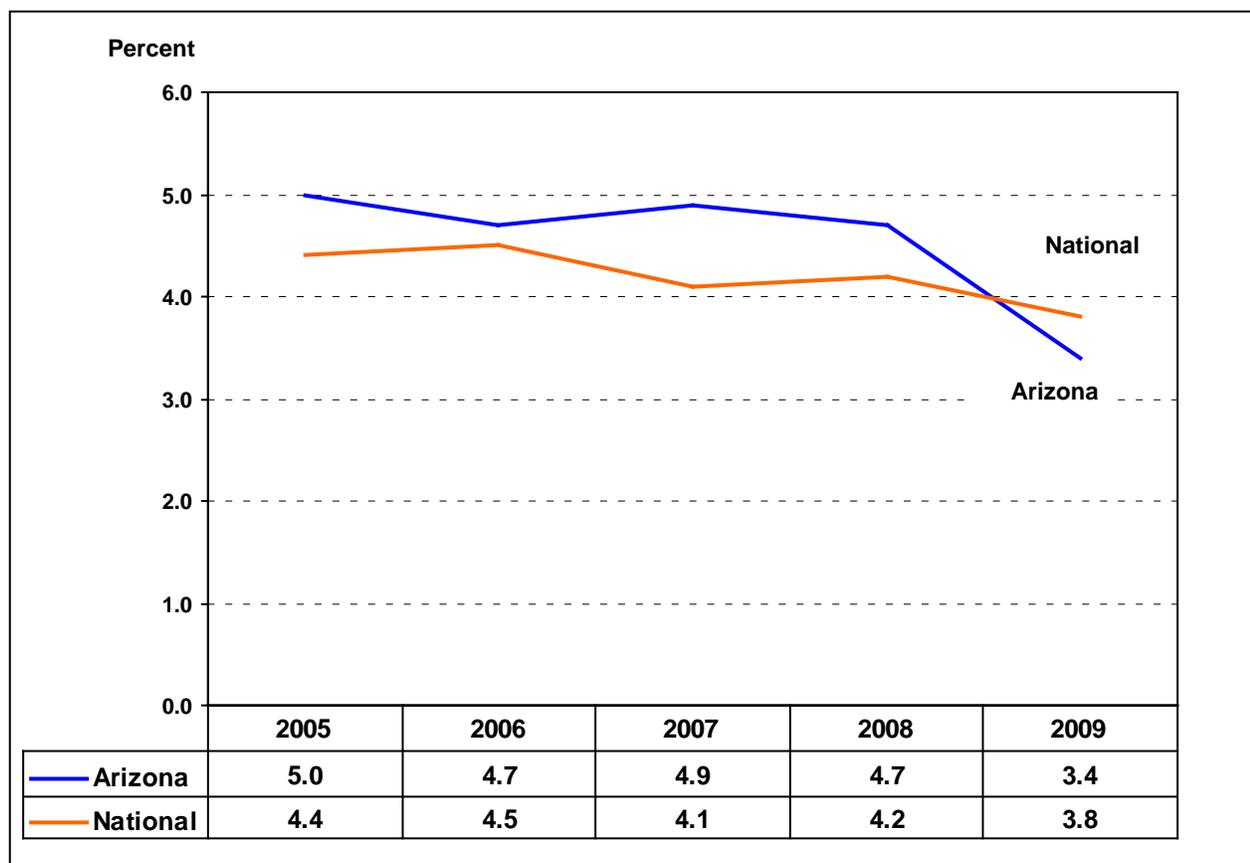


**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## CARDIOVASCULAR DISEASE - ANGINA

Angina is chest pain or discomfort that occurs because the heart muscle is not receiving an adequate supply of blood. “It may feel like pressure or a squeezing pain in the chest. The pain may also occur in the shoulders, arms, neck, jaw, or back, and it may feel like indigestion. Angina is a symptom of coronary heart disease. Angina may be stable or unstable. Stable angina is chest pain that occurs on physical exertion or under mental or emotional stress. Unstable angina is chest pain that occurs even while at rest, without apparent reason. Acute Coronary Syndrome is a term that is sometimes used to describe people who either have an acute myocardial infarction or unstable angina.”<sup>1</sup>

**Survey Question:** Ever told you had angina or coronary heart disease?



**Figure 8a.** Prevalence of BRFSS respondents who were told that they had angina.

### Reference

<sup>1</sup> U. S. Department of Health and Human Services, Center for Disease Control and Prevention, “About Heart Disease”. Available from [http://www.cdc.gov/heart\\_disease/signs\\_symptoms.htm](http://www.cdc.gov/heart_disease/signs_symptoms.htm); Internet accessed 21 May 2008.

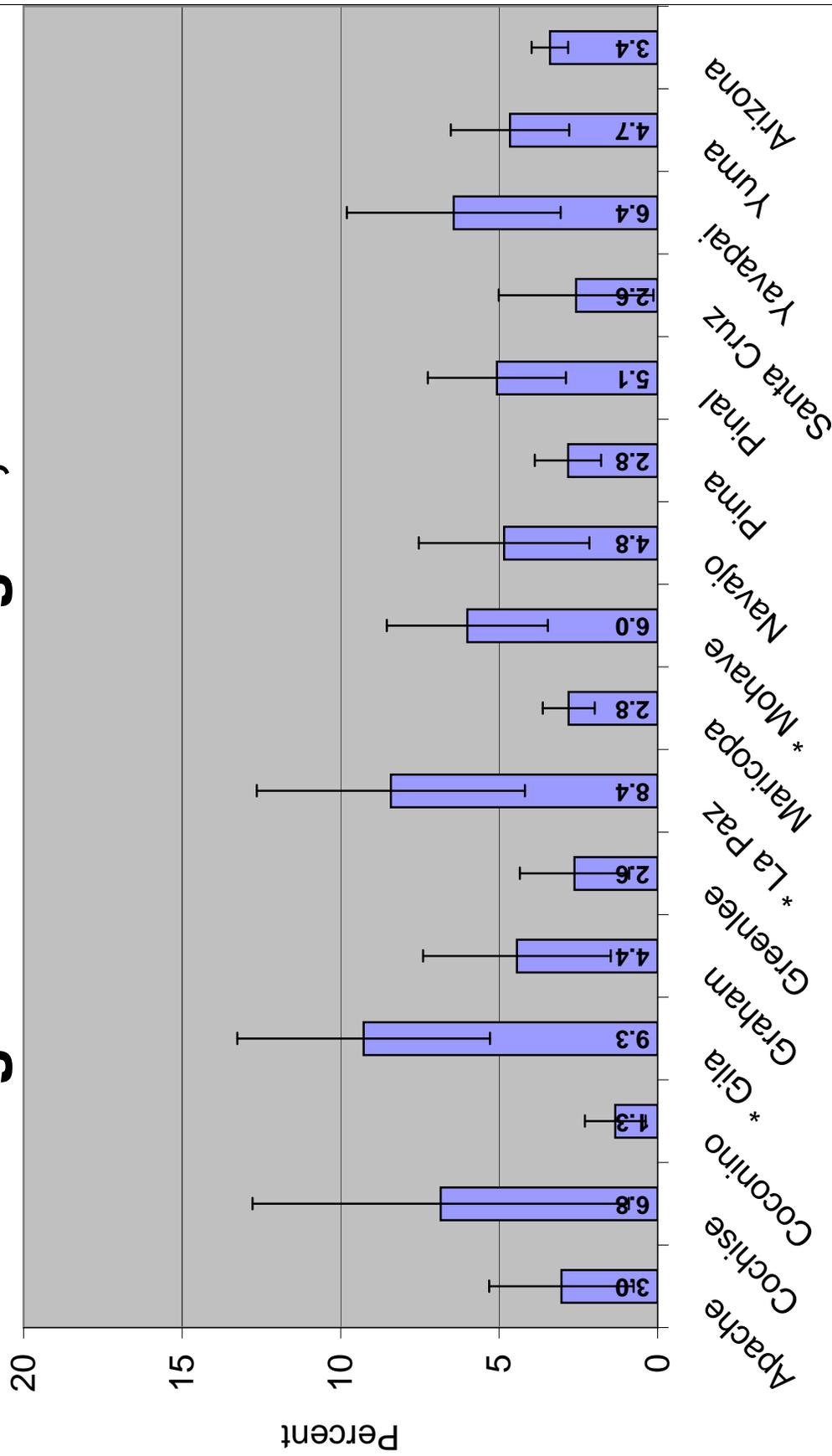
- In 2009, 3.4% of respondents were told that they had angina or coronary heart disease.
- Males had the highest incidence of angina or coronary heart disease, at 4.1% versus females, at 2.7%.
- Adults aged 65 and older were more likely than all other age subgroups to have had angina or coronary heart disease.
- By marital status, of all the subgroups, the widowed groups were more likely to be told they had angina or coronary heart disease, at 9.5%.
- Adults with a household income between \$25,000 and \$34,999 were told that they have had angina or coronary heart disease, at 5.5 %.

2009 Arizona BRFSS: Respondents Who Were Told They Have Had Angina Or Coronary Heart Disease					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	3.4	346	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	1.3	38
Male	4.1	165	Self-employed	1.9	14
Female	2.7	181	Out of work	1	9
<b>AGE</b>			Homemaker	2.2	21
18-24	0.3	1	Student	1.3	1
25-34	0.2	2	Retired	10.2	203
35-44	0.6	7	Unable to work	11.2	58
45-54	2.6	26	<b>INCOME</b>		
55-64	5.2	77	<\$25,000	4.8	132
65+	11.4	233	\$25,000-\$34,999	5.5	53
<b>MARITAL STATUS</b>			\$35,000-\$49,999	3.9	51
Married	3.5	177	\$50,000-\$74,999	3.2	31
Divorced	4.8	51	\$75,000 or more	2.1	38
Widowed	9.5	98	<b>RACE/ETHNICITY</b>		
Separated	1.3	5	White, non-Hispanic	4	295
Never married	0.6	8	Black	1.7	3
Unmarried couple	1.1	4	Asian/PI	2	1
<b>EDUCATION</b>			American Indian	1.9	6
Less than High School	3.5	47	Other	10.7	4
High School Graduate/GED	3.1	94	Hispanic	1.4	30
Some College/Tech School	3.9	110			
College Grad	3.2	93			

**Table 8a.** BRFSS results: Respondents who were told they have had angina or coronary heart disease. \* N is unweighted.

\* 95% Confidence Interval: 2.8% - 4.0 %

# Arizona Residents who have been diagnosed with Angina, 2009



\*Significantly higher than Arizona Percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## CARDIOVASCULAR DISEASE - STROKE

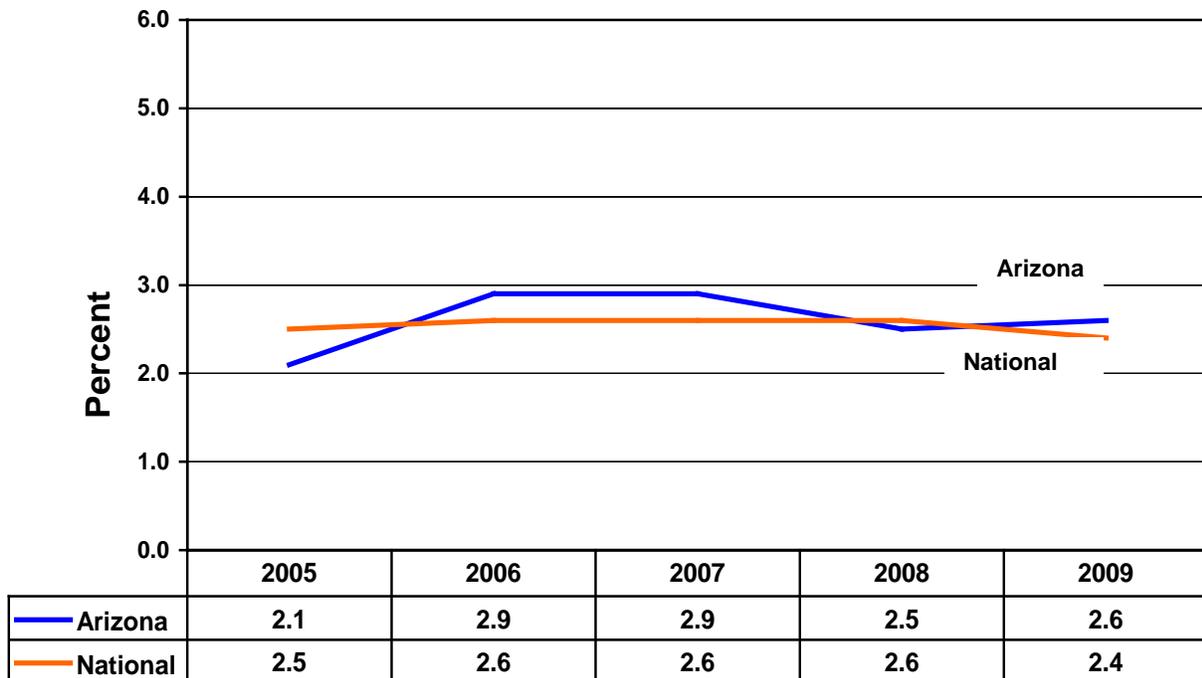
A stroke or cerebrovascular accident occurs when the brain blood supply is cut off (an ischemic stroke) or when a blood vessel bursts (a hemorrhagic stroke). Most are of the ischemic type. Brain cells begin to die without oxygen. Permanent disability or death may result. High blood pressure, smoking and having had a previous stroke or heart attack increase a person's chances of having a stroke.

The following are major signs of stroke according to The National Institute of Neurological Disorders and Stroke:

- “Sudden numbness or weakness of the face, arms or legs
- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

If you think someone is having a stroke, you should call 911 immediately.”<sup>1</sup>

**Survey Question:** Has a doctor, nurse, or other Health Professional ever told you that you had a stroke?



**Figure 9a.** Prevalence of BRFSS respondents who were told that they had a stroke.

**Reference**

<sup>1</sup> U.S. Department of Health and Human Services, Center for Disease Control and Prevention Fact Sheets and At-a-Glance Reports: “Know the Signs and Symptoms of a Stroke” Available from [http://www.cdc.gov/print.do?url=http://www.cdc.gov/dhdsp/library/fs\\_strokesigns.htm](http://www.cdc.gov/print.do?url=http://www.cdc.gov/dhdsp/library/fs_strokesigns.htm); Internet accessed 21 May 2008.

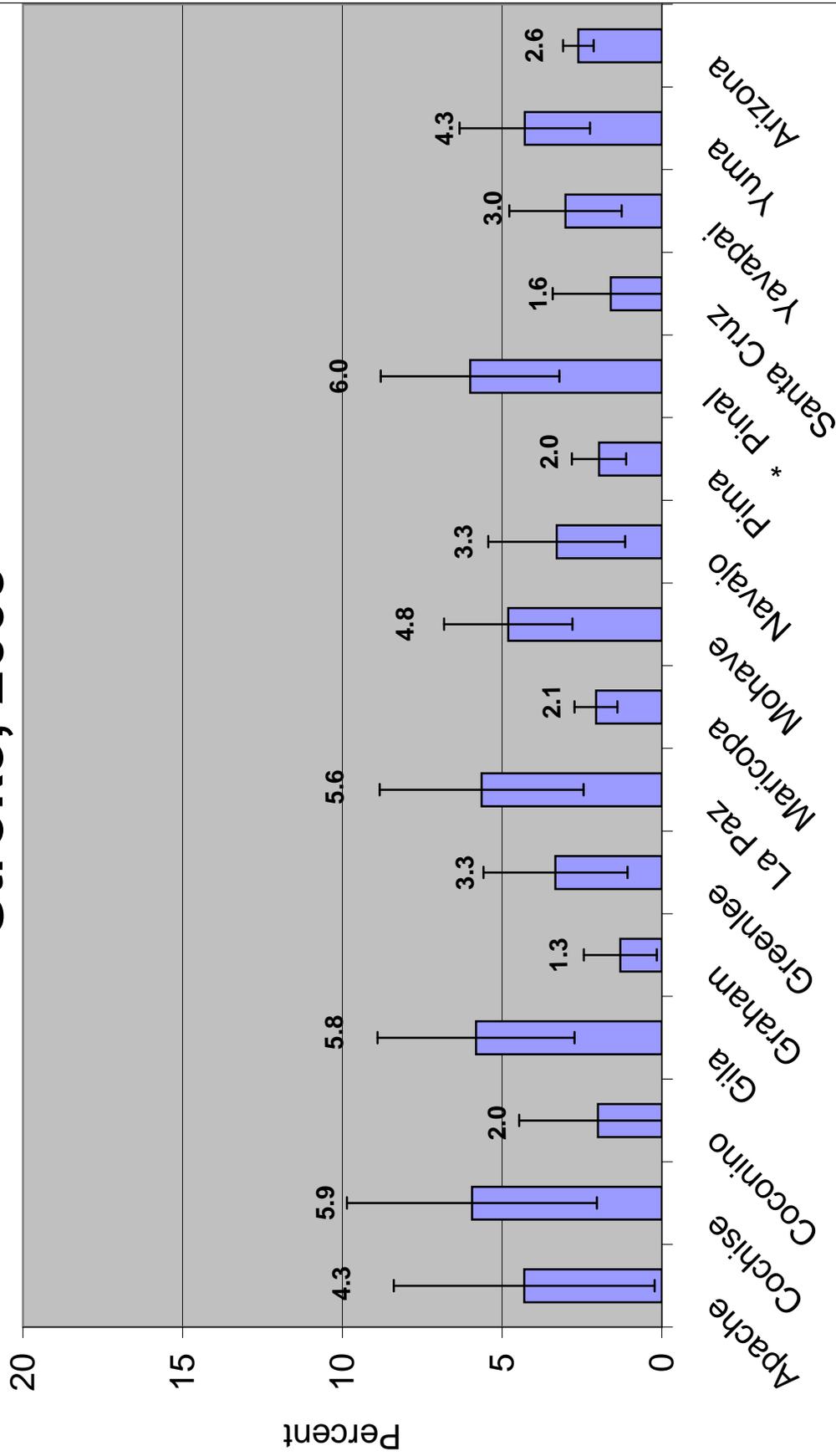
- Women were identified as having a slightly higher incidence of stroke than men.
- By marital status, of all the subgroups, the widowed groups were more likely to have had a stroke, at 8.5%.
- Adults with a household income between \$25,000 and \$34,999 have had a stroke, at 5.4%.

2009 Arizona BRFSS: Respondents Who Were Told They Have Had A Stroke					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	2.6	267	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	0.7	26
Male	2.4	91	Self-employed	0.5	6
Female	2.9	176	Out of work	1.8	12
<b>AGE</b>			Homemaker	1.9	21
18-24	0.0	0	Student	0.6	2
25-34	0.6	6	Retired	7.1	147
35-44	0.5	6	Unable to work	15.1	52
45-54	2.3	24	<b>INCOME</b>		
55-64	3.4	54	<\$25,000	4.2	118
65+	8.4	177	\$25,000-\$34,999	5.4	41
<b>MARITAL STATUS</b>			\$35,000-\$49,999	2.6	32
Married	2.7	125	\$50,000-\$74,999	2.1	20
Divorced	3.4	41	\$75,000 or more	0.9	14
Widowed	8.5	76	<b>RACE/ ETHNICITY</b>		
Separated	1.3	6	White, non-Hispanic	3	221
Never married	0.4	10	Black	3.8	4
Unmarried couple	0.5	6	Asian/PI	0	0
<b>EDUCATION</b>			American Indian	2.3	5
Less than High School	2.6	32	Other	8.8	9
High School Graduate/GED	3.4	93	Hispanic	1.2	28
Some College/Tech School	2.6	86			
College Grad	2.1	55			

**Table 9a.** BRFSS results: Respondents who were told they have had a stroke. \*N is unweighted

\* 95% Confidence Interval: 3.6% - 5.2%

# Arizona Residents who have had a Stroke, 2009



\*Significantly higher than Arizona percentage.

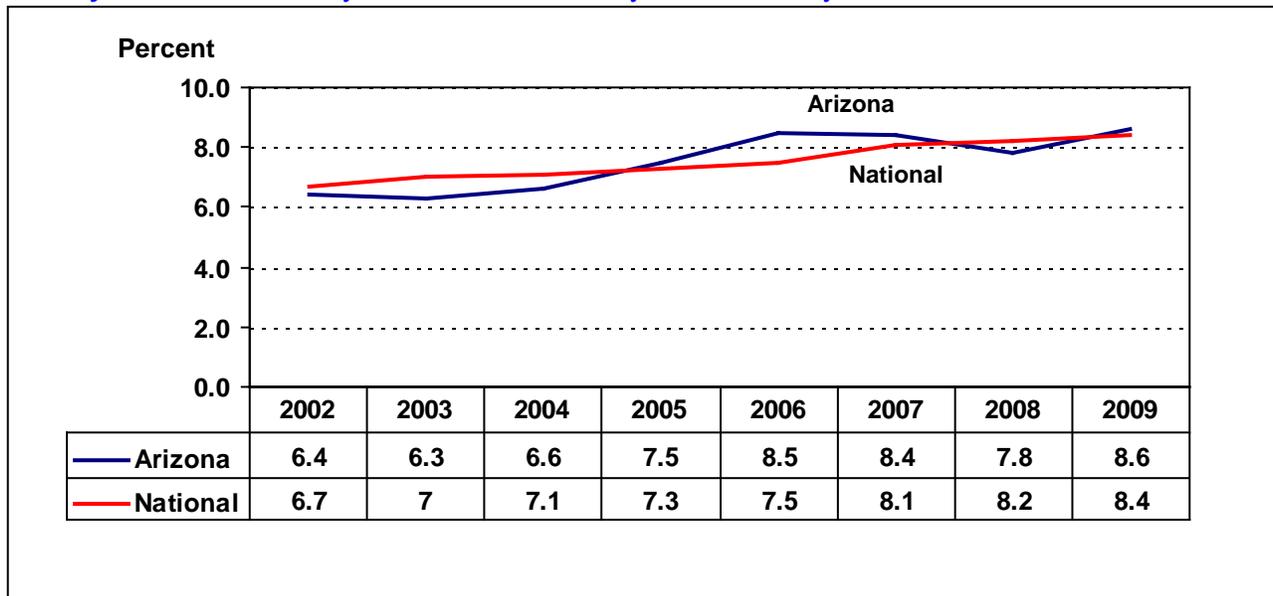
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## DIABETES

Currently, more than 17 million Americans have diabetes, and over 200,000 people die each year of related complications. Diabetes can cause heart disease, stroke, blindness, kidney failure, leg and foot amputations, pregnancy complications, and deaths related to flu and pneumonia. Particularly at risk are the 5.9 million Americans who are unaware that they have the disease.<sup>1</sup>

“Early detection, improved delivery of care, and better self-management are key strategies for preventing much of the burden of diabetes. Type 2 diabetes, formerly considered “adult onset” diabetes, is now being diagnosed more frequently among children and adolescents. This type of diabetes is linked to two modifiable risk factors: obesity and physical inactivity.”<sup>2</sup>

### Survey Question: Have you EVER been told by a doctor that you have diabetes?



**Figure 10a.** Percentage of Arizona and National BRFSS respondents who reported that they were told they had diabetes in 2002-2009. Healthy People 2010 Objective is 4.0 percent.

According to the 2009 BRFSS, 8.6 percent\* of all respondents were told by a doctor they had diabetes. The Arizona prevalence rates of 8.6 percent in 2009 was 1.9 times greater than the *Healthy People 2010 Objective (No. 5.3)* target rate of no more than 4 percent.<sup>3</sup>

### References

<sup>1</sup> U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Diabetes is Common: Disabling, Deadly, and on the Rise National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2007. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008.

<sup>2</sup> U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. U.S. Department of Health and Human Services. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives, February 2004.

<sup>3</sup> U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000

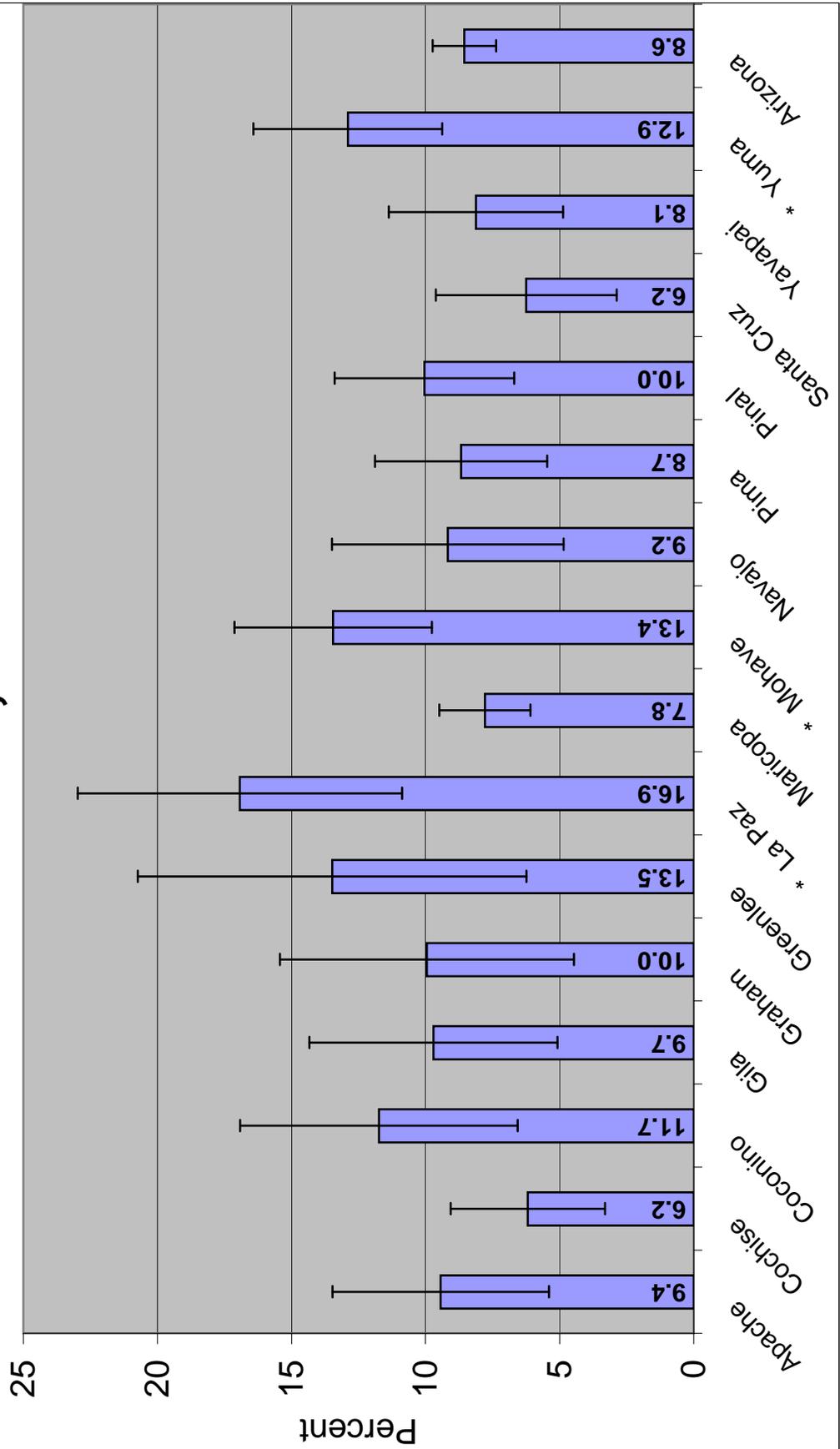
- As age increased, so did the likelihood of diabetes.
- By marital status, widowed respondents had the highest incidence of diabetes by 15.8%.
- By Education, 10.5% of adults with less than high school education were told they have diabetes.
- Respondents who were unable to work had a higher percentage, (28.4%) of diabetes than the other employment subgroups.
- The American Indian subgroup had the highest reported incidence of diabetes, at 19.6%, which is 2.3 times the state percentage.

2009 Arizona BRFSS: Respondents Who Were Told They Have Diabetes						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	8.6	691		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	4.6	139
Male	8.6	290		Self-employed	6.7	29
Female	8.5	401		Out of work	8.3	30
<b>AGE</b>				Homemaker	8.5	62
18-24	2	4		Student	4.9	6
25-34	2.8	16		Retired	16.7	319
35-44	3.5	30		Unable to work	28.4	103
45-54	11	90		<b>INCOME</b>		
55-64	14.5	187		<\$25,000	12.6	256
65+	17.5	364		\$25,000-\$34,999	10.9	80
<b>MARITAL STATUS</b>				\$35,000-\$49,999	10	92
Married	8.2	353		\$50,000-\$74,999	5.7	66
Divorced	12.9	105		\$75,000 or more	5.1	86
Widowed	15.8	155		<b>RACE/ ETHNICITY</b>		
Separated	12.7	12		White, non-Hispanic	8.3	459
Never married	4	40		Black	9.1	9
Unmarried couple	10	25		Asian/ PI	13.2	10
<b>EDUCATION</b>				American Indian	19.6	61
Less than High School	10.5	113		Other	18.1	10
High School Graduate/GED	10	208		Hispanic	7.1	133
Some College/Tech School	8.7	209				
College Grad	6.9	159				

**Table 10a.** BRFSS results: Respondents who were told they had diabetes. \*N is unweighted.

\*95% Confidence Interval: 7.2%-9.6%

# Percent of Arizonans Reporting having Diabetes, 2009



\*Significantly higher than the Arizona percentage.

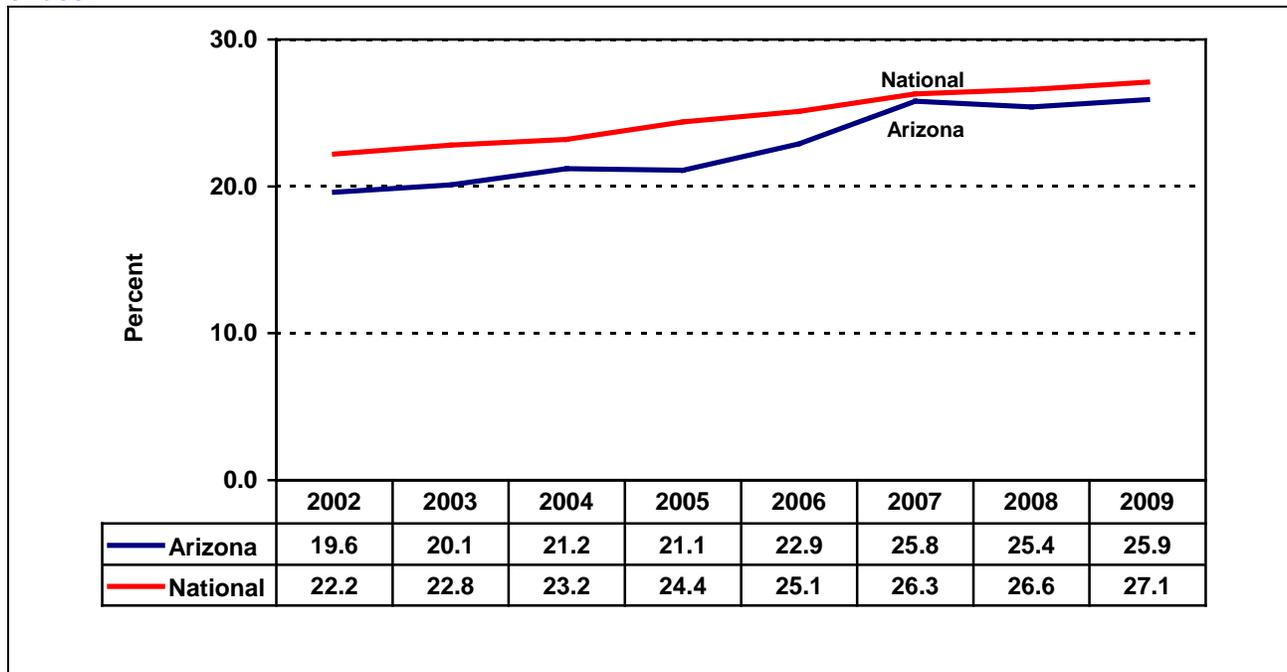
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## OBESITY (BMI)

Obesity has attained epidemic magnitude in the United States, where it has more than doubled in the past two decades. People who are overweight or obese are at greater risk for heart disease, high blood pressure, diabetes, arthritis-related disabilities, and some cancers.<sup>1</sup>

According to the most recent weight guidance, more than 57 percent of adults in America were overweight by self-reported height and weight in 2000.<sup>2</sup> The body mass index (BMI) is a relationship between weight and height and is used to determine obesity and assess health risk. BMI is calculated using the following formula:  $(\text{pounds} * 0.454) \div (\text{inches} * 0.0254)^2$  or  $(\text{Kg}/\text{M}^2)$ .

**Survey Questions:** About how much do you weigh without shoes? About how tall are you without shoes?



**Figure 11a.** Arizona BRFSS respondents who reported weights exceeding BMI limits of obesity. Healthy People 2010 Objective 19.2 is less than 15.0 percent.

In 2009, 25.9 percent of respondents in Arizona met or exceeded the BMI standard for obesity, defined as a BMI  $\geq 30.0$  (Figure 11a). *Healthy People 2010* Objective 19.2 set a goal of reducing obesity to a prevalence of <15 percent among adults 20 years of age or older.<sup>3</sup>

### References

<sup>1</sup> U.S. Department of Health and Human Services. Center for Disease and Control, "The Burden of Chronic Diseases and Their Risk Factors": National and State Perspectives, February 2004.

<sup>2</sup> U.S. Department of Health and Human Services. Center for Disease and Control, *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

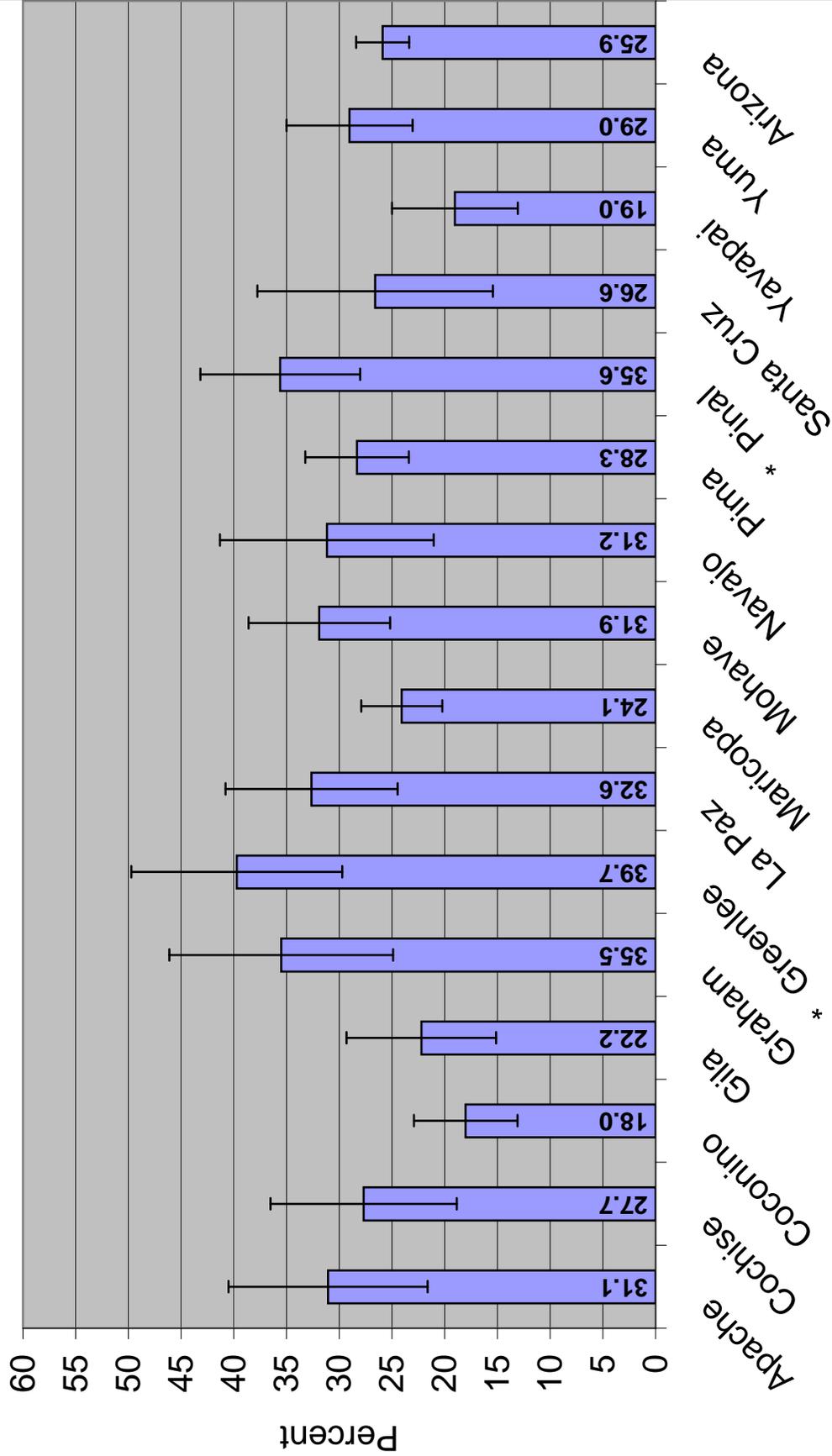
<sup>3</sup> U.S. Department of Health and Human Services. Center for Disease and Control, *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

- Respondents 65+ year olds were the less likely to be obese, at (19.3%)
- By marital status, adults that were unmarried couples were more likely to be obese, at 48%.
- Adults who had less than a high school education were likely to be obese, at 30.1%.
- Adults unable to work were more likely than the other employment subgroups to be obese, at 41.1%.
- American Indian subgroup was more likely to be obese compared to the other race/ethnicities, at 50.8%.

2009 Arizona BRFSS: Respondents Classified As Obese						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	25.9	1370		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	27.1	523
Male	25.8	532		Self-employed	19.5	80
Female	26	838		Out of work	36.4	94
<b>AGE</b>				Homemaker	25	126
18-24	19.6	25		Student	19.4	17
25-34	27.7	134		Retired	20	392
35-44	29	188		Unable to work	41.1	135
45-54	29.8	272		<b>INCOME</b>		
55-64	28.2	360		<\$25,000	31	424
65+	19.3	391		\$25,000-\$34,999	27.9	150
<b>MARITAL STATUS</b>				\$35,000-\$49,999	38.4	211
Married	25	737		\$50,000-\$74,999	25.5	196
Divorced	29.3	217		\$75,000 or more	18.7	240
Widowed	20.1	173		<b>RACE/ ETHNICITY</b>		
Separated	43.5	34		White, non-Hispanic	23.8	935
Never married	22.1	150		Black	34.7	28
Unmarried couple	48.1	56		Asian/ PI	10.4	11
<b>EDUCATION</b>				American Indian	50.8	102
Less than High School	30.1	170		Other	22.9	18
High School Graduate/GED	30	454		Hispanic	30.8	259
Some College/Tech School	26.9	454				
College Grad	21.1	361				

**Table 11a.** BRFSS results: Respondents classified as obese, defined as BMI  $\geq$  30.0. \*N is unweighted.

# Percent of Arizonans who are Obese 2009



\* Significantly higher than Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

# **CANCER SURVIVORS**

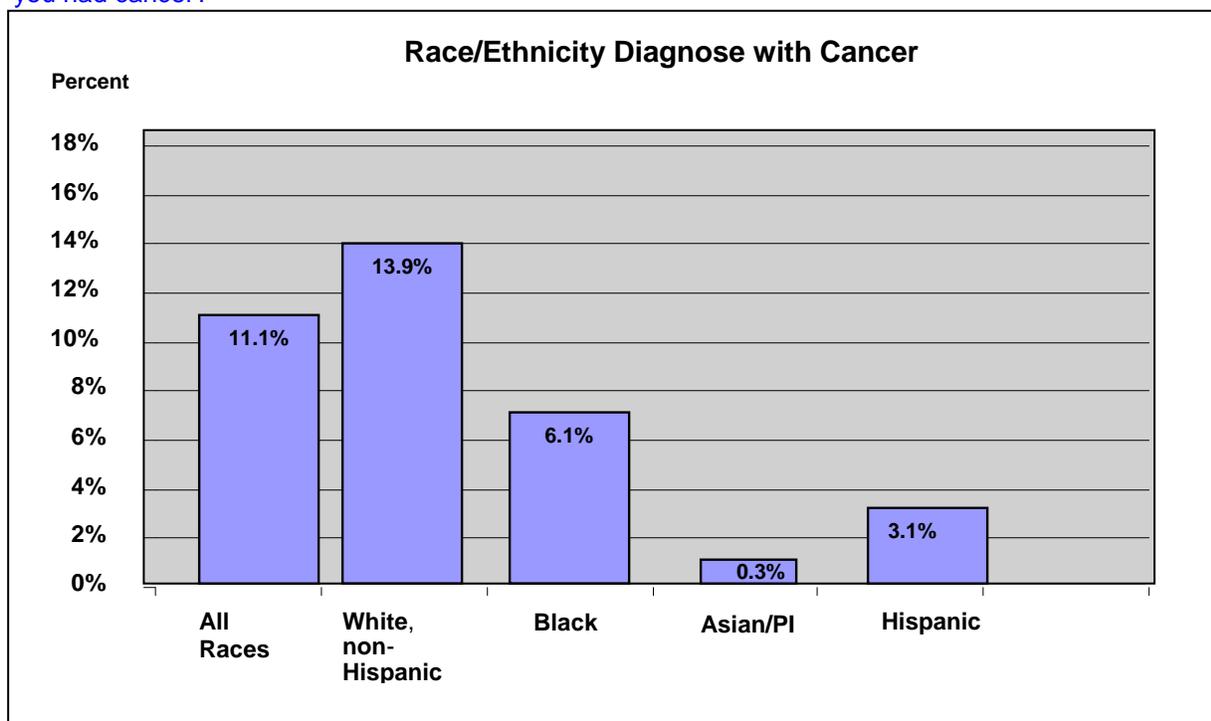
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## CANCER PREVALENCE

Every year, cancer claims the lives of more than half a million Americans. Cancer is the second leading cause of death in the United States, exceeded only by heart disease. One of every four deaths in the United States is due to cancer.<sup>1</sup>

Cancer *prevalence* is defined as the total number of people living with cancer at any point in time. It includes people diagnosed with cancer in the past as well as people recently diagnosed. Cancer prevalence is not a measure of how common a cancer is. This number is reflected by cancer *incidence*, which is the number of people newly diagnosed with cancer in a given time period (usually a year). Prevalence is affected both by the incidence of a cancer and by how long people normally live with the disease.<sup>2</sup>

**Survey Question:** Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?



**Figure 12a.** Percentage of Arizona survivor's Ethnicity/Race were told by a doctor, nurse or other health professional that you had cancer.

### References

- <sup>1</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention, Cancer Statistics by Cancer Type accessed Internet: June 9, 2010. <http://www.cdc.gov/cancer/dcpc/data/types.htm>
- <sup>2</sup> American Cancer Society, Cancer Prevalence, What is Cancer Prevalence? Horner MJ, Ries LAG, Krapcho M, et al (eds). SEER Cancer Statistics Review, 1975-2006, National Cancer Institute. Bethesda, Md, based on November 2008 SEER data submission, posted to the SEER web site, 2009. *Table I-21, US Prevalence Counts, Invasive Cancers Only, January 1, 2006, Using Different Tumor Inclusion Criteria.* Accessed at [http://seer.cancer.gov/csr/1975\\_2006/results\\_single/sect\\_01\\_table.21\\_2pgs.pdf](http://seer.cancer.gov/csr/1975_2006/results_single/sect_01_table.21_2pgs.pdf) on September 3, 2009. internet access June 9, 2010 <http://www.cancer.org/Cancer/CancerBasics/cancer-prevalence>

There is no data history for cancer prevalence question prior to 2009.

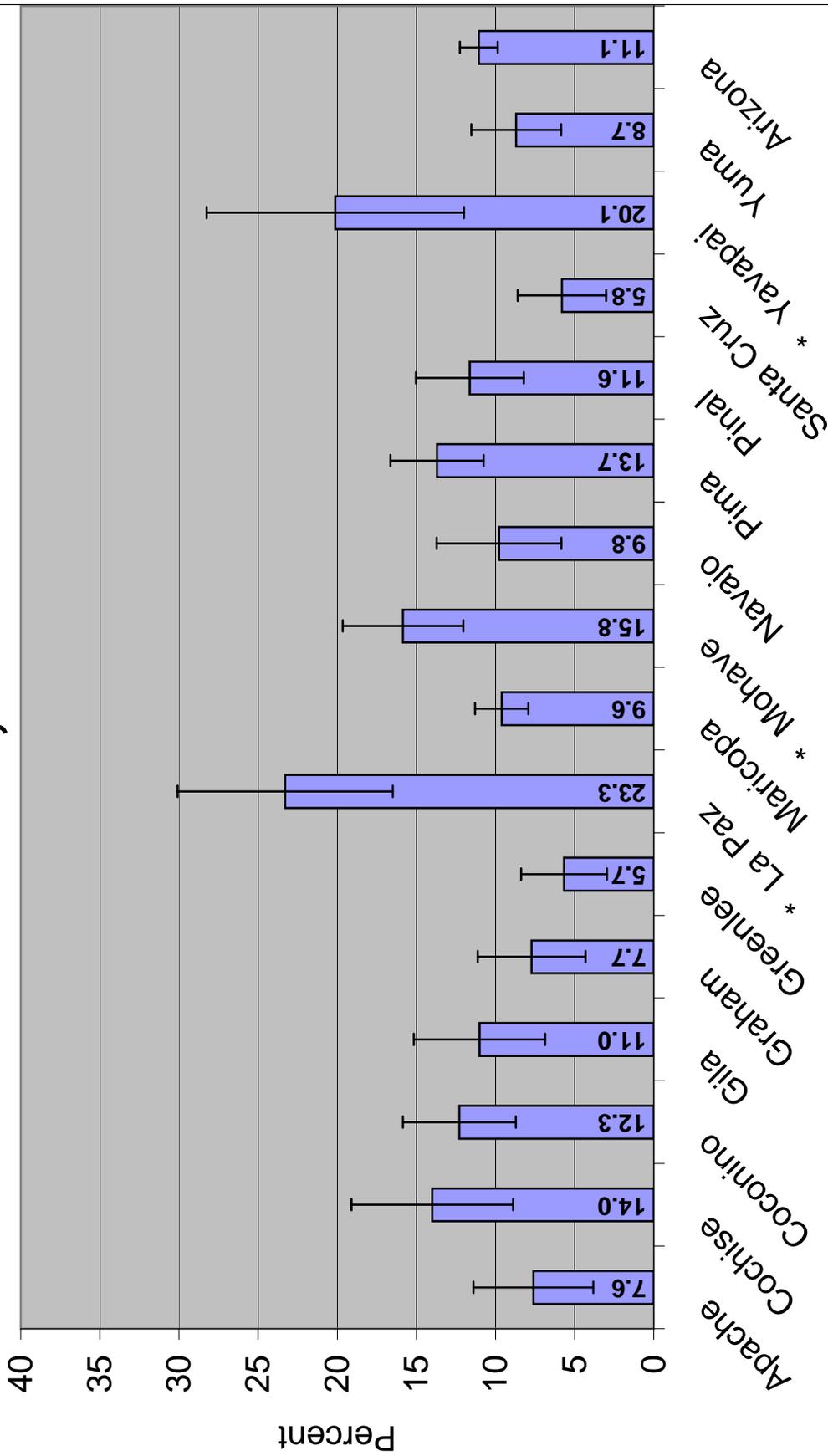
- Female respondents were slightly more likely to be a cancer survivor than males at 11.7% versus 10.4 % respectively.
- Adults older than 65 years old were most likely to have reported being diagnosed with cancer, at 30.2%.
- Household income is not a risk factor in those diagnosed with cancer.

2009 Arizona BRFSS: Arizona Respondents who were diagnose with Cancer						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	11.1	922		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	6.5	176
Male	10.4	391		Self-employed	12.2	62
Female	11.7	531		Out of work	5.7	27
<b>AGE</b>				Homemaker	4.4	51
18-24	1	2		Student	1.8	2
25-34	2.2	10		Retired	29.2	539
35-44	2.6	31		Unable to work	15.3	62
45-54	11.6	100		<b>INCOME</b>		
55-64	17.4	198		<\$25,000	10.2	246
65+	30.2	581		\$25,000-\$34,999	12.5	114
<b>MARITAL STATUS</b>				\$35,000-\$49,999	9.3	125
Married	11.8	510		\$50,000-\$74,999	12.1	127
Divorced	13.4	129		\$75,000 or more	10.9	185
Widowed	24.5	205		<b>RACE/ ETHNICITY</b>		
Separated	10.6	18		White, non-Hispanic	13.9	814
Never married	3.3	39		Black	6.1	7
Unmarried couple	5.3	15		Asian/PI	0.3	3
<b>EDUCATION</b>				American Indian	6.4	17
Less than High School	5.5	59		Other	15.7	13
High School Graduate/GED	7.8	208		Hispanic	3.1	56
Some College/Tech School	13.1	314				
College Grad	13.1	338				

Table 12a. BRFSS results, respondents who were diagnose with Cancer.

\* 95% Confidence Interval: 9.9% -12.3%

# Percent of Arizonans Reporting having Cancer, 2009



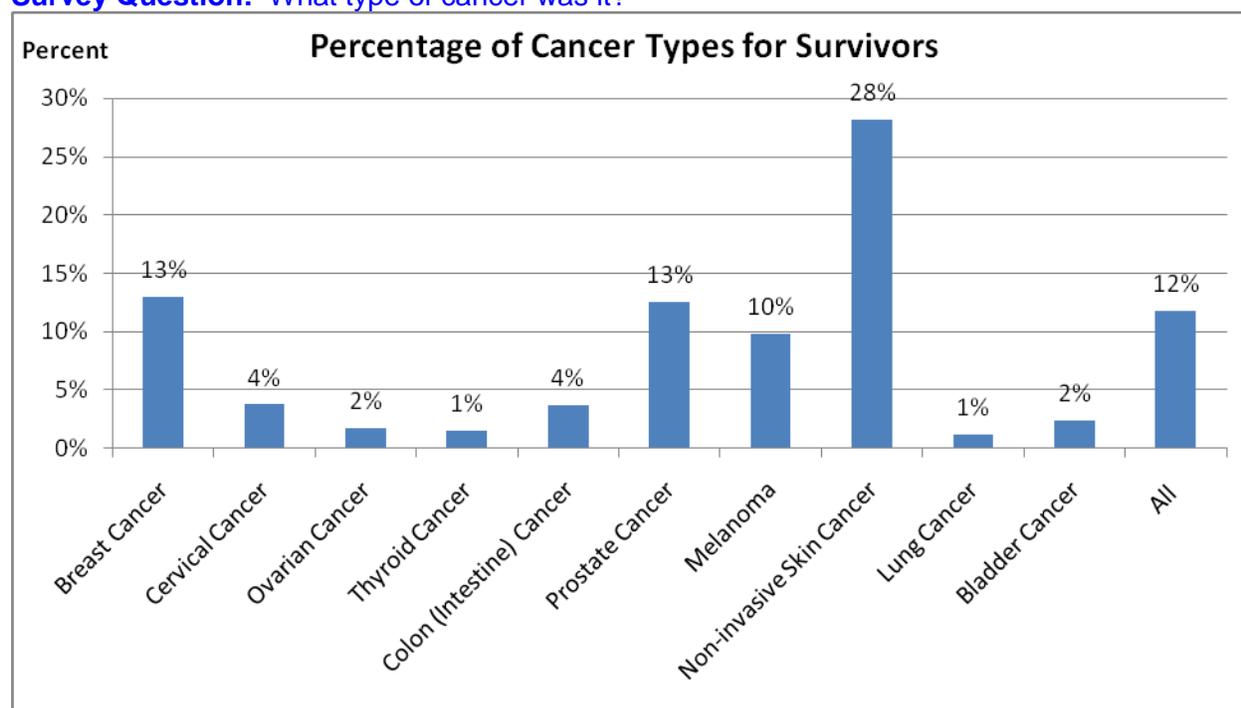
\*Significantly higher than the Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## CANCER TYPE

Cancer is the second leading cause of death in the United States causing 1 of every 4 deaths each year (ACS, 2004). Everyone is at risk of developing some form of cancer. Cancer incidence varies by race and ethnicity, with some groups being more susceptible to certain types of cancers than others. If the current trends continue, one-third of Americans can be diagnosed with cancer in their lifetimes (NCI, 2003a).<sup>1</sup>

**Survey Question:** What type of cancer was it?



**Figure 13a.** Percentage of Arizonans who were told by a doctor, nurse or other health professional that they had cancer.

The type of cancer question was not used in prior years and therefore data is not available.

- Non-invasive skin cancer is the most common type of cancer at 28% of the survivor population of Arizona.
- Breast Cancer percentage is 13% and prostate cancer percentage is 13% of the survivor population of Arizona.

### Reference

<sup>1</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention, Cancer Survivorship, internet accessed June 8, 2010, <http://www.cdc.gov/cancer/survivorship/pdf/brochure.pdf>

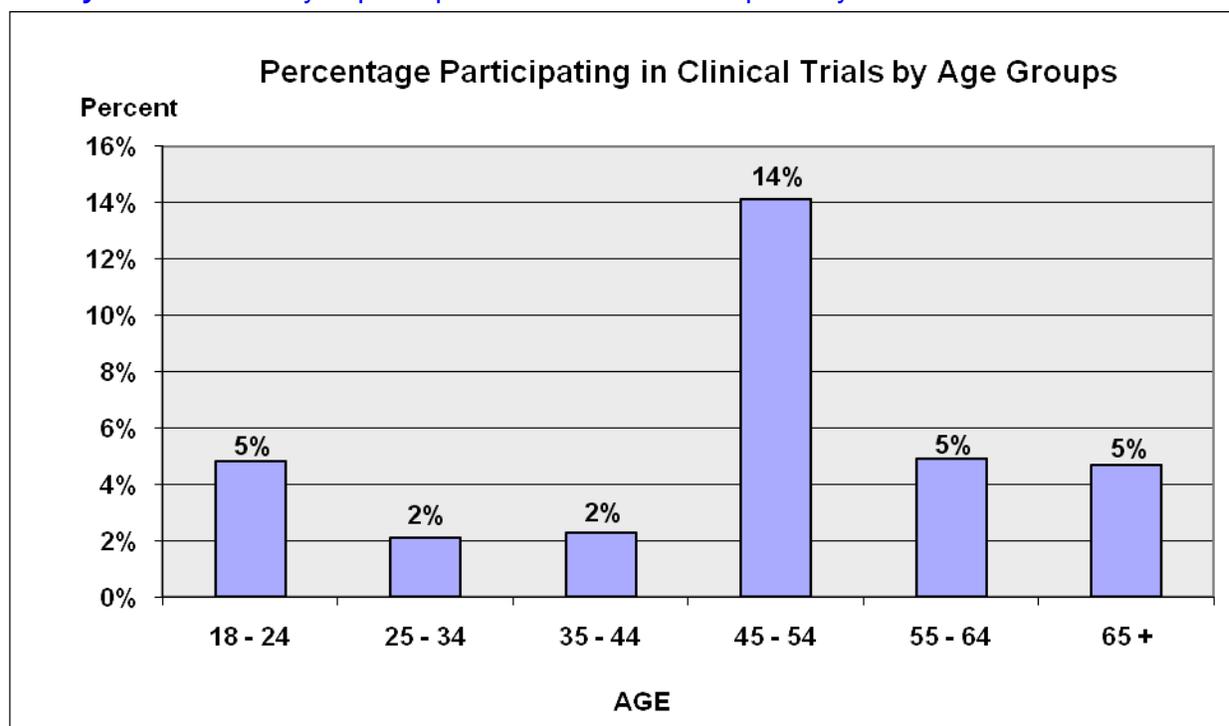
- Lung cancer survival prevalence is only 1% in those reporting being diagnosed with cancer. Each year 15% of all diagnoses of cancer are lung cancer cases. The prevalence is small because the survival is very short.

## CANCER CLINICAL TRIALS

The National Institutes of Health (NIH) and FDA mandate the inclusion of women and minorities in clinical trials. However, researchers have documented barriers to participating in cancer clinical trials. Barriers include lack of awareness, lack of being invited or recruited to participate, eligibility criteria that may exclude certain groups, fear or mistrust of the medical and scientific community, and cultural barriers (e.g., language, beliefs, attitudes). In health care systems, physicians may not refer older patients to clinical trials because of concern about toxicity or side effects from the treatment and may exclude patients because of their own prejudices. At a policy level, barriers may include the lack of state mandates for insurance coverage for clinical trials and the lack of appropriate enforcement and oversight of existing mandates.<sup>1</sup>

Because barriers to and disparities in cancer clinical trial participation exist on multiple levels, addressing these issues requires a comprehensive approach. One such approach is reflected in the comprehensive cancer control (CCC) plan for each state, tribe, territory, or other jurisdiction.<sup>2</sup>

**Survey Question:** Did you participate in a clinical trial as part of your cancer treatment?



**Figure 14a.** Percentage of cancer survivors who participated in clinical trials.

### References

<sup>1</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention. Preventing Chronic Disease, "Disparities in Cancer Clinical Trials: An Analysis of Comprehensive Cancer Control Plans Internet Accessed: June 9, 2010. [http://www.cdc.gov/pcd/issues/2009/Oct/08\\_0158.htm?s\\_cid=pcd64a116\\_x](http://www.cdc.gov/pcd/issues/2009/Oct/08_0158.htm?s_cid=pcd64a116_x)

<sup>2</sup> Ibid.

The clinical trial question was not used in prior years and therefore data is not available.

- Male survivors were more likely than females to be in clinical trials at 8.0% versus 4.8%.
- Cancer survivors between 45 and 54 years old were the most likely to have reported being in clinical trial at 14.1%.
- Respondents whose household income ranges \$25,000-\$34,999 were the most likely to have been in clinical trials, at 12.9%.

2009 Arizona BRFSS: Arizona Cancer Survivors who were in Clinical Trials						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	6.3	52		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	6.9	16
Male	8	23		Self-employed	9.7	1
Female	4.8	29		Out of work	21	3
<b>AGE</b>				Homemaker	2.6	3
18-24	0	0		Student	0	0
25-34	2.1	1		Retired	3.5	22
35-44	2.3	1		Unable to work	13.6	7
45-54	14.1	10		<b>INCOME</b>		
55-64	4.9	11		<\$25,000	7.3	16
65+	4.7	29		\$25,000-\$34,999	12.9	11
<b>MARITAL STATUS</b>				\$35,000-\$49,999	2.3	4
Married	5	28		\$50,000-\$74,999	1.2	2
Divorced	6.5	6		\$75,000 or more	3.2	9
Widowed	5.8	12		<b>RACE/ ETHNICITY</b>		
Separated	12.5	3		White, non-Hispanic	5.3	38
Never married	7.8	2		Black	13.2	1
Unmarried couple	40	1		Asian/PI	0	0
<b>EDUCATION</b>				American Indian	28	4
Less than High School	1.8	4		Other	5.1	2
High School Graduate/GED	7.7	9		Hispanic	17.1	7
Some College/Tech School	8	25				
College Grad	4.8	13				

Table 14a. BRFSS results, respondents who were in Clinical Trials.

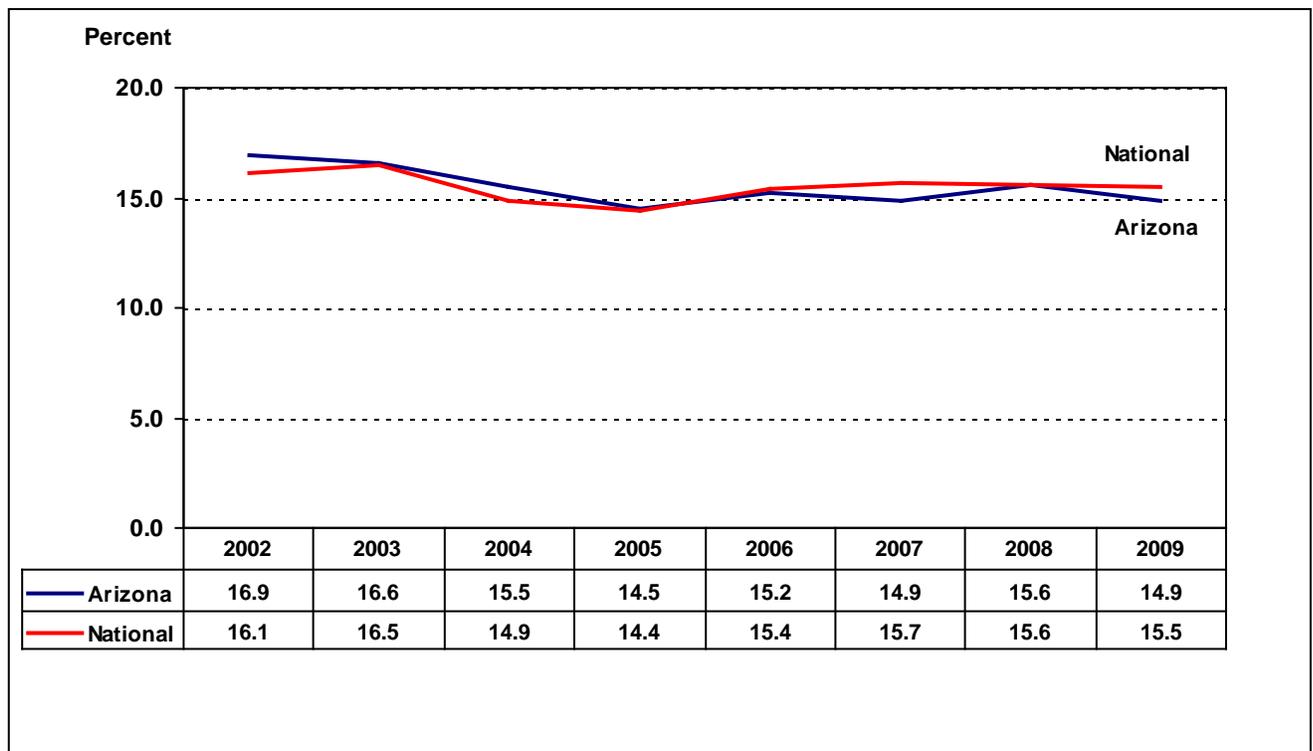
**HEALTH RISKS, BEHAVIORS  
AND AWARENESS**

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## ALCOHOL ABUSE - BINGE DRINKING

Each year, about 100,000 deaths in the United States are related to alcohol consumption.<sup>1</sup> Long-term heavy drinking increases risk for high blood pressure, heart rhythm irregularities (arrhythmias), heart muscle disorders (cardiomyopathy), and stroke. Long-term heavy drinking also increases the risk of developing certain forms of cancer, especially of the esophagus, mouth, throat, and larynx.<sup>2</sup> Alcohol use has been linked with a substantial proportion of injuries and deaths from motor vehicle crashes, falls, fires, and drownings.<sup>3</sup> Clearly, alcohol consumption is an important public health issue.

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



**Figure 15a.** BRFSS respondents who reported engaging in binge drinking.

### References

<sup>1</sup> McGinnis, J.M., and Foege, W.H. Actual causes of death in the United States. *Journal of the American Medical Association* 270:2207-2212, 1993.

<sup>2</sup> NIAAA. Alcohol and cancer. Alcohol Alert. No. 21. Rockville, MD: NIH, 1993.

<sup>3</sup> NIAAA. Ninth Special Report to the U.S. Congress on Alcohol and Health From the Secretary of Health and Human Services. NIH Pub. No. 97-4017. Rockville, MD: NIH, 1997.

The related *Healthy People 2010* objective is to reduce the percentage of the population engaging in binge drinking of alcoholic beverages to no more than 6 percent for persons 18 years of age or older.<sup>4</sup> According to the 2009 Arizona BRFSS, 14.9% of respondents reported having five or more drinks on an occasion, one or more times in the past month, which is 2.5 times the Healthy People 2010 objective.

- Men were twice as likely to engage in binge drinking as women: 20.8% versus 9.2% respectively.
- As age increased, so did the percentage of those who reported engaging in binge drinking decreased.
- By marital status, unmarried couples were more likely to engage in binge drinking, at 34.2%.
- By employment, the subgroup having the highest percent for engaging in binge drinking was employment for wages, at 20.5%.

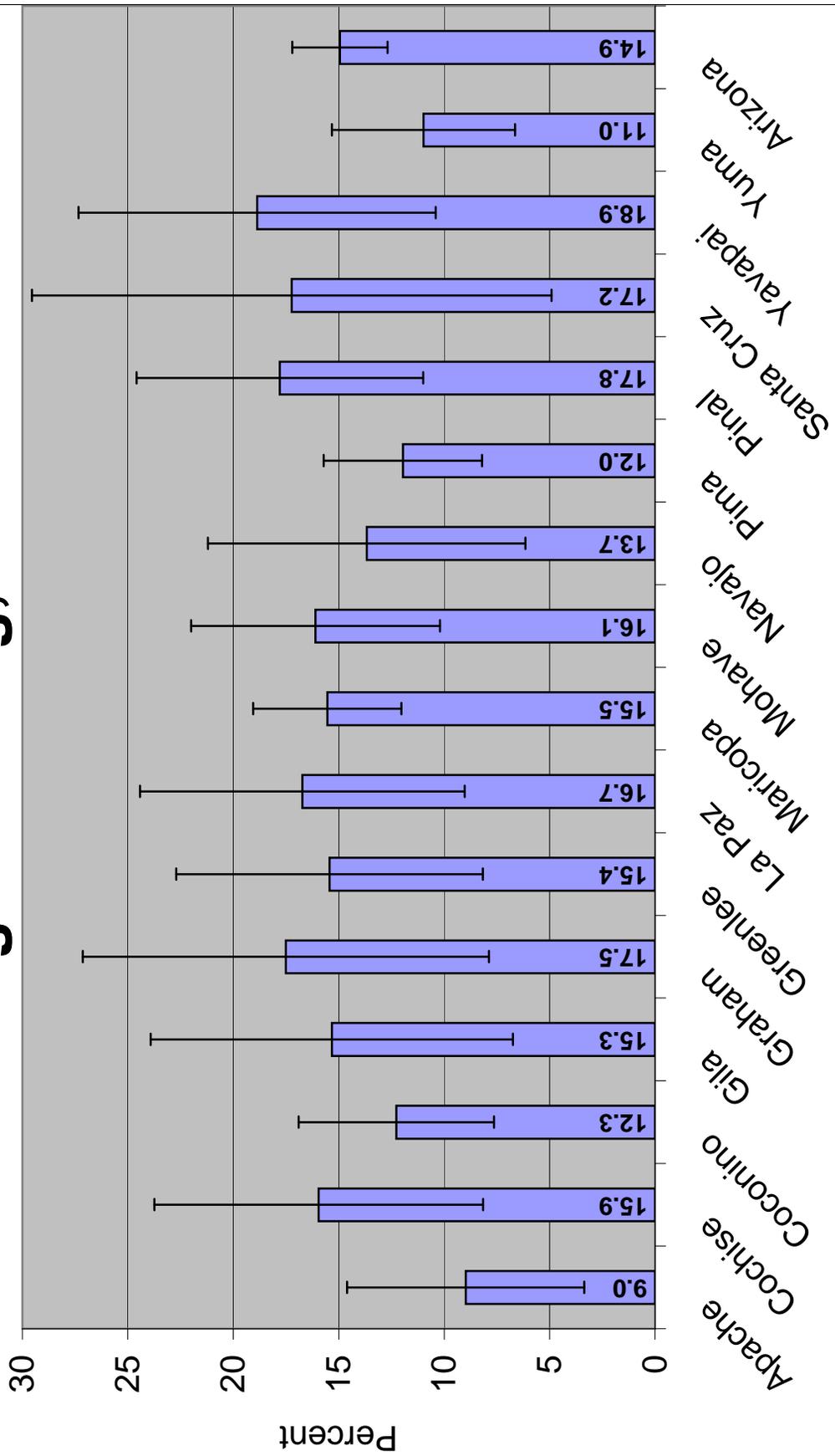
2009 Arizona BRFSS: Respondents Who Reported Engaging In Binge Drinking						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	14.9	518		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	20.5	254
Male	20.8	299		Self-employed	12	41
Female	9.2	219		Out of work	19.2	52
<b>AGE</b>				Homemaker	11.9	36
18-24	22.8	29		Student	9.5	10
25-34	25.2	105		Retired	4.9	107
35-44	18.4	96		Unable to work	6.3	18
45-54	11.9	104		<b>INCOME</b>		
55-64	8	97		<\$25,000	12.9	126
65+	3.3	87		\$25,000-\$34,999	13.6	56
<b>MARITAL STATUS</b>				\$35,000-\$49,999	21.8	73
Married	13.5	273		\$50,000-\$74,999	12.2	81
Divorced	12.2	83		\$75,000 or more	17.2	147
Widowed	4.4	28		<b>RACE/ ETHNICITY</b>		
Separated	12.5	17		White, non-Hispanic	14.3	378
Never married	20.8	77		Black	7.9	6
Unmarried couple	34.2	36		Asian/PI	5.4	6
<b>EDUCATION</b>				American Indian	22.8	27
Less than High School	13.7	44		Other	1.1	3
High School Graduate/GED	17.3	154		<b>HISPANIC</b>	18.5	90
Some College/Tech School	15.9	161				
College Grad	12.6	157				

**Table 15a.** BRFSS results: Respondents who reported engaging in binge drinking. \*N is unweighted.

**Reference**

<sup>4</sup>U.S. Department of Health and Human Services, Center for Disease Control and Prevention, Public Health Service. *Healthy People 2010: National Health Promotion and Disease Prevention Objectives--full report with commentary.* Washington, DC:, 2000.

# Percent of Arizonans Reporting Binge Drinking, 2009

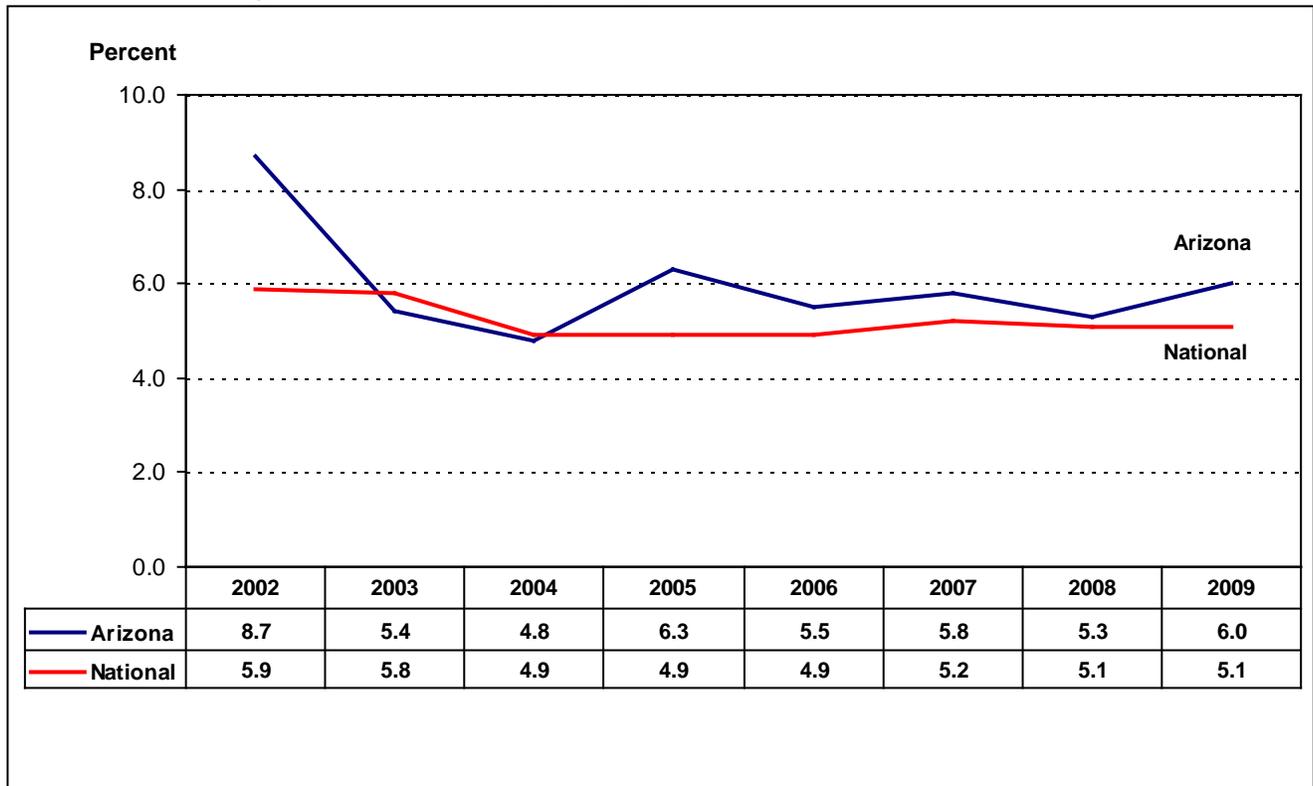


**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## ALCOHOL ABUSE - HEAVY DRINKING

In Arizona during 2009, alcohol abuse resulted in 39,370 emergency room visits and 26,040 inpatient discharges. The average length of stay for those inpatient discharges was about 4.5 days, which amounted to 21,581 patient days.<sup>1</sup>

**Heavy drinking is defined as:** “Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day).”<sup>2</sup>



**Figure 16a.** 2002-2009 Arizona BRFSS respondents who reported engaging in heavy drinking. Healthy People 2010 Objective 26.11c is 6.0 percent.

### References

<sup>1</sup> The 2009 characteristics of ER visits and inpatient discharges with the diagnosis of alcohol abuse will be available online at <http://www.azdhs.gov/plan/hip/for/alcohol/index.htm>. The statistics for alcohol-induced deaths are available in Section 2B and Section 5E of the “Arizona Health Status and Vital Statistics” report.

<sup>2</sup> United States Department of Health and Human Service, Center of Disease Control and Prevention, In: SMART: BRFSS City and County Data, View Health Risk Data for All MMSAs; available at. <http://apps.nccd.cdc.gov/BRFSS-SMART/ListMMSAQuest.asp?yr2=2007&MMSA=All&cat=AC&qkey=4413&grp=0> ; Internet accessed 18 November 2008.

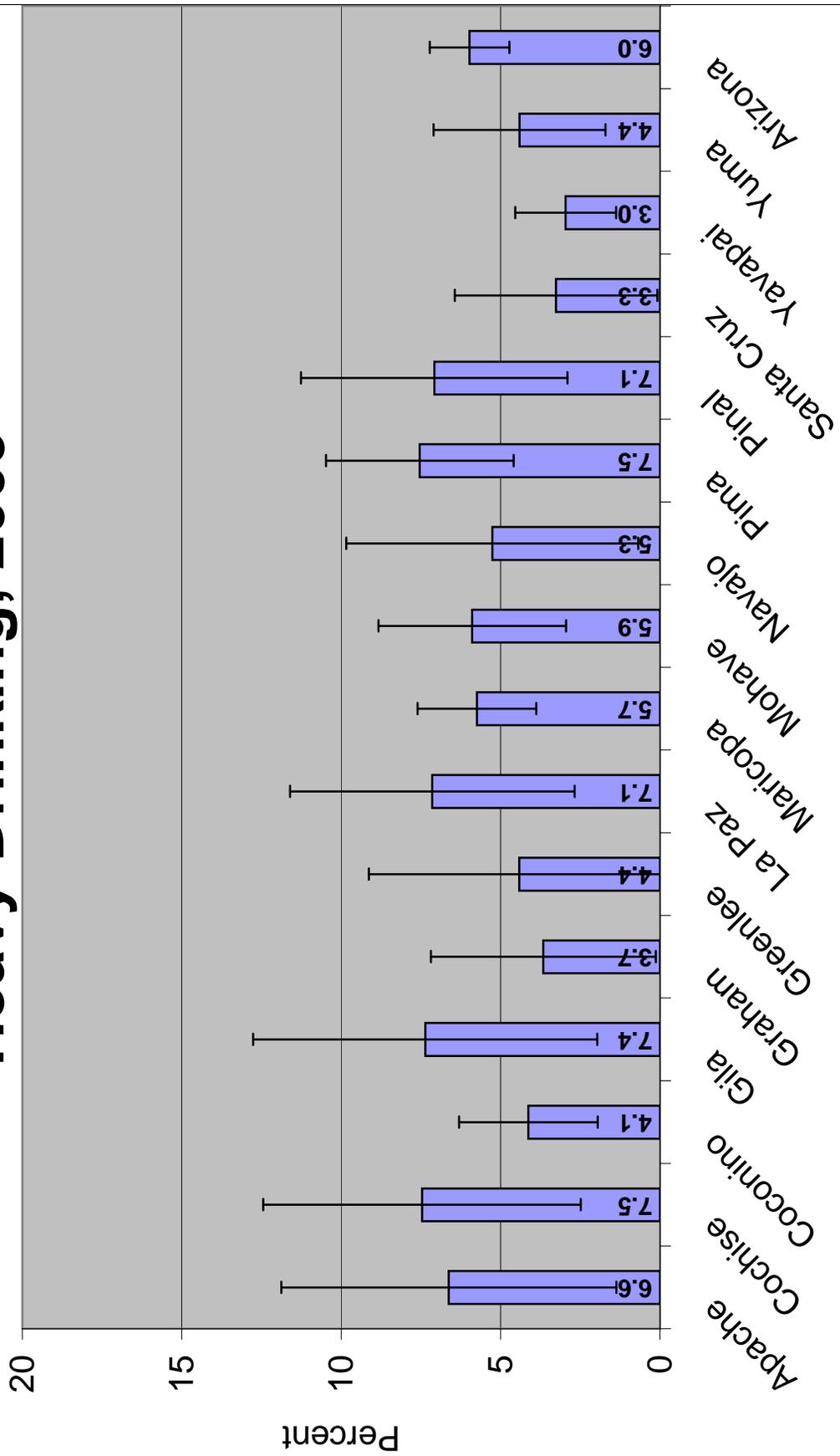
According to the 2009 Arizona BRFSS, 6% of respondents reported being heavy drinkers.

- Men were slightly more likely to engage in heavy drinking (6.7%) versus women, at 5.3%.
- The age group with the highest reported percentage of heavy drinkers was 18 - 24, at 7.6%.
- The highest percentages of heavy drinkers in the marital status category were separated (10%) and unmarried couples (15.1%).
- The household income level (\$35,000 - \$49,999) had the highest heavy drinking percentage, at 8.4%.

2009 Arizona BRFSS: Respondents Who Reported Engaging In Heavy Drinking						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	6	299		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	6.7	112
Male	6.7	128		Self-employed	6.3	25
Female	5.3	171		Out of work	6.8	24
<b>AGE</b>				Homemaker	1.9	17
18-24	7.6	10		Student	7.7	5
25-34	6.4	34		Retired	5.8	107
35-44	5.5	36		Unable to work	2.5	9
45-54	5.8	47		<b>INCOME</b>		
55-64	6	82		<\$25,000	5.4	73
65+	5	90		\$25,000-\$34,999	6.7	29
<b>MARITAL STATUS</b>				\$35,000-\$49,999	8.4	50
Married	4.6	137		\$50,000-\$74,999	4.7	52
Divorced	6.6	51		\$75,000 or more	6	72
Widowed	5.1	40		<b>RACE/ ETHNICITY</b>		
Separated	10	9		White, non-Hispanic	6.5	250
Never married	7.9	36		Black	0.7	3
Unmarried couple	15.1	23		Asian/PI	0.2	1
<b>EDUCATION</b>				American Indian	4.8	8
Less than High School	7.5	23		Other	1	3
High School Graduate/GED	4.4	71		Hispanic	5.8	29
Some College/Tech School	6.4	97				
College Grad	6.2	107				

Table 16a. BRFSS results: Respondents reported engaging in heavy drinking. \* N is unweighted

# Percent of Arizonans Reporting Heavy Drinking, 2009



**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

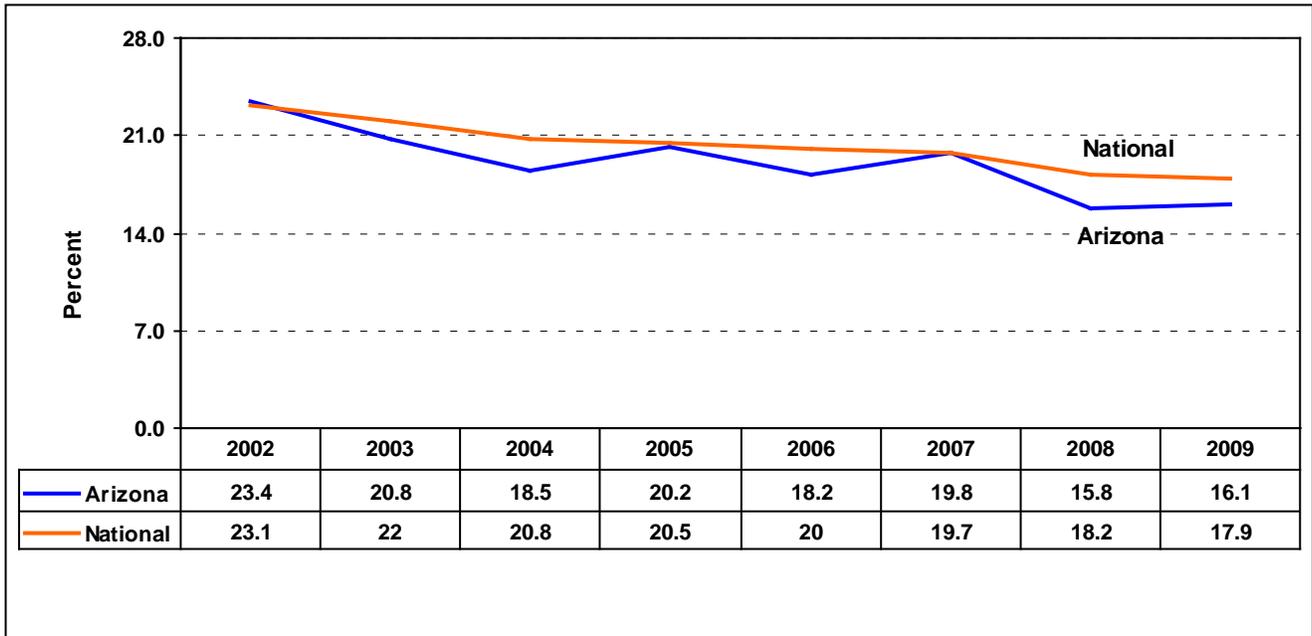
## CIGARETTE SMOKING

“Smoking is associated with a significantly increased risk of heart disease, stroke, lung and other types of cancer, and chronic lung diseases. Decreasing cigarette smoking among adolescents and adults is a major public health objective for the Nation. Preventing smoking among teenagers and young adults is critical because smoking usually begins in adolescence. Smoking during pregnancy contributes to elevated risk of miscarriage, premature delivery, and having a low birth weight infant.”<sup>1</sup>

“Direct medical expenditures attributed to smoking total more than \$75 billion per year. In addition, smoking costs an estimated \$80 billion per year in lost productivity.”<sup>2</sup>

*Healthy Arizona 2010* has identified tobacco use as one of its 12 focus areas, and has set a target of reducing adult smokers to 14 percent of the state population. Continued efforts to prevent initial smoking behavior in adolescents, as well as efforts to promote smoking cessation in current smokers using techniques that have documented effectiveness, may decrease the rate of Arizona smokers to meet the *Healthy People 2010* target.<sup>3</sup>

**Survey Questions:** Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days, or not at all?



**Figure 17a.** Percentage of Arizona BRFSS respondents who reported that they were current smokers in 2002-2009. Healthy Arizona 2010 Objective 3 is 14.0 percent.

### References

<sup>1</sup> National Center for Health Statistics. Health, United States, 2007. With Chart book on Trends in the Health of Americans. Hyattsville, MD: 2007.

<sup>2</sup> U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. The Power of Prevention: Reducing the Health and Economic Burden of Chronic Disease. 2003.

<sup>3</sup> Arizona Department of Health Services. *Healthy Arizona 2010: Collaborating for a Healthier Future*. Phoenix, AZ 2001.

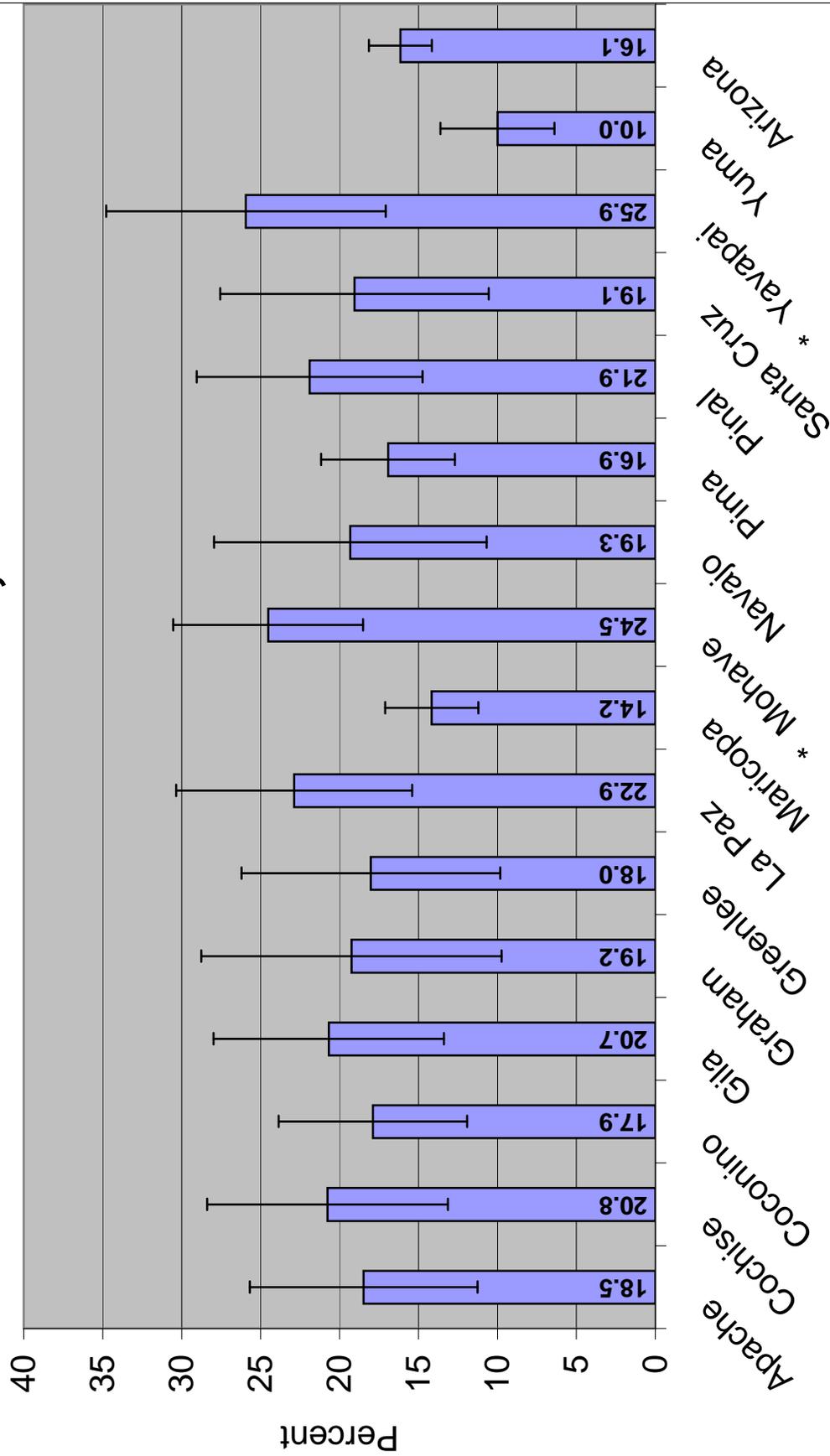
- Men were more likely than women to be current smokers at 18% versus 14.3% respectively.
- The highest proportion of smokers was in the age group (45-54) with 23.7% who were current smokers.
- Divorced and separated respondents were most likely to be current smokers at 27.2% and 30.6% respectively.
- As education increased, the proportion of smokers decreased.
- Adults with household Income less than \$25,000 were most likely to be current smokers (26.2%). Smoking decreased with increased income.

2009 Arizona BRFSS: Respondents Who Are Current Smokers						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	16.1	831		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	16.5	300
Male	18	333		Self-employed	13.6	55
Female	14.3	498		Out of work	30.4	93
<b>AGE</b>				Homemaker	10.6	55
18-24	15	29		Student	11.2	12
25-34	18.5	95		Retired	9.6	199
35-44	16.4	111		Unable to work	36.4	115
45-54	23.7	222		<b>INCOME</b>		
55-64	14.8	188		<\$25,000	26.2	342
65+	7.5	186		\$25,000-\$34,999	20.1	98
<b>MARITAL STATUS</b>				\$35,000-\$49,999	22.2	106
Married	12.9	349		\$50,000-\$74,999	12.8	79
Divorced	27.2	197		\$75,000 or more	7.9	117
Widowed	14.2	107		<b>RACE/ ETHNICITY</b>		
Separated	30.6	35		White, non-Hispanic	16	633
Never married	19.5	99		Black	14.1	11
Unmarried couple	26.2	40		Asian/ PI	10.2	4
<b>EDUCATION</b>				American Indian	18.7	33
Less than High School	25.7	123		Other	49.5	27
High School Graduate/GED	24.9	265		Hispanic	15.7	110
Some College/Tech School	16.9	305				
College Grad	6.6	136				

**Table 17a.** BRFSS results: Respondents who reported that they are current smokers and have smoked at least 100 cigarettes in their life. \*N is unweighted.

\*95% Confidence Interval: 39.5% - 44.9%

# The Percent of Arizonans who are Current Smokers, 2009



\*Significantly higher than Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## FRUIT AND VEGETABLE CONSUMPTION

Good nutrition, including a diet low in saturated fats and at least five servings of fruits and vegetables each day, plays a key role in maintaining good health. Improving the American diet could extend the productive life span of Americans and reduce the occurrence of chronic diseases, including heart disease, stroke, and some types of cancers, diabetes, and osteoporosis.<sup>1</sup>

It has been known for many years that diet plays a large role in the quality of long-term health. Among adults who do not drink excessively or smoke, diet is the most significant controllable risk factor that determines their health status. It is widely accepted that a significant percentage of all cancer deaths can be attributed to poor dietary habits.

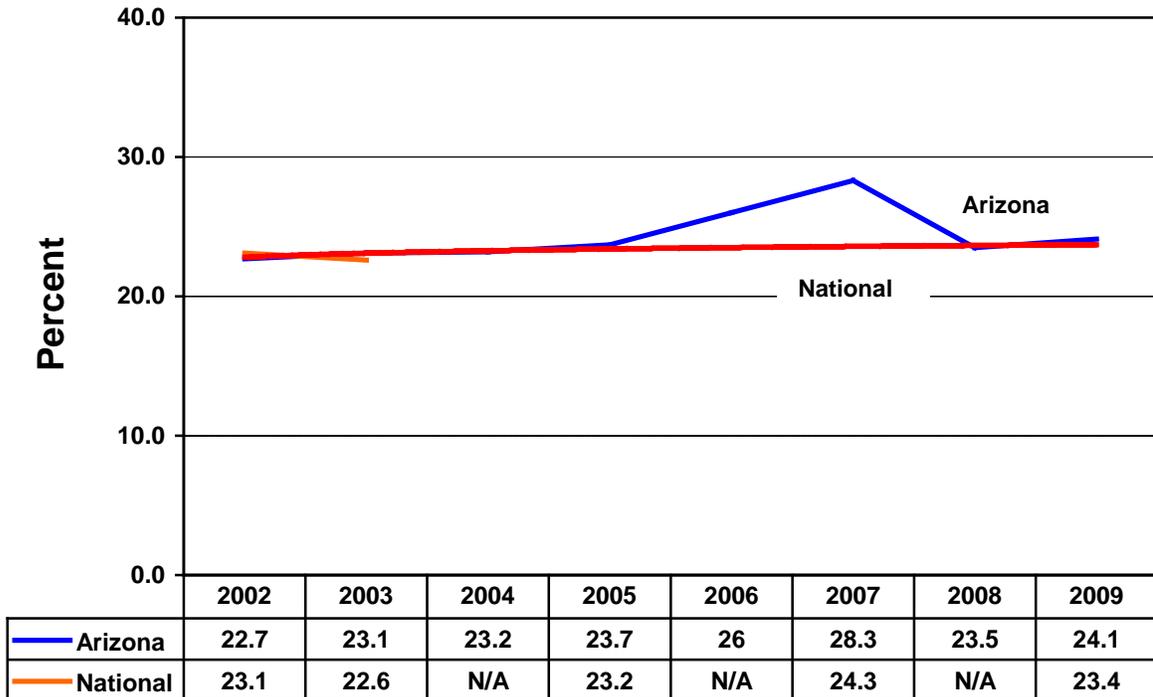
### Survey Questions:

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

How often do you eat (fruit, green salad, potatoes, and carrots)?

Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

**Fruit and Vegetables Consumption**



**Figure 18a.** Percentage of Arizona BRFSS respondents who reported consuming five servings of fruits and vegetables per day in 2002-2009. **Note:** The National data for 2004, 2006 and 2008 are not available for questions in this category.

### Reference

<sup>1</sup> The Bureau of Chronic Diseases and Their Risk Factors: National and State Perspectives. Center for Disease Control and Prevention 2004

One of the most important dietary habits is the consumption of at least five servings of fruits and vegetables per day. Analysis of the 2009 Arizona BRFSS showed that 24% percent of respondents reported that they consume five servings of fruits and vegetables per day (Figure 18a). This falls short of *Healthy Arizona 2010* Objective 2.1, which sets a target of increasing the proportion of Arizonans aged two years and older who consume at least two daily servings of fruit and at least three daily servings of vegetables (with at least one-third being dark green or deep yellow vegetables) to at least 50 percent.<sup>2</sup>

- Women were more likely than men to consume the recommended five servings per day, at 28.6% versus 19.5%.
- Adults aged 65 and older were more likely than the all other age groups to consume five or more servings per day, at 28.9%.
- Adults unable to work were least likely to consume the five servings of fruit and vegetables, at 16.5%.
- Adults with a household Income less than \$25,000 were least likely to consume the five recommended servings, at 21.1 %.
- By race/ethnicity, those respondents of Hispanic race/ethnicity were least likely to consume the recommended five servings per day, at 20.7%.

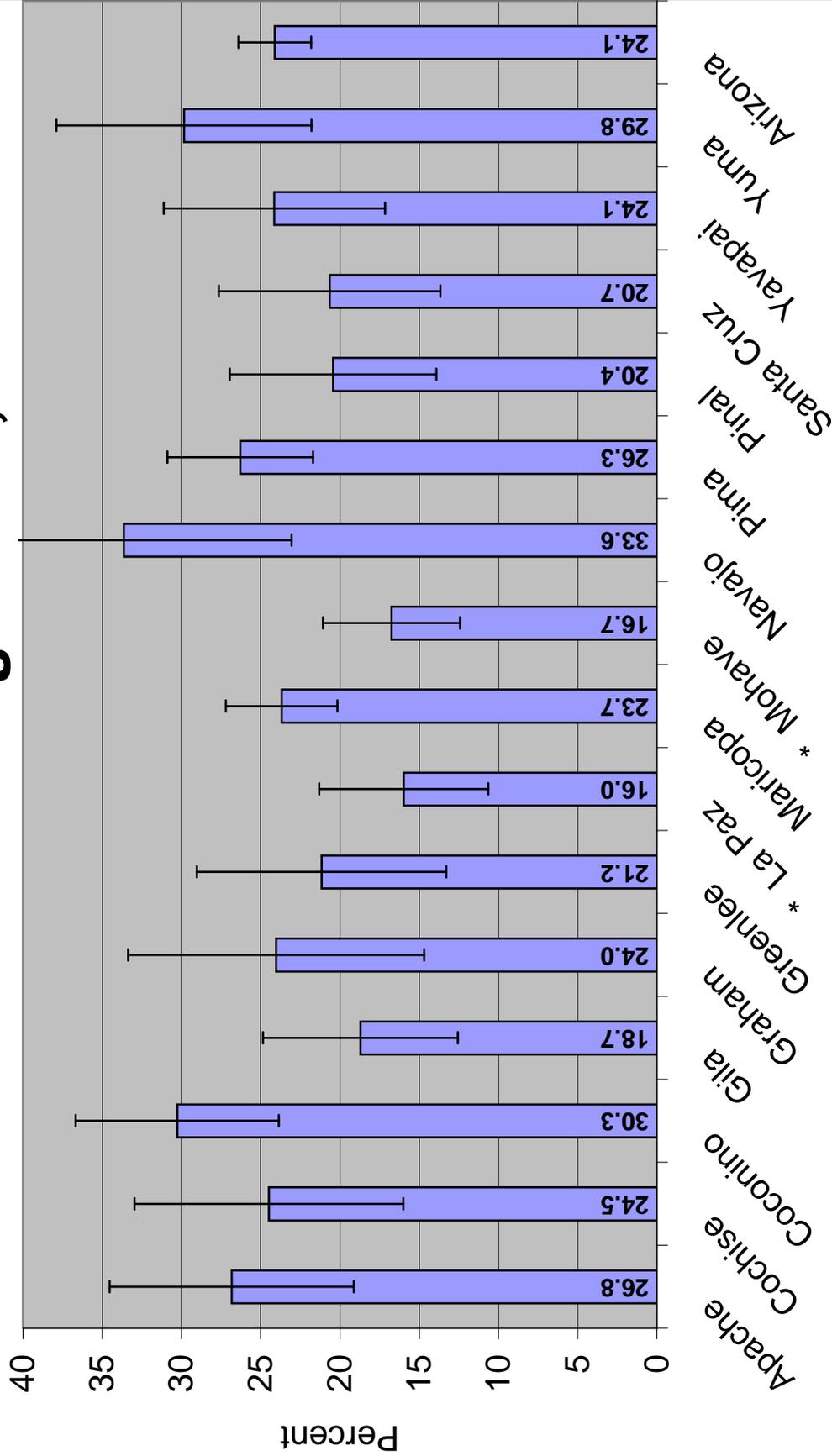
2009 Arizona BRFSS: Consuming Five Servings Of Fruits And Vegetables Per Day					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	24.1	1419	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	22.9	439
Male	19.5	401	Self-employed	33	129
Female	28.6	1018	Out of work	23.3	70
<b>AGE</b>			Homemaker	21.1	153
18-24	20.5	34	Student	24.2	24
25-34	23.3	89	Retired	26.4	527
35-44	23	162	Unable to work	16.5	71
45-54	21.3	225	<b>INCOME</b>		
55-64	27.1	319	<\$25,000	21.1	345
65+	28.9	590	\$25,000-\$34,999	22.8	142
<b>MARITAL STATUS</b>			\$35,000-\$49,999	23.1	189
Married	23.5	791	\$50,000-\$74,999	25	215
Divorced	24.7	194	\$75,000 or more	26.4	305
Widowed	30.2	253	<b>RACE/ETHNICITY</b>		
Separated	26.5	31	White, non-Hispanic	24.6	1064
Never married	22.9	101	Black	34.3	23
Unmarried couple	26	42	Asian/ PI	22.1	17
<b>EDUCATION</b>			American Indian	23.3	66
Less than High School	17.5	114	Other	46.8	30
High School			Hispanic	20.7	202
Graduate/GED	21.3	311			
Some College/Tech					
School	24.7	422			
College Grad	27.4	566			

**Table 18a.** BRFSS survey results: Respondents who reported consuming five servings of fruits and vegetables per day. \*N is unweighted

**Reference**

<sup>2</sup> Department of Health Services. Arizona Healthy People 2010: Collaborating for a Healthier Future. 2001.

# Percent of Arizonans Consuming 5 or more Fruits and Vegetables, 2009



\*Significantly lower than the Arizona percentage.

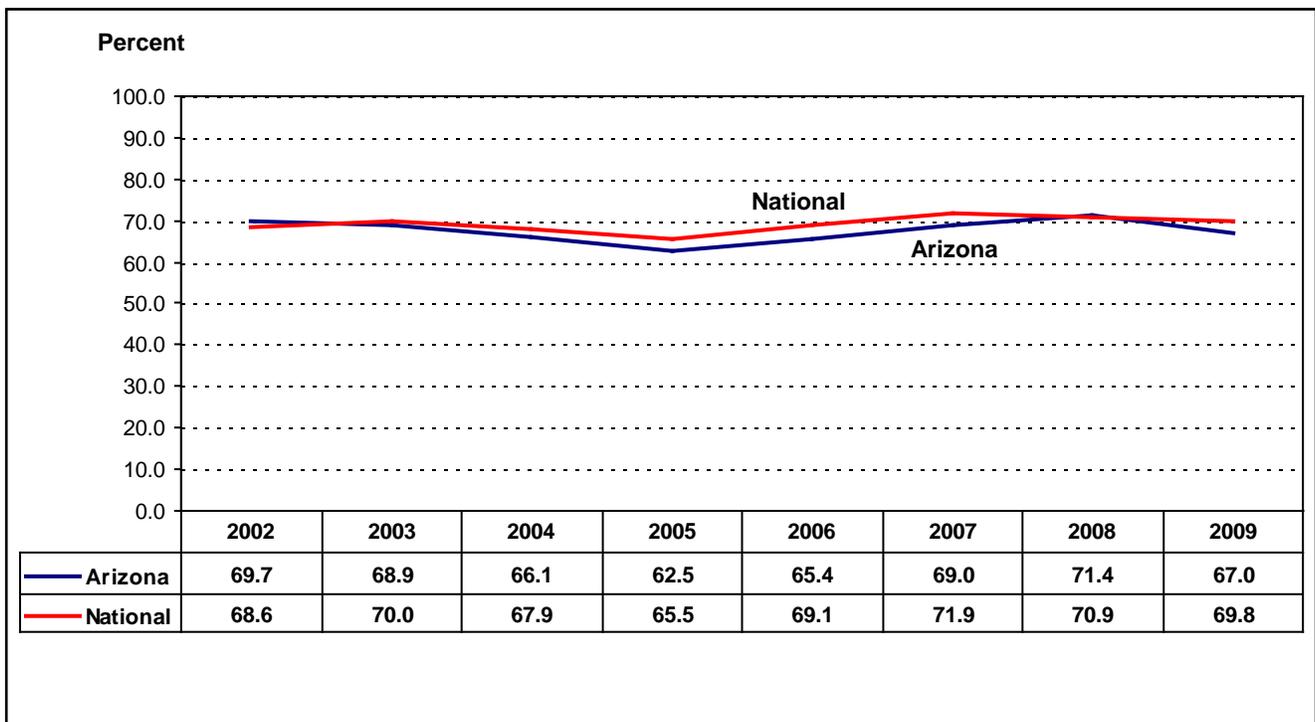
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## INFLUENZA VACCINATION

Influenza is a significant cause of morbidity. Elderly persons with chronic diseases are at high risk for influenza morbidity and mortality.<sup>1</sup> “Influenza A and B are the two types of influenza viruses that cause epidemic human disease.”<sup>2</sup> Since treatment of influenza can only minimize its symptoms, epidemics are most preventable through vaccination against current strains of disease.

Objective 14.29a in *Healthy People 2010* targets influenza vaccinations at a minimum of 90 percent in persons 65 years of age or older. Since new strains of influenza periodically emerge, annual vaccinations are necessary to provide constant protection against infection. Vaccination against influenza is recommended as a part of routine health care for persons age 65 and older and younger persons at risk of medical complications if they should contact influenza. Health care professionals should continue to inform their high risk populations, toward the end of each year, to be vaccinated against current influenza strains.

**Survey Question:** A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?



**Figure 19a.** Percentage of BRFSS respondents 65+ years old reporting they had an influenza vaccination in the last 12 months in 2002-2009.

### References

<sup>1</sup> Reece SM. Preventing Influenza and its Complications: a Public Health Initiative for the Year 2000. *Nurse Pract.*, 1995; 20(9): 32-36, 44.

<sup>2</sup> Prevention and Control of Influenza," *MMWR*, August 8, 2008/Vol 57/No. RR07, Page 4.

According to the 2009 BRFSS, 69.7% of Arizonans 65+ years of age reported that they received an influenza vaccine during the past 12 months. The following respondent groups have had an influenza vaccination in the past 12 months:

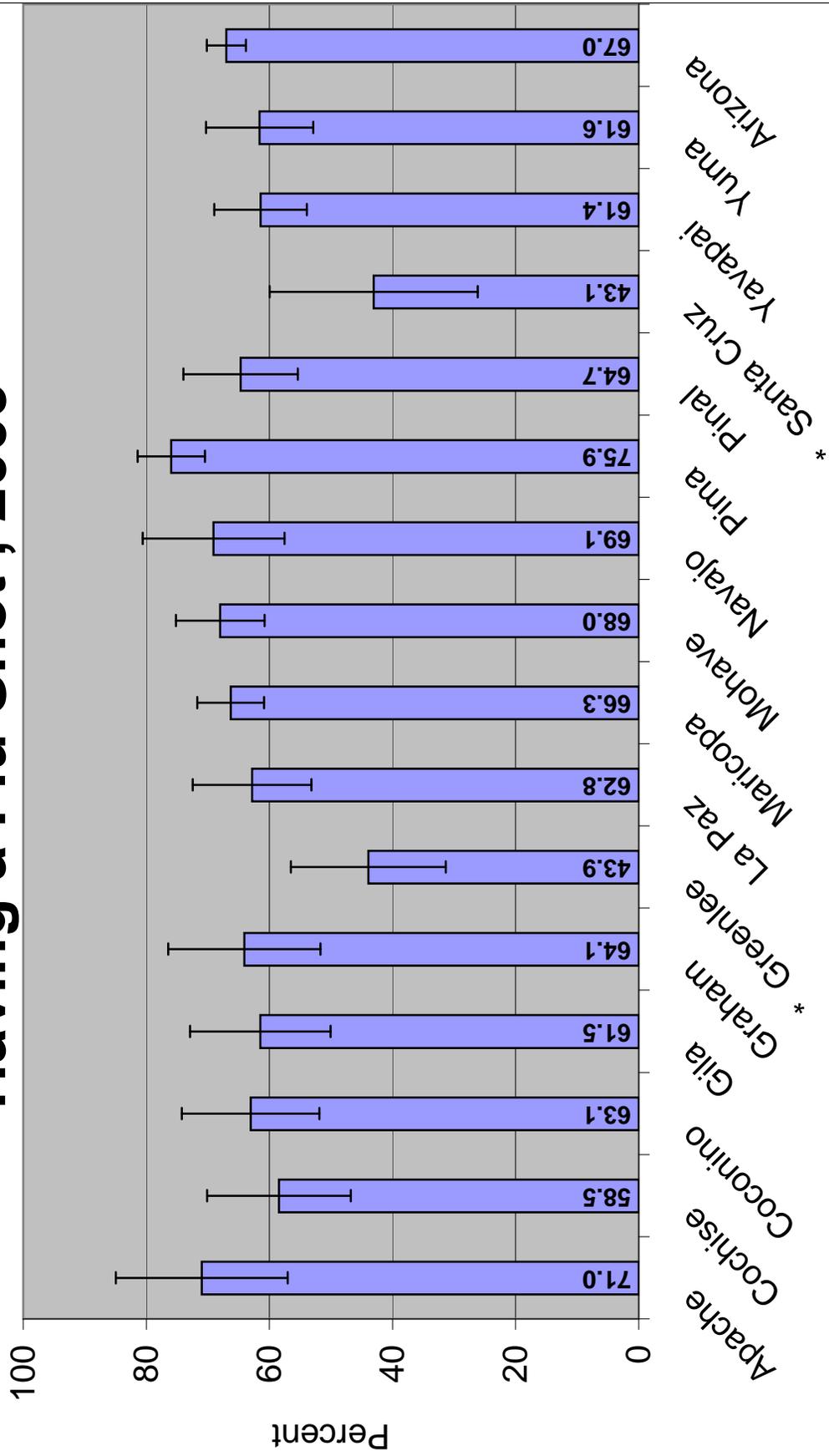
- Female adults were more likely than Male adults to receive an influenza vaccination, at 67.9% versus 65.9%.
- Respondents with a marital status of “Unmarried couple” were more likely to receive an influenza vaccine, at 69.9%.
- Adults with college education were more likely to receive an influenza vaccine, at 70.3%.

2009 Arizona BRFSS: Characteristics Of Persons 65+Received An Influenza Vaccination						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	67	1398		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	46.3	81
Male	65.9	524		Self-employed	56.5	46
Female	67.9	874		Out of work	44.2	15
<b>AGE</b>				Homemaker	78.6	112
18-24	N/A	N/A		Student	78.6	2
25-34	N/A	N/A		Retired	69.8	1087
35-44	N/A	N/A		Unable to work	77.2	49
45-54	N/A	N/A		<b>INCOME</b>		
55-64	N/A	N/A		<\$25,000	62.5	403
65+	69.7	1398		\$25,000-\$34,999	71.9	199
<b>MARITAL STATUS</b>				\$35,000-\$49,999	71.9	214
Married	68.9	715		\$50,000-\$74,999	69.6	154
Divorced	59.6	153		\$75,000 or more	71.1	160
Widowed	65.8	461		<b>RACE/ ETHNICITY</b>		
Separated	40.4	11		White, non-Hispanic	69.8	1218
Never married	64	35		Black	43.8	6
Unmarried couple	69.9	15		Asian/PI	59.2	7
<b>EDUCATION</b>				American Indian	50.6	26
Less than High School	55.3	143		Other	51.5	8
High School Graduate/GED	67.5	399		Hispanic	56	110
Some College/Tech School	66.4	427				
College Grad	70.3	423				

**Table 19a.** BRFSS survey results: Characteristics of persons 65+ reporting that they received an influenza vaccination in the past 12 months. N/A =Not applicable. \*N is unweighted.

\* 95 percent % Confidence Interval: 68.5% - 74.7%

# Percent of Arizonans 65+ Reporting Having a Flu Shot , 2009



\*Significantly lower than the Arizona percentage.

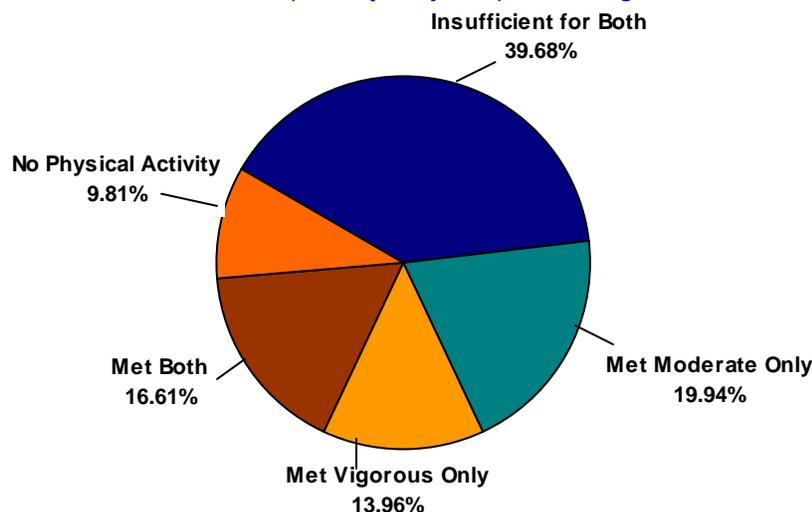
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## PHYSICAL ACTIVITY - CATEGORIES

Physical inactivity and its related health problems have significant economic consequences for the U.S. health care system. In the long term, physical inactivity threatens to reverse the decades-long progress that has been made in reducing the morbidity and mortality related with many chronic conditions, e.g., cardiovascular disease. A physically inactive population is at medical and financial risk for many chronic diseases and conditions including heart disease, stroke, colon cancer, diabetes, obesity, and osteoporosis.<sup>1</sup>

Regular physical activity decreases the risk for heart attack, colon cancer, diabetes, and high blood pressure, and may decrease their risk for stroke. It also helps with weight control; contributes to healthy bones, muscles, and joints; reduces falls among the elderly; helps to relieve the pain of arthritis; decreases symptoms of anxiety and depression; and can decrease the need for hospitalizations, physician visits, and medications. Moreover, physical activity does not need to be strenuous to be beneficial.<sup>2</sup> Regular exercise also can contribute to the functional independence of the elderly and improves the quality of life for people of all ages.<sup>3</sup>

**Survey Questions:** Now, thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate? Now, thinking about the vigorous activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate? How many days per week do you do these (moderate/vigorous) activities for at least 10 minutes at a time? On days when you do (moderate/vigorous) activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?



**Figure 20a.** Arizona 2009 BRFSS respondents' physical activity levels.

### References

<sup>1</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention, Physical Activity Fundamental to Preventing disease, June 2002.

<sup>2</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention, The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 2004.

<sup>3</sup> Katz S. Branch LG, Branson MH., et al., Active Life Expectancy. N Engl J Med. 1983; 309: 1218-1224.

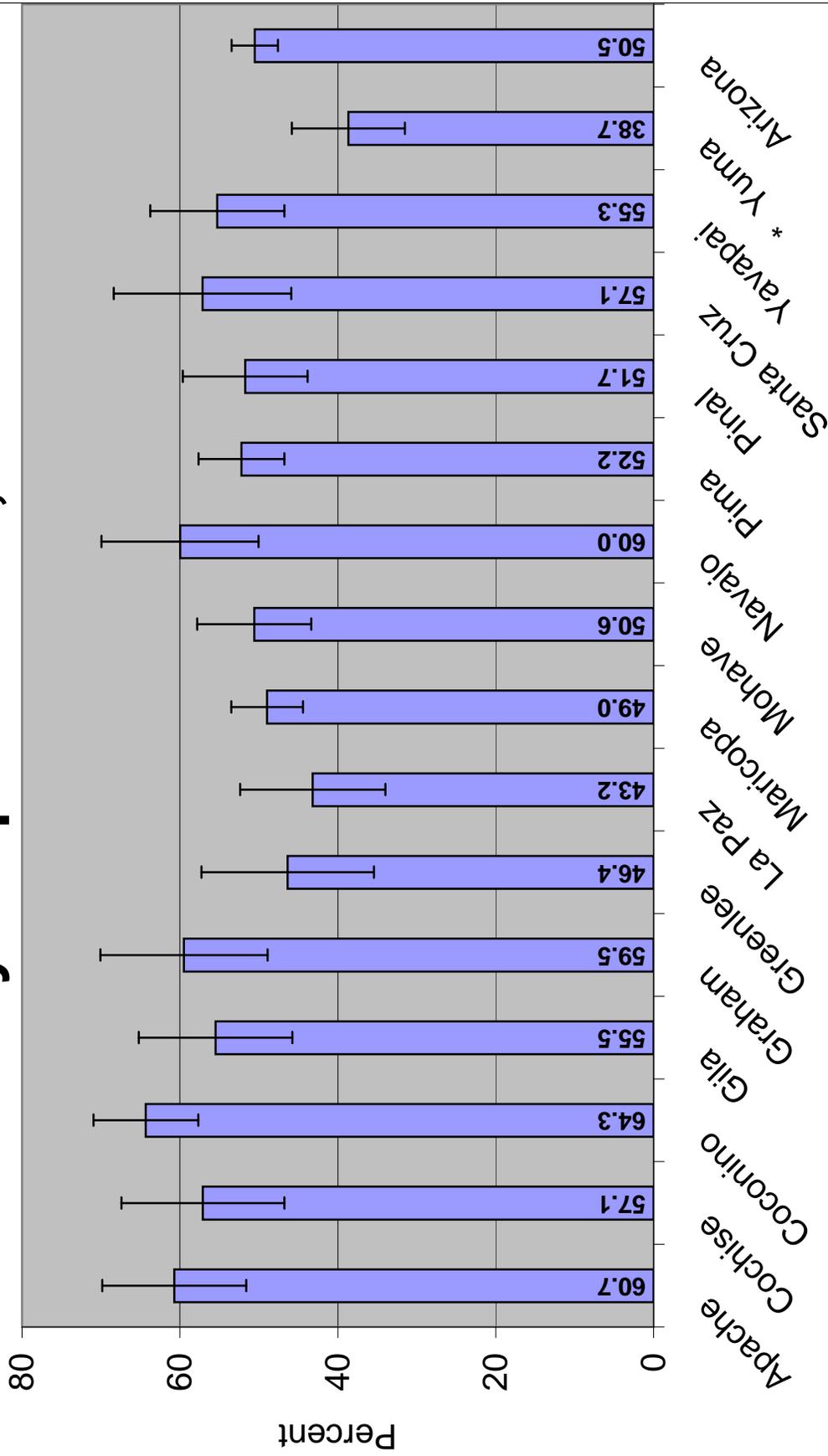
People are considered at risk if they reported insufficient or no physical activity. Analysis of the 2009 Arizona BRFSS data indicated that 49.5 percent of all respondents reported insufficient activity for moderate and vigorous physical activity or no physical activity.

- Women were less likely than men to meet requirements for physical activity 48.6% versus 52.5% respectively.
- Adults who never married were most likely to participate in physical activity, at 60%.
- College grad respondents participate in physical activity at a greater percentage than the other education subgroups, at 57.1%.

2009 Arizona BRFSS: Arizona Respondents Who Meet Physical Activity Requirements					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	50.5	2534	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	51.2	875
Male	52.5	1020	Self-employed	59.5	222
Female	48.6	1514	Out of work	46	161
<b>AGE</b>			Homemaker	49.3	236
18-24	48.3	81	Student	60.9	54
25-34	55.7	228	Retired	48.6	888
35-44	51.9	326	Unable to work	32.9	90
45-54	51.4	451	<b>INCOME</b>		
55-64	47.7	554	<\$25,000	42.6	591
65+	45.9	894	\$25,000-\$34,999	42	236
<b>MARITAL STATUS</b>			\$35,000-\$49,999	48.8	380
Married	50	1473	\$50,000-\$74,999	55	402
Divorced	46.1	342	\$75,000 or more	56.6	630
Widowed	44.1	327	<b>RACE/ ETHNICITY</b>		
Separated	50.5	61	White, non-Hispanic	53.4	1959
Never married	60	250	Black	47.8	26
Unmarried couple	42.2	73	Asian/PI	49	27
<b>EDUCATION</b>			American Indian	57.4	119
Less than High School	33.2	168	Other	55.7	43
High School Graduate/GED	48.7	614	Hispanic	40.8	334
Some College/Tech School	49.1	793			
College Grad	57.1	955			

**Table 20a.** BRFSS survey results: Respondents Meet Physical Activity Requirements. Note: N/A = Not Applicable. \* = part of age group not included. \* N is unweighted.

# Percent of Arizonans Meeting Physical Activity Requirements, 2009



\*Significantly below Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

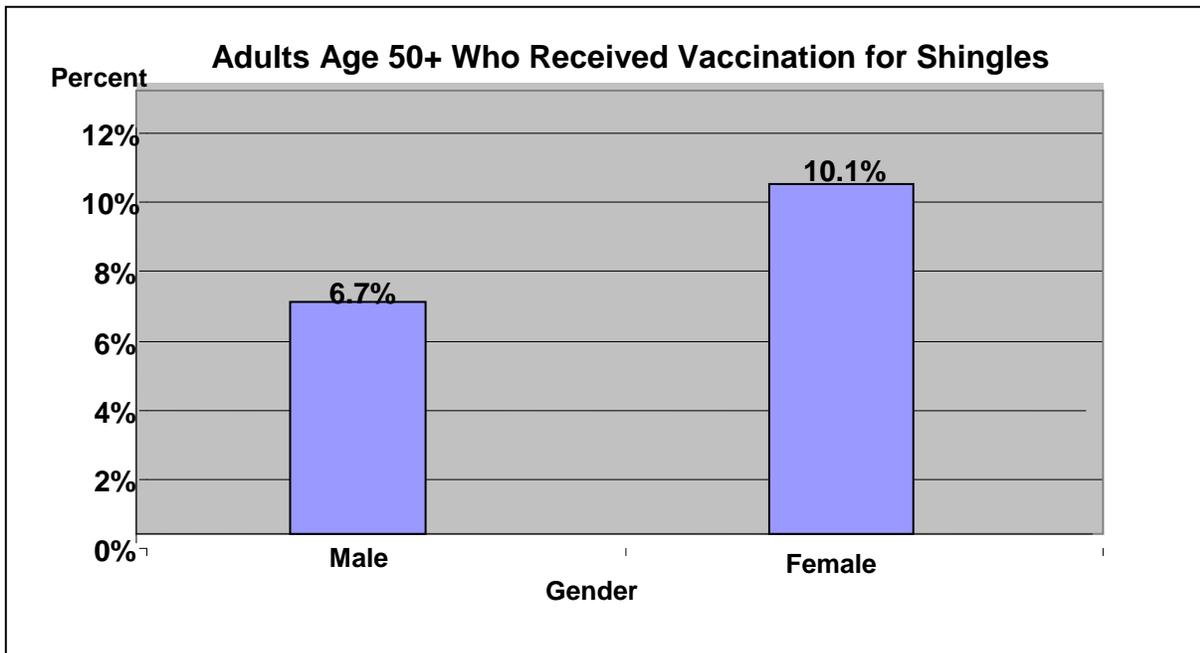
# SHINGLES

The shingles vaccine is specifically designed to protect people against herpes zoster, which is another name for shingles disease. It will *not* protect people against other forms of herpes, such as genital herpes.<sup>1</sup>

A person's risk for getting shingles begins to rise around age 50. However, shingles vaccine (Zostavax) is only recommended for persons age 60 and older because the safety and effects of the vaccine were only studied in this group, which accounts for about half of all cases of shingles occurring each year in the United States. Future research will determine if the recommended age for vaccination should be lowered.

Anyone 60 years of age or older should get the shingles vaccine, regardless of whether they recall having had chickenpox or not. Studies show that more than 99% of Americans ages 40 and older have had chickenpox, even if they don't remember getting the disease.

**Survey Question:** Shingles is caused by the chicken pox virus. It is an outbreak of rash or blisters on the skin that may be associated with sever pain. A vaccine for shingles has been available since May 2006; it is called Zostavax, the zoster vaccine, or the shingles vaccine. Have you had this vaccine?



**Figure 21a.** Percentage of BRFSS respondents by Gender reporting that they had a shingles vaccination in the last 4- years (2006 – 2009).

## Reference

<sup>1</sup>U.S. Department of Health and Human Services. Center for Disease Control and Prevention, "Vaccines and Preventable Diseases: Herpes Zoster Vaccine Q&A" Internet accessed: June 10, 2010, <http://www.cdc.gov/vaccines/vpd-vac/shingles/vac-faqs.htm>

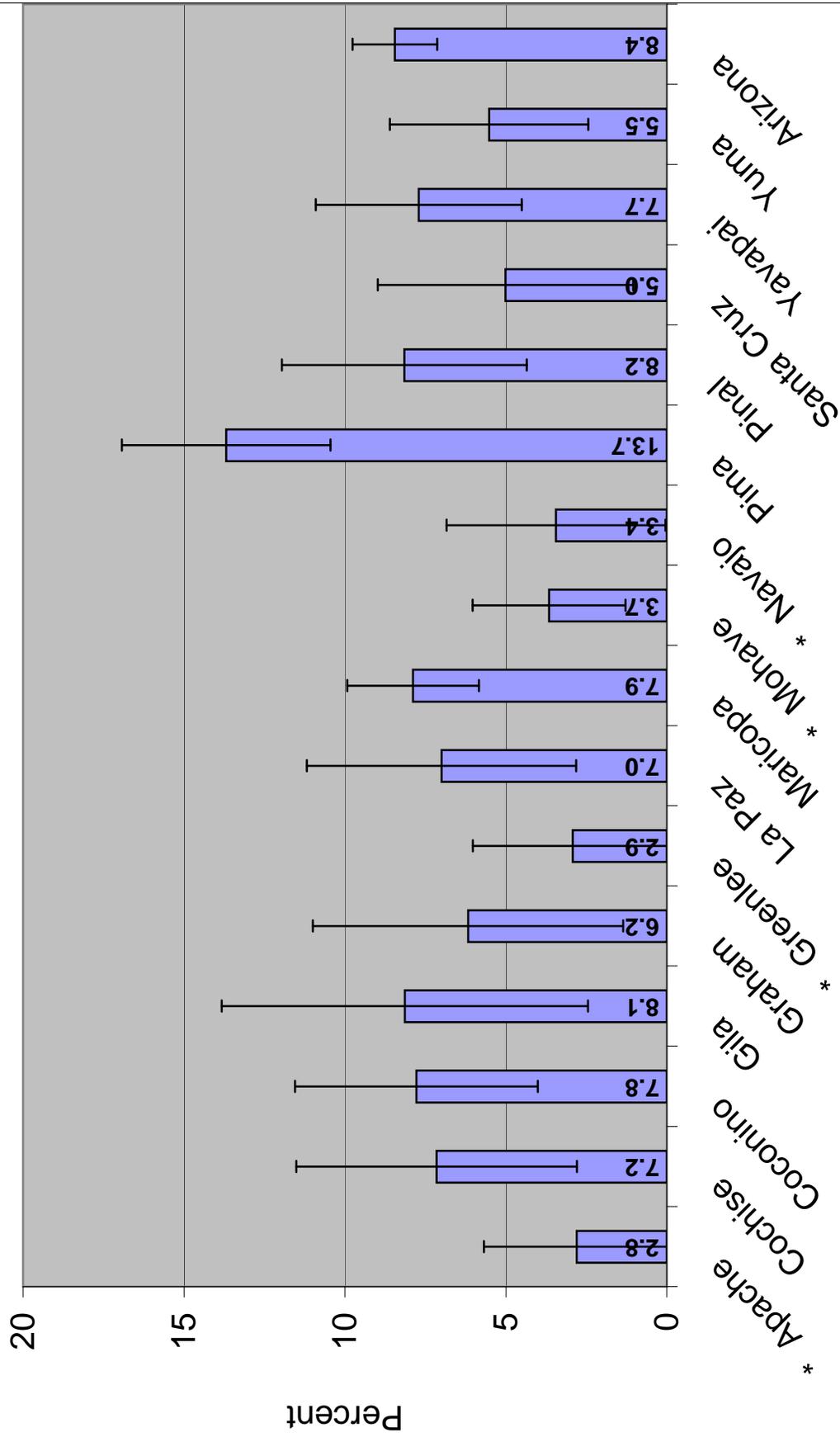
According to the 2009 BRFSS, 15.8% of Arizonans 65+ years of age reported that they received an zoster vaccine during the past 4-years. The following respondent groups have had a shingles vaccination within the past 4-years.

- Female adults were more likely than Male adults to receive a shingles vaccination, at 10.1% versus 6.7%.
- Respondents with a marital status of “Widowed” were more likely to receive a shingles vaccine, at 10%.
- Adults with college education were more likely to receive a shingles vaccine, at 11.5%.

2009 Arizona BRFSS: Characteristics Of Persons 50+ Who Received A Shingles Vaccination					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	8.4	296	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	3	27
Male	6.7	104	Self-employed	5.3	14
Female	10.1	192	Out of work	5.2	4
<b>AGE</b>			Homemaker	9.2	17
25-34	N/A	N/A	Student	1.4	1
35-49	N/A	N/A	Retired	14.2	223
50-54	0.3	4	Unable to work	2.1	7
55-65	5.2	52	<b>INCOME</b>		
65+	15.8	240	<\$25,000	6	47
<b>MARITAL STATUS</b>			\$25,000-\$34,999	6.4	26
Married	9	173	\$35,000-\$49,999	6.9	40
Divorced	7	36	\$50,000-\$74,999	11	59
Widowed	10	70	\$75,000 or more	7.6	70
Separated	2.1	2	<b>RACE/ETHNICITY</b>		
Never married	3.3	8	White, non-Hispanic	9.2	269
Unmarried couple	4.7	5	Black	6.2	2
<b>EDUCATION</b>			Asian/PI	9.3	1
Less than High School	1.7	12	American Indian	2.1	2
High School Graduate/GED	5.4	40	Other	2.3	1
Some College/Tech School	8.1	89	Hispanic	3.5	16
College Grad	11.5	155			

**Table 21a.** BRFSS survey results: Characteristics of persons 50+ reporting that they received a shingles vaccination within the past 4-years. N/A =Not applicable. \*N is unweighted.

# Arizona Residents Reporting having received a Vaccination for Shingles, 2009



\*Significantly lower than Arizona percentage.

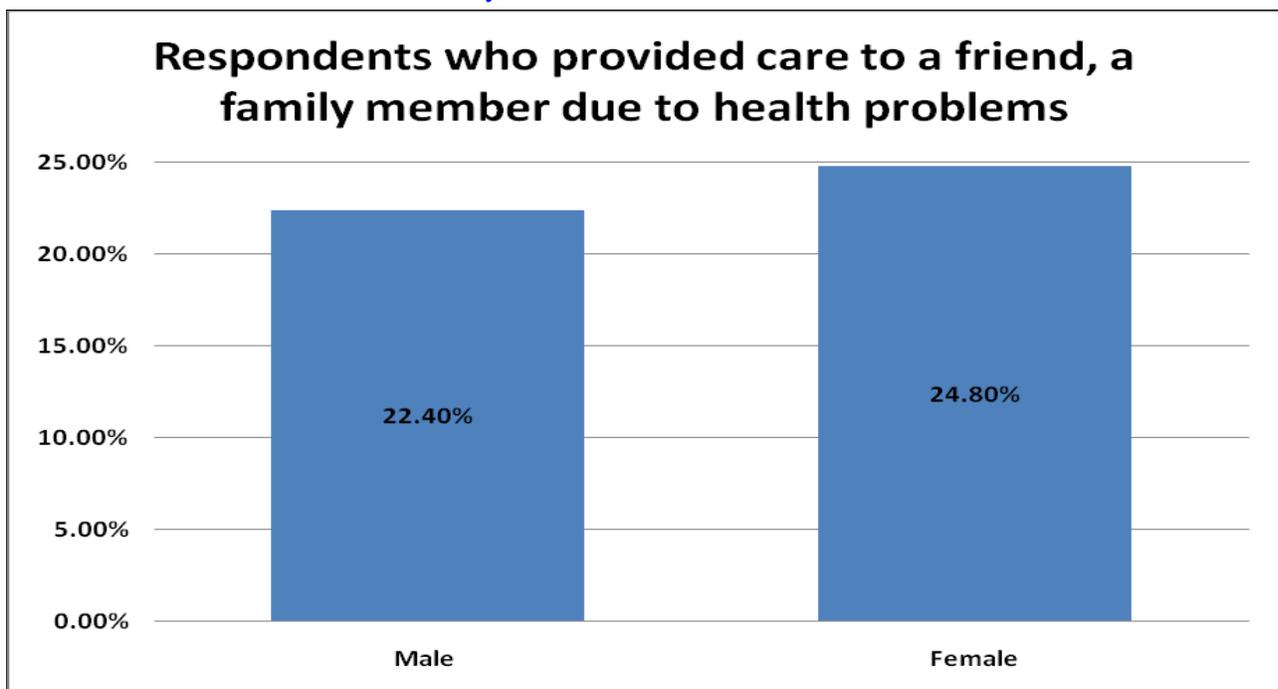
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## CAREGIVER STATUS

Caregivers provide assistance to someone who is, in some degree, incapacitated and needs help. (Family Caregiver Alliance, 2005). The recipients of care live in both residential and institutional settings, and range from children to older adults. Typically, they have a chronic illness or disabling condition and need ongoing assistance with everyday tasks to function on a daily basis (Family Caregiver Alliance, 2006a).

The issue of caregiving — with the exponential growth in the number of caregivers, the huge cost to society, families, and individuals and the development of effective interventions to address caregiver burden and health — has become a public health priority of national concern. It is imperative that those concerned with caregivers and their family and friends work together to move evidence-based programs and policies into communities.<sup>1</sup>

**Survey Question:** Did you provide any regular care to a friend, or family member who has a health problem? Long-term illness or disability during the past month did you provide any such care or assistance to a friend or family member?



**Figure 22a.** Percentage of Arizona BRFSS respondents reported on providing care to a friend or family member in 2009.

### Reference

<sup>1</sup> U.S. Department of Health and Human Services, Center for Disease Control and Prevention, "Caregiving": Accessed Internet: June 10, 2010 <http://www.cdc.gov/Features/Caregiving>.

According to the 2009 BRFSS, 23.6% of all respondents reported:

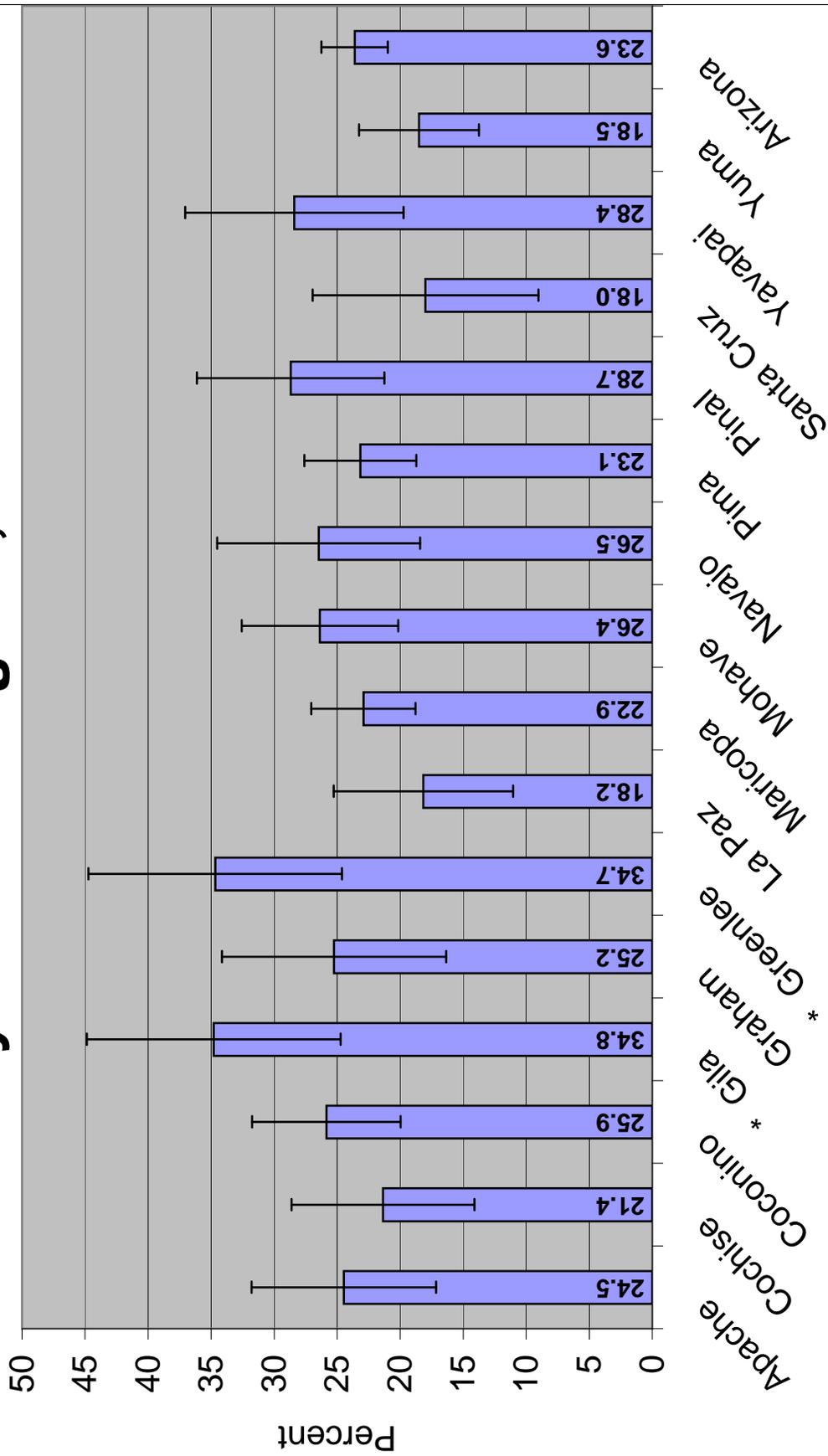
- Females were more likely to provide care to a friend or family member slightly more than men, at 24.8% versus 22.4%.
- Adults between 25 – 44 years old and over 65 were least likely to provide care to a friend or family member.
- Adults Marital Status: Divorced were more likely to provide care to a friend or family member, at 25.8%.
- Adults with some college/ tech education were more likely to provide care to a friend or family member, at 26.1%.
- Adults' employment status: "Self-Employed" were more likely to provide care to a friend or family member, at 32.8%.
- Household incomes of less than \$25,000 and more than \$75,000 were more likely to provide care to a friend or a family member, at 25.3% and 25.9% respectively.

2009 Arizona BRFSS: Respondents who provided care to a friend, or family member due to health problem.					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	23.6	1295	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	22.5	479
Male	22.4	467	Self-employed	32.8	140
Female	24.8	828	Out of work	19.2	84
<b>AGE</b>			Homemaker	29.2	111
18-24	30.5	30	Student	23.9	12
25-34	19	88	Retired	22.6	399
35-44	18.5	143	Unable to work	19.8	67
45-54	29.8	282	<b>INCOME</b>		
55-64	28.6	363	<\$25,000	25.3	342
65+	19.7	389	\$25,000-\$34,999	21.8	134
<b>MARITAL STATUS</b>			\$35,000-\$49,999	19.8	177
Married	24.9	766	\$50,000-\$74,999	20.7	183
Divorced	25.8	211	\$75,000 or more	25.9	305
Widowed	14.8	145	<b>RACE/ ETHNICITY</b>		
Separated	12.7	25	White, non-Hispanic	23.4	969
Never married	22.5	108	Black	25.3	17
Unmarried couple	22.2	36	Asian/PI	37.5	19
<b>EDUCATION</b>			Other	27.9	71
Less than High School	24.9	107	Hispanic	35.1	26
High School Graduate/GED	21.4	298			
Some College/Tech School	26.1	444			
College Grad	22.9	444			

**Table 22a.** BRFSS results: Respondents providing care to a friend or family member due to health problem.  
\*N is unweighted.

\* 95% Confidence Intervals: 21.1%-26.1%

# Percent of Arizonans Reporting that they are a Caregiver, 2009



\*Significantly greater than the Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

# **SCREENINGS**

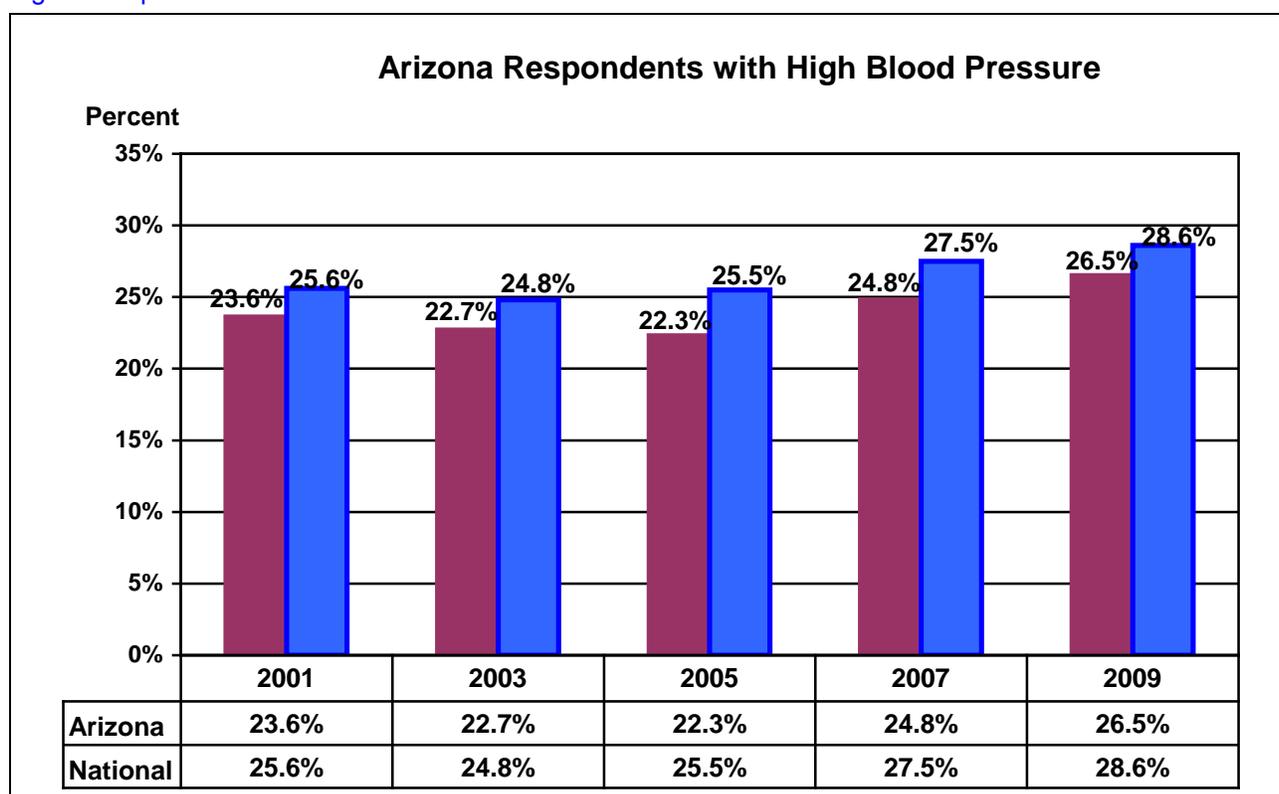
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## HIGH BLOOD PRESSURE (HYPERTENSION)

About 1 of 3 adults in the United States has high blood pressure, which increases the risk for heart disease and stroke, the first and third leading causes of death in the United States.<sup>1</sup>

High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people don't realize they have it. That's why it's important to get your blood pressure checked regularly.

**Survey Question:** Have you ever been told by a doctor, nurse, or other health professionals that you have high blood pressure?



**Figure 23a.** Arizona Respondents who reported having High Blood Pressure in 2009.

### Reference

<sup>1</sup> U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. High Blood Pressure, Internet Accessed: June 10, 2009, <http://www.cdc.gov/bloodpressure/>

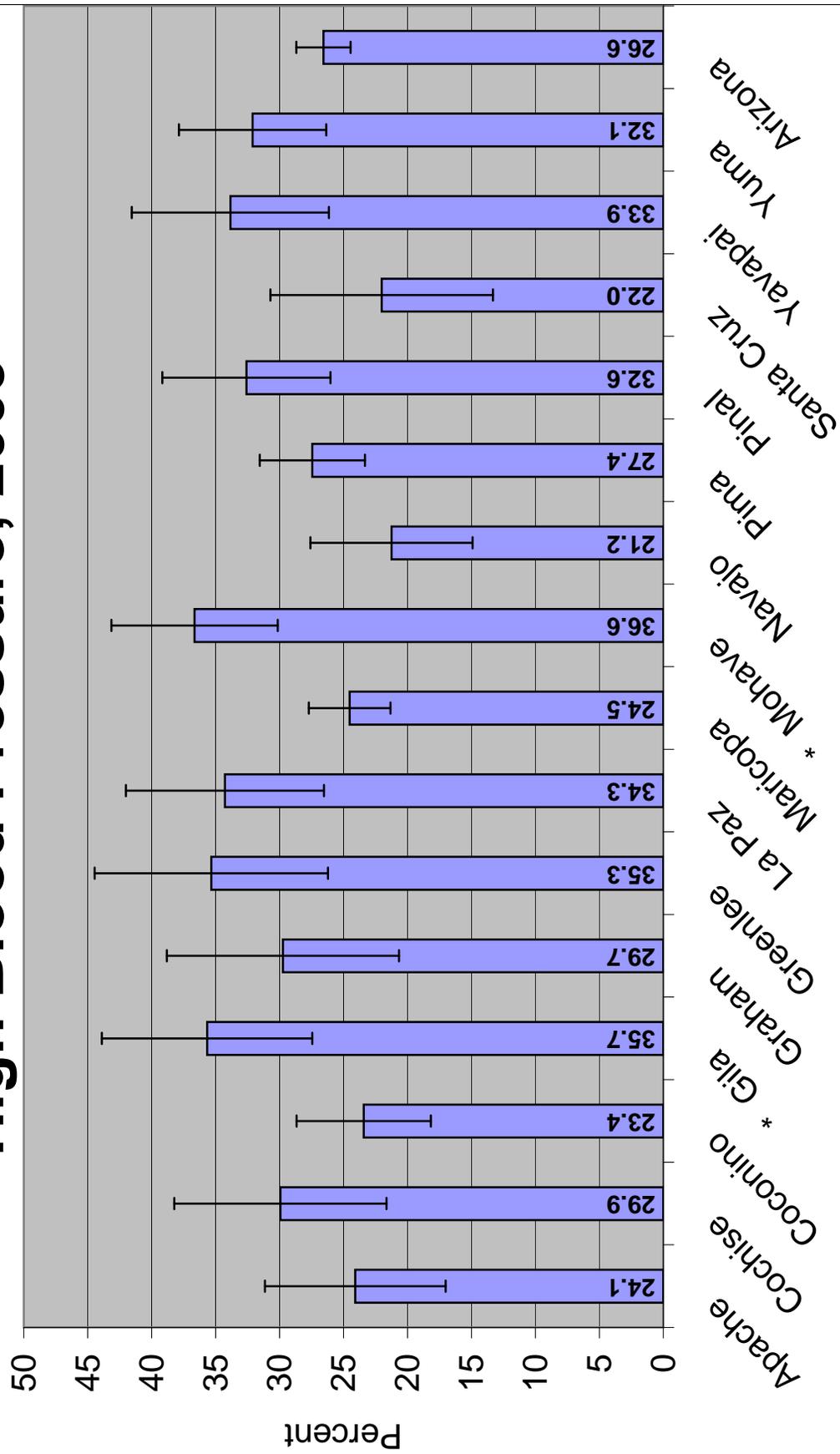
- Males were identified as having a higher incidence of high blood pressure than women. (29% versus 24.2%)
- By marital status, of all the subgroups, the widowed groups were more likely to have high blood pressure, at 49.6%.
- Retirees were most likely to have been told they had high blood pressure, at 53.8%.
- Adults with a household income between \$25,000 and \$34,999 report having high blood pressure, at 33.4%.

2009 Arizona BRFSS: Respondents who were health professionals that they had high Blood Pressure						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	26.6	2100		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	20.3	465
Male	29	862		Self-employed	23.2	118
Female	24.2	1238		Out of work	20.3	103
<b>AGE</b>				Homemaker	18.9	169
18-24	2	6		Student	4.9	8
25-34	14.2	59		Retired	53.8	1074
35-44	18	101		Unable to work	40.6	156
45-54	26.8	261		<b>INCOME</b>		
55-64	40.3	507		<\$25,000	28.6	642
65+	53.8	1166		\$25,000-\$34,999	33.4	249
<b>MARITAL STATUS</b>				\$35,000-\$49,999	29.2	297
Married	26.8	1082		\$50,000-\$74,999	23.4	260
Divorced	38.4	327		\$75,000 or more	23.2	322
Widowed	49.6	468		<b>RACE/ ETHNICITY</b>		
Separated	34.7	44		White, non-Hispanic	29.3	1643
Never married	10.4	125		Black	35.5	31
Unmarried couple	21.8	44		Asian/PI	14.7	16
<b>EDUCATION</b>				American Indian	27.4	75
Less than High School	22.6	229		Other	34.9	31
High School Graduate/GED	25.9	590		Hispanic	16.6	273
Some College/Tech School	28.1	680				
College Grad	26.8	594				

**Table 23a.** BRFSS results: Respondents who were told they have high blood pressure. \*N is unweighted

\* 95% Confidence Intervals: 24.4% - 28.8%

# Percent of Arizonans Reporting High Blood Pressure, 2009



\*Significantly higher than Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

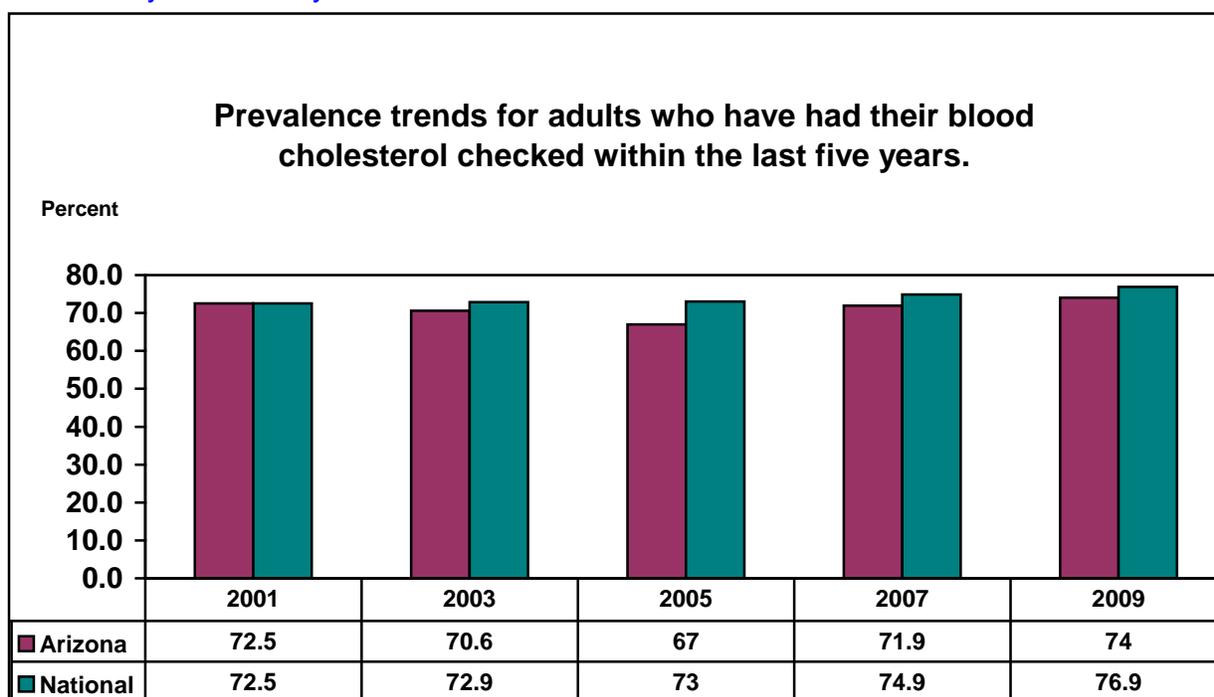
## CHOLESTEROL

Having high blood cholesterol puts you at risk for heart disease, the leading cause of death in the United States. About 1 of every 6 adult Americans has high blood cholesterol.

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke.

There are no symptoms of high cholesterol. Many people have never had their cholesterol checked, so they don't know they're at risk. A simple blood test can tell you your level. The good news is that there are steps you can take to prevent high cholesterol—or to reduce your levels if they are high.<sup>1</sup>

**Survey Question:** Have you ever had your blood cholesterol checked? About how long has it been since you last had your blood cholesterol checked?



**Figure 24a.** Prevalence of BRFSS respondents who were told that they had their cholesterol checked in the last 5-years.

### Reference

<sup>1</sup>U.S. Department of Health and Human Services, Center for Disease Control and Prevention, High Cholesterol Understand your Risk, Internet Accessed June 10, 2010, <http://www.cdc.gov/cholesterol/>

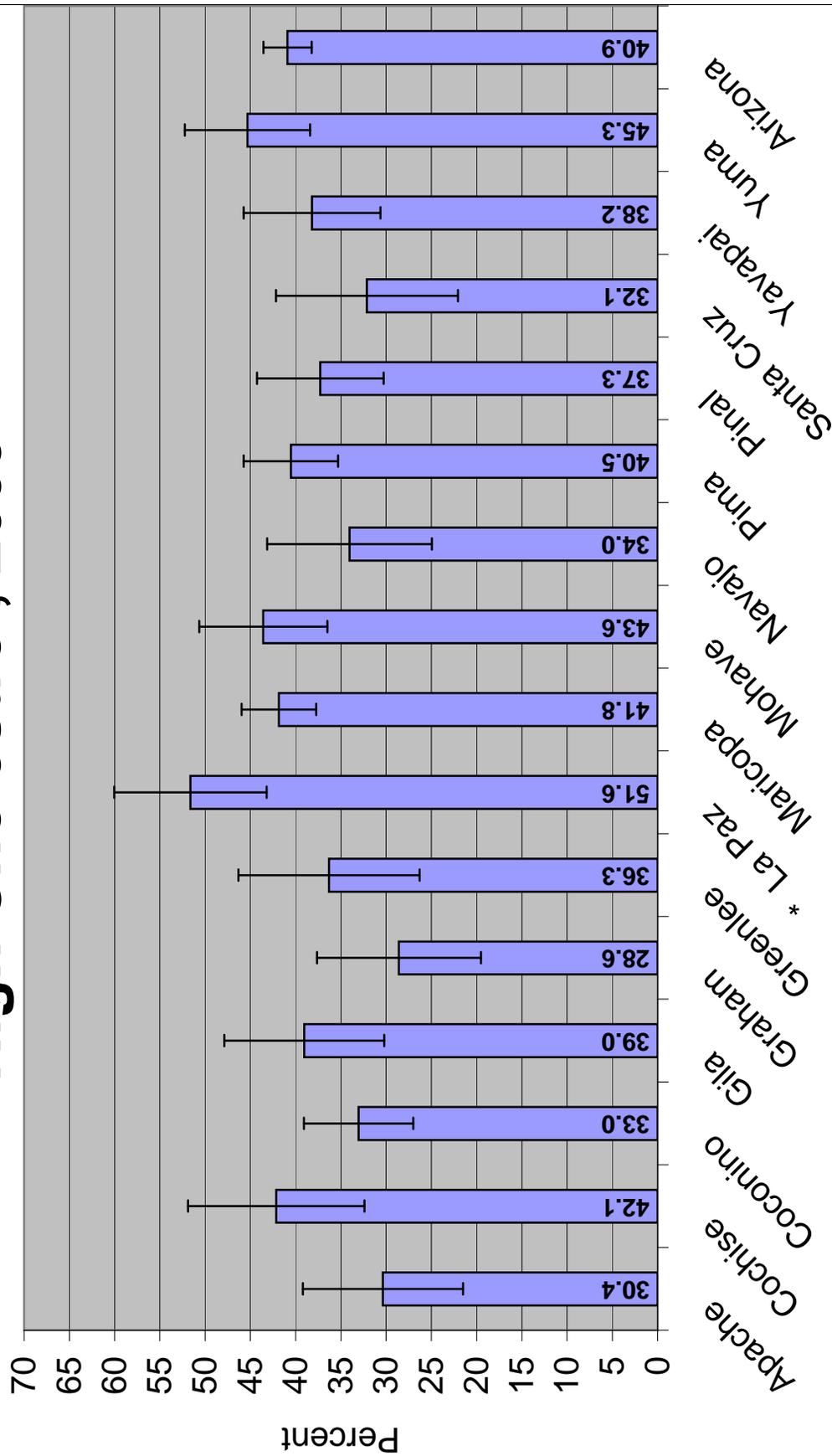
- Males were identified as having higher prevalence of high cholesterol than women at 44.6% versus 37.4% respectively.
- By marital status, of all the subgroups, the divorced groups were more likely to have high cholesterol, at 47.2%
- Forty-eight percent of adults with a household income between \$35,000 and \$49,999 reported having been told their cholesterol was high.

2009 Arizona BRFSS: Respondents Who ever told Blood Cholesterol was High						
GROUPS	WEIGHTED PERCENT	N*		GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	40.9	2146		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	35.1	549
Male	44.6	881		Self-employed	38.1	157
Female	37.4	1265		Out of work	36.1	93
<b>AGE</b>				Homemaker	38.5	177
18-24	14.6	6		Student	16.3	7
25-34	27.7	54		Retired	54.9	981
35-44	30.6	141		Unable to work	61.2	172
45-54	40.7	319		<b>INCOME</b>		
55-64	53.6	578		<\$25,000	44.2	592
65+	53.3	1048		\$25,000-\$34,999	39	230
<b>MARITAL STATUS</b>				\$35,000-\$49,999	48.5	321
Married	41.6	1188		\$50,000-\$74,999	38.4	289
Divorced	47.2	346		\$75,000 or more	37.6	420
Widowed	46.7	399		<b>RACE/ ETHNICITY</b>		
Separated	38.4	42		White, non-Hispanic	42.4	1745
Never married	24.7	111		Black	33.7	21
Unmarried couple	42.8	55		Asian/PI	31.4	18
<b>EDUCATION</b>				American Indian	19.5	48
Less than High School	42	195		Other	44.2	32
High School Graduate/GED	43.8	541		Hispanic	39.8	259
Some College/Tech School	40.3	697				
College Grad	39.4	705				

**Table 24a.** BRFSS results: \*N is unweighted

\* 95% Confidence Intervals: 74.2% -80.4%

# Percent of Arizonans Reporting High Cholesterol, 2009



\*Significantly higher than the Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

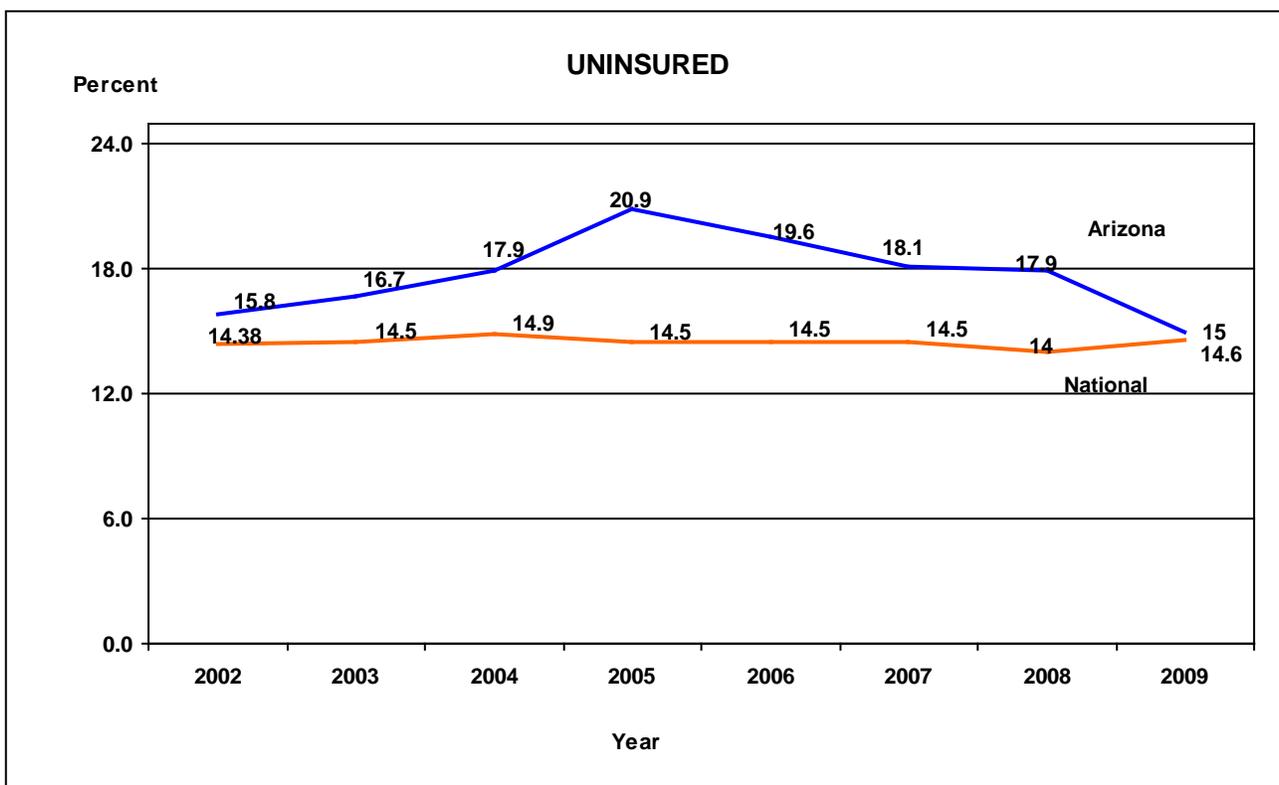
**HEALTH CARE COVERAGE  
AND  
HEALTH CARE UTILIZATION**

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## HEALTH CARE COVERAGE

Health insurance coverage is an important determinant of access to health care. Uninsured children and adults under 65 years of age are substantially less likely to have a usual source of health care or a recent health care visit than their insured counterparts. Uninsured people are more likely to forego needed health care due to cost concerns.<sup>1</sup>

**Survey Question:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?



**Figure 25a.** Percentage of BRFSS respondents who reported they were uninsured in 2002-2009.

In 2009, 15 percent\* of Arizonans reported they were uninsured. Improving access to health care is a *Healthy People 2010* objective, an initiative which sets a goal of reducing the proportion of adults without health insurance to zero percent.<sup>2</sup> There is also a *Healthy Arizona 2010* objective, with a goal of decreasing the percentage of uninsured persons, 10 percent.<sup>3</sup>

### References

<sup>1</sup> National Center for Health Statistics. *Health, United States, 2006. With Chart book on Trends in the Health of Americans*. Hyattsville, MD: 2006.

<sup>2</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention, *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000. .

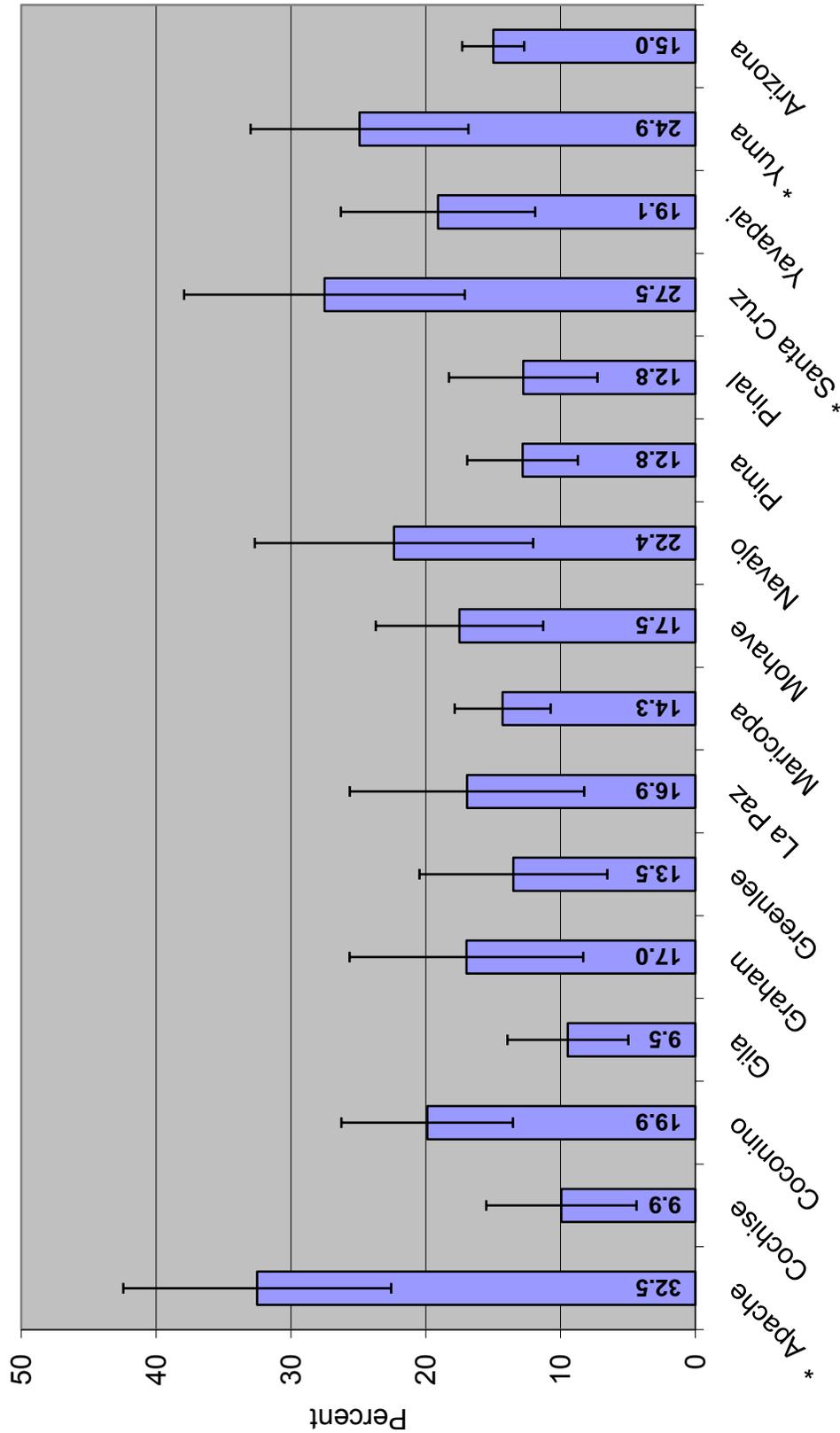
<sup>3</sup> U.S. Department of Health and Human Services. Center for Disease Control and Prevention, *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000

- Couples who were separated or unmarried were more likely to be uninsured at 42.2% and 37.4%.
- Adults with less than High School education were more likely to be uninsured: 34.7%.
- Adults' employment statuses "out of work" were more likely not to be uninsured, at 41.6%.
- Adults whose household incomes were less than \$25,000 were more likely to be uninsured, at 31.5%.

2009 Arizona BRFSS: Uninsured Arizona Respondents					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	15.0	617	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	11.6	213
Male	15.4	250	Self-employed	18.7	76
Female	14.6	367	Out of work	41.6	127
<b>AGE</b>			Homemaker	22.3	88
18-24	32.0	45	Student	31.6	22
25-34	18.1	90	Retired	2.7	58
35-44	18.8	118	Unable to work	9.2	30
45-54	14.2	162	<b>INCOME</b>		
55-64	9.8	164	<\$25,000	31.5	330
65+	2	38	\$25,000-\$34,999	22.0	74
<b>MARITAL STATUS</b>			\$35,000-\$49,999	18.6	70
Married	10.6	273	\$50,000-\$74,999	4.8	30
Divorced	18.5	102	\$75,000 or more	3.8	25
Widowed	4.0	46	<b>RACE/ ETHNICITY</b>		
Separated	42.2	38	White, non-Hispanic	9.6	302
Never married	25.3	112	Black	16.5	8
Unmarried couple	37.4	39	Asian/PI	4.2	4
<b>EDUCATION</b>			American Indian	31.7	55
Less than High School	34.7	136	Other	7.6	8
High School Graduate/GED	23.6	205	Hispanic	32.1	230
Some College/Tech School	12.7	170			
College Grad	5.4	102			

**Table 25a.** BRFSS results: Uninsured Arizona Respondents. \* N is unweighted.

# Percent of Arizonans Who are Uninsured, 2009



\* Significantly higher than the Arizona percentage.

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

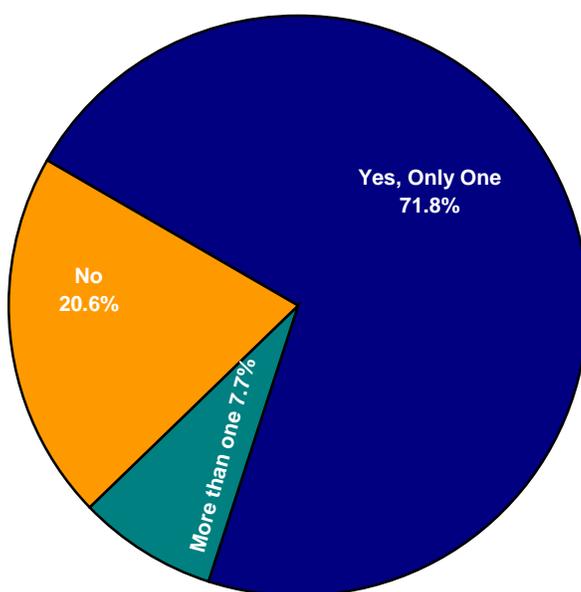
## USUAL SOURCE OF HEALTH CARE

More than 40 million Americans do not have a specific doctor's office, clinic, health center, or other location where they regularly go for health care or health-related advice. Even among privately insured persons, a substantial number lacked a usual source of care or reported difficulty in accessing needed care due to financial constraints or insurance problems.<sup>1</sup>

Strong predictors of access to quality health care include having health insurance, a higher income level, and a regular primary care provider or other source of ongoing health care. Use of clinical preventive services, such as early prenatal care, can serve as indicators of access to quality health care services.<sup>1</sup>

### Survey Question:

Do you have one person you think of as your personal doctor or health care provider?



**Figure 26a.** Percentage of Arizona BRFSS respondents reporting having multiple healthcare professionals

---

### Reference

<sup>1</sup>U.S. Department of Health and Human Services. Center for Disease Control and Prevention, Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

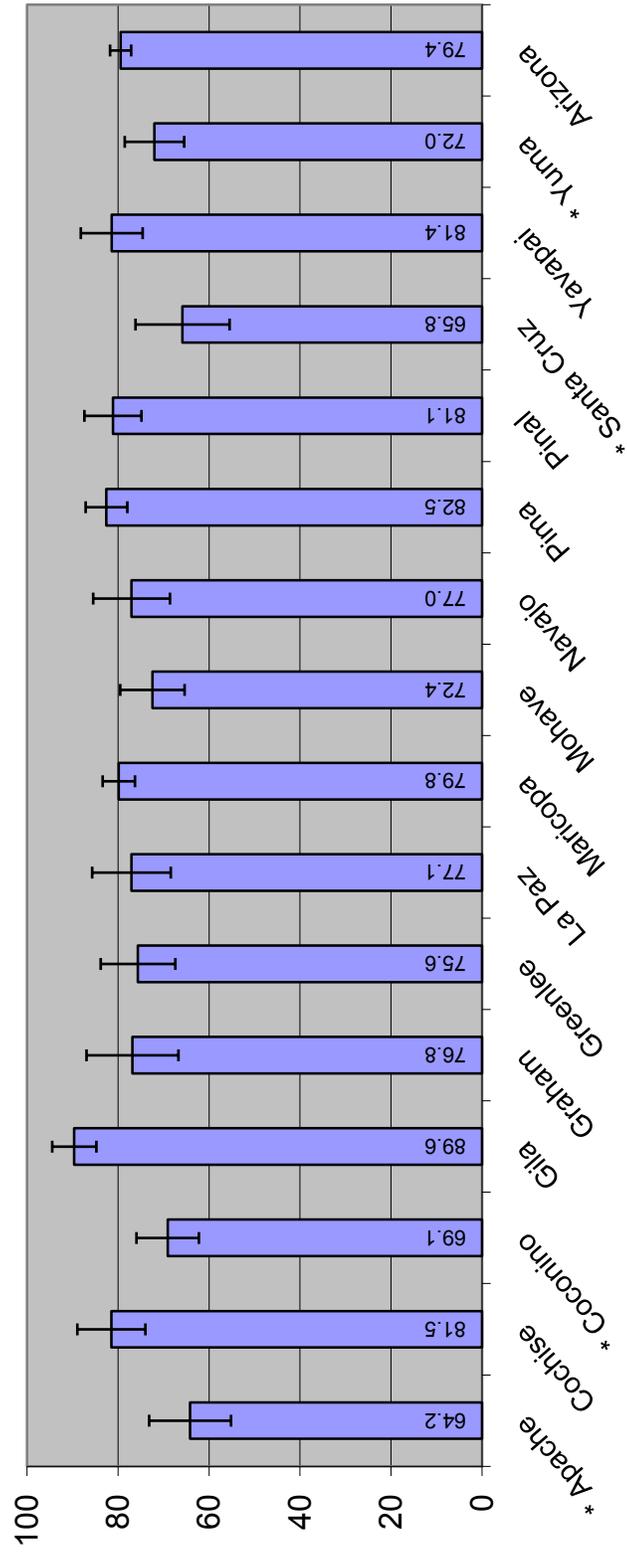
According to the 2009 BRFSS, three-fourths of all respondents reported having a usual source of health care.

- Females were more likely to have a personal healthcare professional than men, at 84% versus 74.7%.
- Adults 65+ years old reported more likely to have a personal healthcare professional, at 92.1%.
- Marital Status: widowed and divorced were more likely to have a personal healthcare professional, at 80.3% and 89.2%.
- Adults' employment status: "Unable to work" were more likely to have a personal health care professional, at 94.3%.
- Household incomes of more than \$75,000 were more likely to have a personal health care professional, at 89.7%.

2009 Arizona BRFSS: Arizona Respondents reported having a personal Healthcare Provider					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	79.4	4525	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	78	1466
Male	74.7	1638	Self-employed	77.8	333
Female	84	2887	Out of work	57.1	186
<b>AGE</b>			Homemaker	74.8	387
18-24	77.5	87	Student	84.4	58
25-34	69.6	308	Retired	92.3	1780
35-44	71.1	484	Unable to work	94.3	299
45-54	81.1	724	<b>INCOME</b>		
55-64	87.9	1019	<\$25,000	63.1	1086
65+	92.1	1903	\$25,000-\$34,999	78.3	496
<b>MARITAL STATUS</b>			\$35,000-\$49,999	77.8	637
Married	82	2565	\$50,000-\$74,999	84.9	663
Divorced	80.3	648	\$75,000 or more	89.7	1004
Widowed	89.2	759	<b>RACE/ ETHNICITY</b>		
Separated	35.2	73	White, non-Hispanic	85.4	3567
Never married	75.6	351	Black	67.4	48
Unmarried couple	59.4	110	Asian/PI	78.7	50
<b>EDUCATION</b>			American Indian	67.8	169
Less than High School	54.3	380	Other	81	60
High School Graduate/GED	76	1141	Hispanic	61.7	574
Some College/Tech School	82.8	1429			
College Grad	86	1562			
	79.4	4525			

Table 26a. BRFSS results: Respondents without usual source of health care. \*\*N is unweighted.

# Percent of Arizonans Reporting They have a Personal Doctor, 2009



\*Significantly below the Arizona percent.

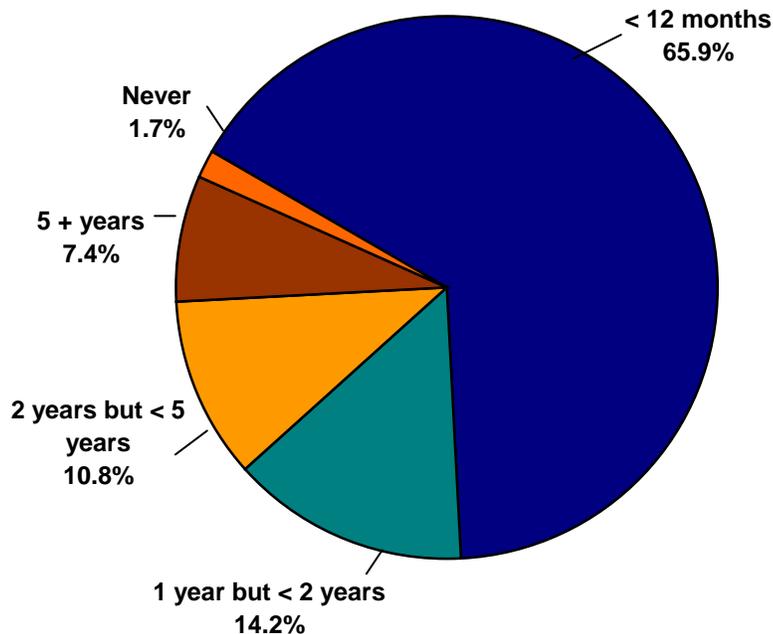
**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## TIME SINCE LAST ROUTINE CHECKUP

Figure 27a below, contains information on the health care needs of Arizona population between the ages 18 - 65+ years, based on data about respondent's last visit or talks with a doctor.

### Survey Question:

About how long has it been since you last visited a doctor for a routine checkup?



**Figure 27a.** Percentage of Arizona BRFSS respondents who reported how long since their last routine checkup in 2009.

In 2009, an estimated 65.9% percent of Arizona adults had a routine checkup in the past year.

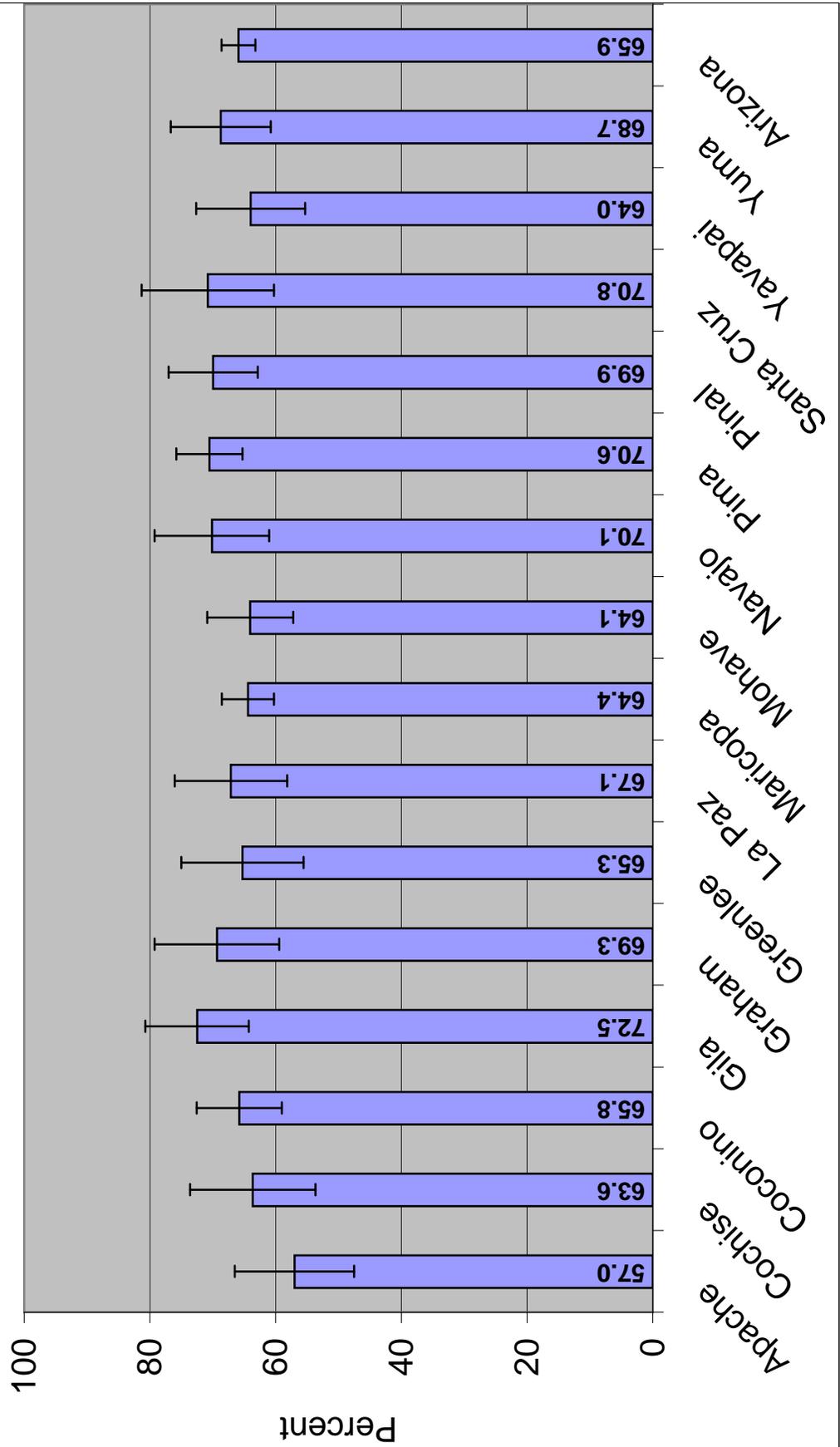
- Females were more likely than males to have a routine checkup, at 71.6% versus 60.1% respectively.
- Adults 65 + years old were more likely to have a routine checkup, at 84.0%.

- Those adults with college education were more likely to have a routine checkup, at 70.8%.
- Adults' employment status: "Retired" were more likely to have a routine checkup in the past year, at 83.8%.
- Adults with household income \$75,000 and more were more likely to have a routine checkup in the past year, at 72.3%.

2009 Arizona BRFSS: Arizona Respondents had a Routine Checkup in The Past Year					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	65.9	3894	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	62.4	1216
Male	60.1	1408	Self-employed	60.9	244
Female	71.6	2486	Out of work	50.8	178
<b>AGE</b>			Homemaker	62.8	338
18-24	59.1	82	Student	69.9	53
25-34	62.7	262	Retired	83.8	1612
35-44	53.3	396	Unable to work	69.8	238
45-54	62.9	582	<b>INCOME</b>		
55-64	73.2	850	<\$25,000	55.7	990
65+	84	1722	\$25,000-\$34,999	66.8	414
<b>MARITAL STATUS</b>			\$35,000-\$49,999	63.7	543
Married	67.9	2210	\$50,000-\$74,999	65.8	536
Divorced	66.7	537	\$75,000 or more	72.3	830
Widowed	77	673	<b>RACE/ETHNICITY</b>		
Separated	39.4	66	White, non-Hispanic	67.1	2974
Never married	61.7	299	Black	67.8	46
Unmarried couple	46	89	Asian/PI	72.4	46
<b>EDUCATION</b>			American Indian	61.1	158
Less than High School	51.6	360	Other	77.3	51
High School Graduate/GED	61	1000	Hispanic	61.4	568
Some College/Tech School	69.2	1204			
College Grad	70.8	1320			

**Table 27a.** BRFSS results: Respondents who did not have a routine checkup in the past year. \*\*N is unweighted.

# Percent of Arizonans Reporting Having a Checkup in the last Year, 2009

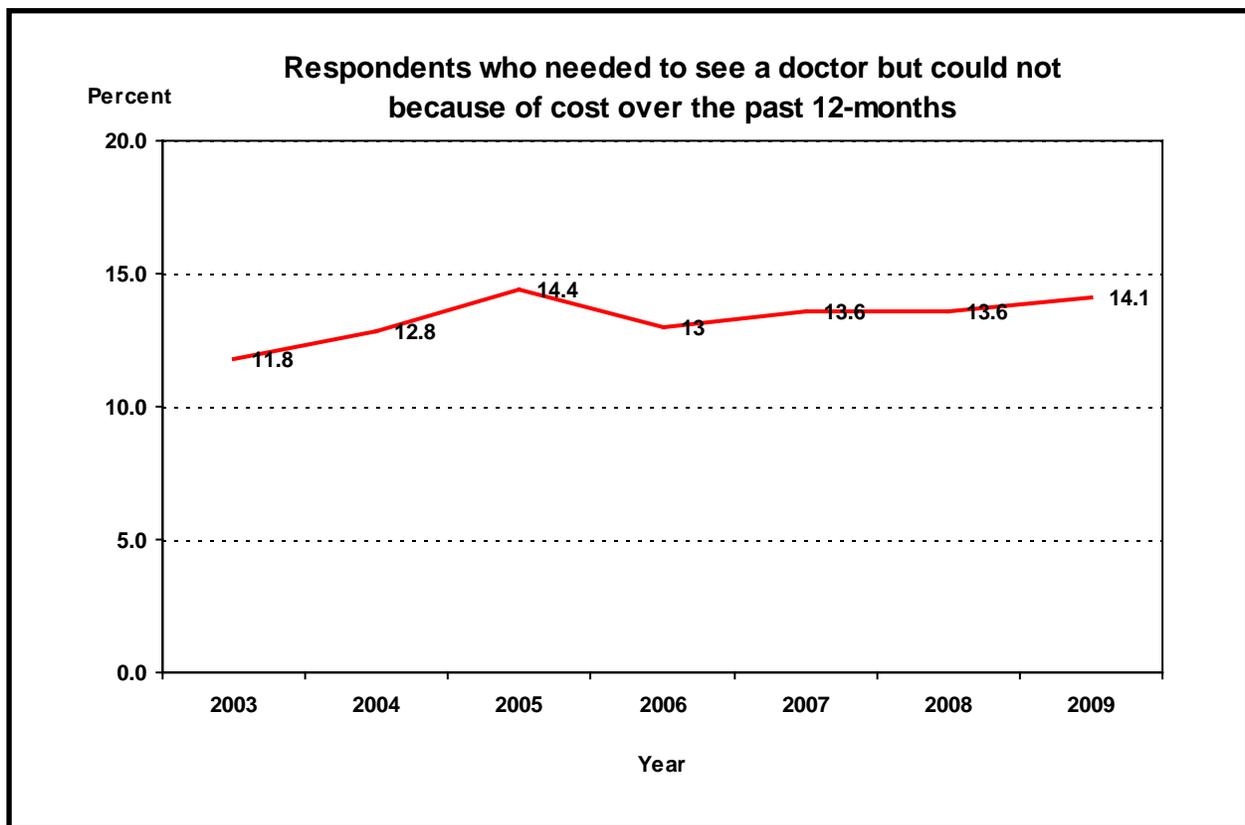


**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## COULD NOT AFFORD NEEDED HEALTH CARE

Either lack of a health care insurance or inadequate coverage prevents many from getting required care because they are unable to pay for services without the help of insurance. People with health insurance are normally more likely to have a primary care provider and to receive necessary preventive care, such as immunizations, health screening tests, or prenatal care, and immunizations.

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



**Figure 28a.** Percentage of Arizona BRFSS respondents who could not afford needed health care.

According to the 2009 BRFSS, 14.1 percent of all respondents reported they could not afford needed health care.

- A slightly higher percentage of female respondents than male respondents reported that they could not afford needed health care (15% versus 13.3% respectively).
- Nineteen point six percent of Adults between 18 and 24 years old could not afford needed health care during 2009.

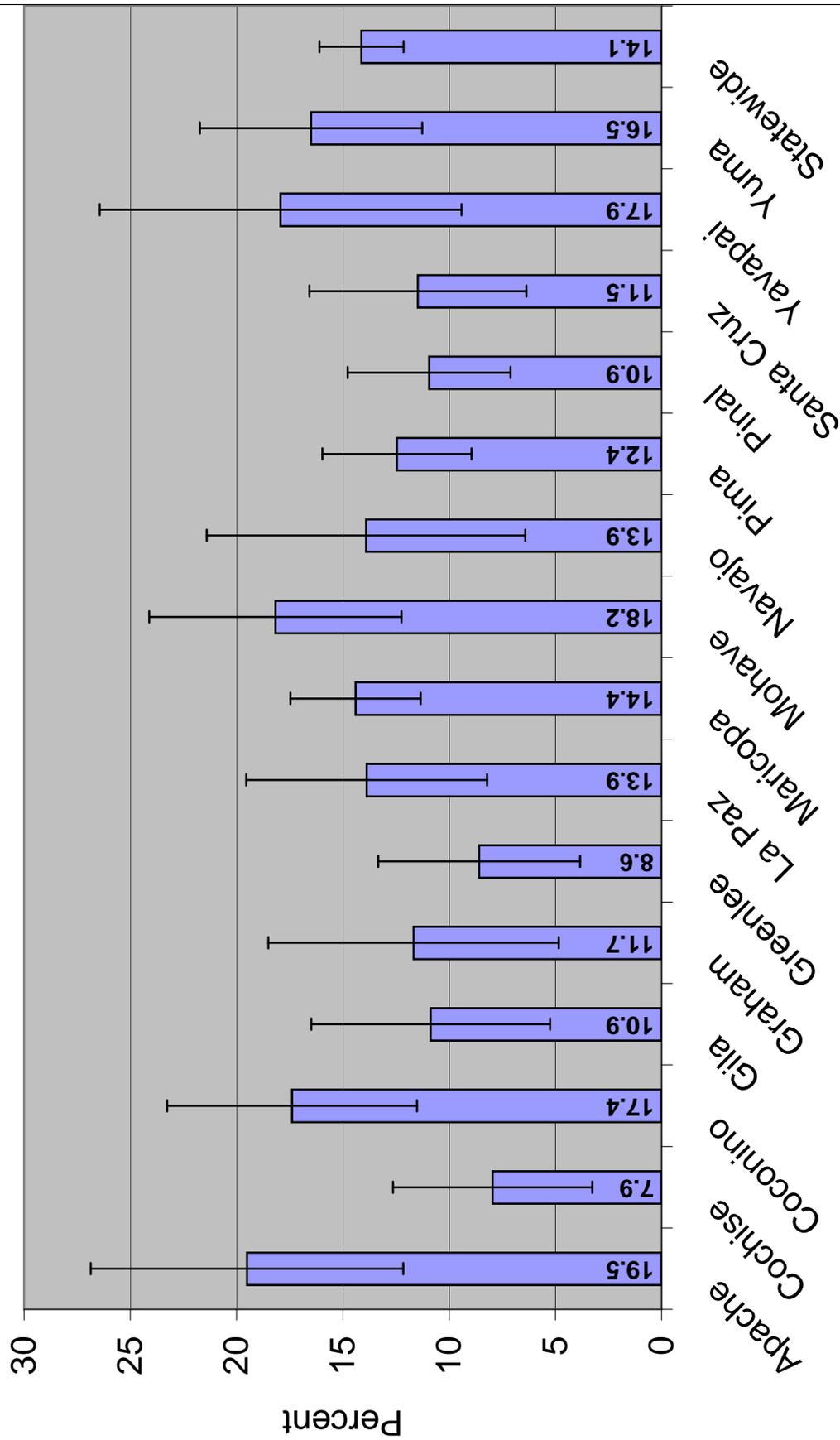
- Respondents who were separated or part of an unmarried couple were more likely to be unable to afford needed health care. (32.3%, 42.9%)
- Adults with less than high school education were more likely to be unable to afford needed health care, at 20.5%.
- Those adults with household income of less than \$25,000 were more likely not to be able to afford needed health care, at 27.6%.

2009 Arizona BRFSS: Arizona Respondents Who Could Not Afford Needed Health Care					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
<b>TOTAL</b>	14.1	662	<b>EMPLOYMENT</b>		
<b>SEX</b>			Employed for wages	14.2	227
Male	13.3	208	Self-employed	19.7	71
Female	15	454	Out of work	29.8	104
<b>AGE</b>			Homemaker	15.6	85
18-24	19.6	22	Student	3.1	5
25-34	16.1	80	Retired	3.9	91
35-44	16	112	Unable to work	27	77
45-54	18.2	176	<b>INCOME</b>		
55-64	12.2	179	<\$25,000	27.6	343
65+	4	93	\$25,000-\$34,999	21.9	83
<b>MARITAL STATUS</b>			\$35,000-\$49,999	16.2	78
Married	10.7	314	\$50,000-\$74,999	8.9	50
Divorced	20.6	128	\$75,000 or more	4.7	33
Widowed	6.6	69	<b>RACE/ ETHNICITY</b>		
Separated	32.3	35	White, non-Hispanic	11.9	409
Never married	16.7	81	Black	5.7	6
Unmarried couple	42.9	33	Asian/PI	13.1	6
<b>EDUCATION</b>			American Indian	14.9	38
Less than High School	20.5	111	Other	10	13
High School Graduate/GED	19.3	209	Hispanic	22.6	182
Some College/Tech School	14.3	212			
College Grad	8.5	129			

Table 28a. BRFSS results: Respondents who could not afford needed health care. \*N is unweighted.

\*95% Confidence Interval: 12.1% - 16.1%

# Percent of Arizonans who Reported that they could Not Afford Needed Healthcare ,2009



**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

---

---

## APPENDICES

---

---

**ARIZONA RESPONDENT PROFILE – 2009**

**ARIZONA RESPONDENT PROFILE BY YEAR 2002 – 2009**

**RESPONDENT PROFILE BY COUNTIES IN 2009**

**ADDITIONAL SELECTED INDICATORS LISTING**

Data for 2009 can be found on Arizona Department of Health Services, Public Health Statistics, Behavioral Risk Factor Surveillance Survey website at: .

<http://www.azdhs.gov/plan/brfs/>

**ARIZONA BRFSS 2009 QUESTIONS LISTING**

**ARIZONA 2009 QUESTIONNAIRE**

**BRFSS 2009 WEIGHTING FORMULA**

## 2009 ARIZONA RESPONDENT PROFILE

2009 ARIZONA RESPONDENT PROFILE						
GROUPS	PERCENT	N*		GROUPS	PERCENT	N*
<b>TOTAL</b>	100	5475		<b>EMPLOYMENT</b>		
<b>SEX</b>				Employed for wages	46.9	1848
Male	49.5	2077		Self-employed	7.9	410
Female	50.5	3398		Out of work	9	315
<b>AGE</b>				Homemaker	8.7	505
18-24	11.3	143		Student	5	82
25-34	20.6	442		Retired	18.5	1965
35-44	18.3	662		Unable to work	3.7	329
45-54	17.6	919		<b>INCOME</b>		
55-64	14.3	1207		<\$25,000	22.7	1500
65+	17.9	2102		\$25,000-\$34,999	7.3	577
<b>MARITAL STATUS</b>				\$35,000-\$49,999	13.7	750
Married	62.6	3036		\$50,000-\$74,999	14.1	754
Divorced	8.8	788		\$75,000 or more	30.3	1123
Widowed	6.3	859		<b>RACE/ ETHNICITY</b>		
Separated	1.6	118		White, Non-Hispanic	70.4	4108
Never married	15.6	494		Black, Non-Hispanic	2.4	61
Unmarried couple	4.7	154		Asian	2.4	65
<b>EDUCATION</b>				American Indian	2.6	240
Less than High School	9.3	555		Other race, Non-Hispanic	0.8	79
High School Graduate/GED	26	1414		Hispanic	20.3	846
Some College/Tech School	28.9	1686				
College Grad	35.5	1801				

Source: 2009 Arizona BRFSS Sample. Weighted percent is percent of weighted sample. \*N is unweighted.

## 2002-2009 ARIZONA RESPONDENT PROFILE BY YEAR

<b>GROUPS</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>	<b>2007</b>	<b>2008</b>	<b>2009</b>
<b>Sex</b>								
Male	49.3	49.4	49.5	49.5	49.5	49.6	49.5	49.5
Female	50.7	50.6	50.5	50.5	50.5	50.4	50.4	50.5
<b>Age</b>								
18-24	13.8	12.7	13.6	13.5	12.4	8.8	12.2	11.3
25-34	19.1	19.2	19.1	19.4	20.4	22.7	20.1	20.6
35-44	19.7	19.6	19.3	19.1	18.8	19.7	18.5	18.3
45-54	17.2	16.5	17.4	17.3	17.3	17.4	17.5	17.6
55-64	12.5	12.7	12.8	13.1	13.4	13.7	14.0	14.3
65+	17.6	18.4	17.7	17.7	17.7	17.7	17.7	17.9
<b>Education</b>								
Less than High School	8.2	9.9	14.0	12.4	11.8	11.9	12.9	9.3
High School Graduate or GED	28.4	27.1	26.7	26.5	24.7	25.0	24.9	26.0
Some College or Tech School	32.4	31.7	27.6	30.2	28.9	28.8	29.9	28.9
College Grad	30.9	31.0	21.6	30.8	33.9	33.8	29.8	35.5
<b>Income</b>								
< \$15,000	7.3	9.3	7.8	8.8	8.3	6.7	8.4	10.4
\$15,000-\$24,999	15.6	16.0	17.2	15.6	13.2	13.2	16.0	15.3
\$25,000-\$34,999	13.0	11.3	12.0	10.9	10.5	9.9	11.6	8.3
\$35,000-\$49,999	15.5	16.8	16.0	15.2	12.6	14.4	15.3	15.6
≥\$50,000	34.8	35.3	32.5	35.1	40.8	43.4	48.7	50.4
<b>Race</b>								
White	75.3	70.6	69.5	68.9	68.4	67.1	79.3	82.4
Non-White	23.8	28.4	29.9	31.1	30.3	32.1	20.7	17.6
<b>Ethnicity</b>								
Hispanic	14.3	20.7	22.3	23.7	23.3	20.9	22.3	20.4
Non-Hispanic	85.3	78.8	77.5	76.3	76.5	78.8	77.7	79.6
<b>Total</b>	<b>3,227</b>	<b>3,235</b>	<b>4,719</b>	<b>4,710</b>	<b>4,814</b>	<b>4,733</b>	<b>6,165</b>	<b>5,475</b>

## 2009 RESPONDENT PROFILE BY COUNTY (UNWEIGHTED N)

AZ COUNTIES	1	3	5	7	9	11	12	13	15	17	19	21	23	25	27
<b>Total</b>	219	194	377	221	183	215	203	1206	430	201	690	377	201	373	385
<b>SEX</b>															
Male	73	78	162	76	58	85	88	459	173	82	275	134	64	136	134
Female	146	116	215	145	125	130	115	747	257	119	415	243	137	237	251
<b>AGE</b>															
18-24	15	3	8	4	10	7	4	32	7	13	15	7	6	5	7
25-34	23	12	30	10	25	16	7	111	33	17	52	42	17	10	37
35-44	34	14	61	14	18	28	14	192	33	14	75	49	34	36	46
45-54	42	35	80	38	20	41	27	217	68	35	108	63	33	54	58
55-65	49	48	85	60	40	52	37	263	94	47	155	78	43	86	70
65+	56	82	113	95	70	71	114	391	195	75	285	138	68	182	167
<b>MARITAL STATUS</b>															
Married	113	109	223	130	103	127	99	680	208	115	345	219	118	209	238
Divorced	30	26	56	36	24	31	29	168	72	31	116	57	23	53	36
Widowed	24	37	29	33	30	36	48	184	91	25	106	60	25	65	66
Separated	7	2	7	4	2	2	6	19	16	4	17	6	7	5	14
Never Married	41	12	43	11	21	13	12	109	32	19	86	24	22	31	18
Unmarried Couple	4	6	17	5	3	5	8	40	8	6	17	8	6	8	13
<b>EDUCATION</b>															
Less than High School	31	20	18	19	15	28	40	78	54	13	30	42	47	30	90
High School Graduate/GED	64	48	72	63	48	83	64	268	151	53	139	108	51	86	116
Some College/Tech School	65	62	100	79	79	65	65	336	147	84	214	120	44	126	100
College Grad	58	63	186	59	41	38	31	520	76	51	305	107	59	130	77
<b>Total</b>	219	194	377	221	183	215	203	1206	430	201	690	377	201	373	385
<b>EMPLOYMENT</b>															
Employed for wages	87	58	165	66	57	69	38	482	122	72	245	116	60	87	124
Self employed	14	11	45	18	7	17	14	101	25	14	44	23	22	41	14
Out of work	11	2	21	9	12	25	6	78	22	12	38	30	8	14	27
Homemaker	26	19	26	15	28	42	19	99	30	20	42	25	35	28	51
Student	7	3	9	2	6	2	.	21	2	4	11	6	4	2	3
Retired	49	86	102	91	57	44	107	375	187	71	275	142	62	172	145
<b>INCOME</b>															
<\$25,000	75	52	73	73	56	59	84	243	161	47	148	100	79	119	131
\$25,000-\$34,999	31	15	25	30	20	26	35	105	54	24	70	38	19	30	55
\$35,000-\$49,999	31	30	64	20	25	34	19	144	62	38	106	64	17	49	47
\$50,000-\$74,999	31	30	66	30	30	32	20	175	40	33	98	56	27	49	37
\$75,000+	27	37	112	37	20	32	27	366	41	33	174	68	28	71	50
<b>RACE</b>															
White Non-Hispanic	100	154	298	186	150	133	157	967	361	145	545	291	65	333	223
Black	.	.	3	1	.	2	1	30	1	1	10	9	.	1	2
Asian/PI	3	4	4	.	.	.	.	23	7	4	11	1	2	3	3
American Indian	89	1	29	16	6	4	11	11	10	36	6	13	.	5	3
Other	2	1	5	6	4	5	6	13	9	2	6	5	3	4	8
Hispanic	19	30	32	12	22	69	27	145	34	12	99	56	128	22	139

County: Apache 1; Cochise 3; Coconino 5; Gila 7; Graham 9; Greenlee 11; LaPaz 12; Maricopa 13; Mohave 15; Navajo 17; Pima 19; Pinal 21; Santa Cruz 23; Yavapai 25; Yuma 27.

## 2009 ADDITIONAL SELECTED INDICATORS

HOW MANY DAYS DURING THE PAST 30 DAYS WAS YOUR MENTAL HEALTH NOT GOOD?

[CORE\(MENTHLTH\)](#)

DURING THE PAST 30 DAYS, FOR ABOUT HOW MANY DAYS DID POOR PHYSICAL OR MENTAL HEALTH KEEP YOU FROM DOING YOUR USUAL ACTIVITIES, SUCH AS SELF-CARE, WORK, OR RECREATION?

[CORE\(POORHLTH\)](#)

HAVE YOU SMOKED AT LEAST 100 CIGARETTES IN YOUR ENTIRE LIFE?

[CORE\(SMOKE100\)](#)

DO YOU NOW SMOKE CIGARETTES EVERY DAY, SOME DAYS, OR NOT AT ALL?

[CORE\(SMOKDAY2\)](#)

DURING THE PAST 12 MONTHS, HAVE YOU STOPPED SMOKING FOR ONE DAY OR LONGER BECAUSE YOU WERE TRYING TO QUIT SMOKING?

[CORE\(STOPSMK2\)](#)

HAVE YOU EVER BEEN TOLD BY A DOCTOR OR OTHER HEALTH PROFESSIONAL THAT YOU HAVE SOME FORM OF ARTHRITIS?

[CORE\(HAVARTH2\)](#)

ARE YOU NOW LIMITED IN ANY WAY IN ANY OF YOUR USUAL ACTIVITIES BECAUSE OF ARTHRITIS OR JOINT SYMPTOMS?

[CORE\(LMTJOIN2\)](#)

HAVE YOU EVER BEEN TESTED FOR HIV?

[CORE\(HIVTST5\)](#)

HOW OFTEN DO YOU GET THE SOCIAL AND EMOTIONAL SUPPORT YOU NEED?

[CORE\(EMTSUPRT\)\)](#)

HOW OLD WERE YOU WHEN YOU WERE TOLD YOU HAVE DIABETES?

[CORE\(DIABETE2\)](#)

HOW MANY TIMES IN THE PAST 12 MONTHS HAVE YOU SEEN A DOCTOR, NURSE, OR OTHER HEALTH PROFESSIONAL FOR YOUR DIABETES?

[CORE\(DIABETE2\)](#)

DURING THE PAST 12 MONTHS, HAVE YOU STOPPED SMOKING FOR ONE DAY OR LONGER BECAUSE YOU WERE TRYING TO QUIT SMOKING?

[CORE\(STOPSMK2\)](#)

HOW LONG HAS IT BEEN SINCE YOU LAST SMOKED CIGARETTES REGULARLY?

[CORE\(LASTSMK1\)](#)

DO YOU CURRENTLY USE CHEWING TOBACCO, SNUFF, OR SNUS EVERY DAY, SOME DAYS, OR NOT AT ALL? SNUS (SWEDISH FOR SNUFF) IS A MOIST SMOKELESS TOBACCO, USUALLY SOLD IN SMALL POUCHES THAT ARE PLACED UNDER THE LIP AGAINST THE GUM.

[CORE\(USENOW3\)](#)

## 2009 ADDITIONAL SELECTED INDICATORS (CONT.,)

DURING THE PAST 30 DAYS, HAVE YOU HAD AT LEAST ONE DRINK OF ANY ALCOHOLIC BEVERAGE SUCH AS BEER, WINE, A MALT BEVERAGE OR LIQUOR?

[CORE\(DRINKANY4\)](#)

DURING THE PAST 30 DAYS, HOW MANY DAYS PER WEEK OR PER MONTH DID YOU HAVE AT LEAST ONE DRINK OF ANY ALCOHOLIC BEVERAGE?

[CORE\(ALCDAY4\)](#)

ONE DRINK IS EQUIVALENT TO A 12-OUNCE BEER, A 5-OUNCE GLASS OF WINE, OR A DRINK WITH ONE SHOT OF LIQUOR. DURING THE PAST 30 DAYS, ON THE DAYS WHEN YOU DRANK, ABOUT HOW MANY DRINKS DID YOU DRINK ON THE AVERAGE? A 40 OUNCE BEER WOULD COUNT AS 3 DRINKS, OR A COCKTAIL DRINK WITH 2 SHOTS WOULD COUNT AS 2 DRINKS.

[CORE\(AVEDRINK2\)](#)

CONSIDERING ALL TYPES OF ALCOHOLIC BEVERAGES, HOW MANY TIMES DURING THE PAST 30 DAYS DID YOU HAVE 5 OR MORE DRINKS FOR MEN OR 4 OR MORE DRINKS FOR WOMEN ON AN OCCASION?

[CORE\(DRNK3GE5\)](#)

DURING THE PAST 30 DAYS, WHAT IS THE LARGEST NUMBER OF DRINKS YOU HAD ON ANY OCCASION?

[CORE\(MAXDRNKS\)](#)

ADULT WOMEN THAT ARE HEAVY DRINKERS (HAVING MORE THAN ONE DRINK PER DAY)

[CALCULATED\(RFDRWMS\)](#)

DURING WHAT MONTH AND YEAR DID YOU RECEIVE YOUR MOST RECENT FLU SHOT?

[CORE\(FLUSHTMY\)](#)

DURING THE PAST 12 MONTHS, HAVE YOU HAD A FLU VACCINE THAT WAS SPRAYED IN YOUR NOSE? THE FLU VACCINE SPRAYED IN THE NOSE IS ALSO CALLED FLUMIST™.

[CORE\(FLUSPRY2\)](#)

DURING WHAT MONTH AND YEAR DID YOU RECEIVE YOUR MOST RECENT FLU VACCINE THAT WAS SPRAYED IN YOUR NOSE?

[CORE\(FLUSPRMY\)](#)

A PNEUMONIA SHOT OR PNEUMOCOCCAL VACCINE IS USUALLY GIVEN ONLY ONCE OR TWICE IN A PERSON'S LIFETIME AND IS DIFFERENT FROM THE FLU SHOT. HAVE YOU EVER HAD A PNEUMONIA SHOT?

[CORE\(PNEUVAC3\)](#)

HAVE YOU EVER BEEN TOLD BY A DOCTOR OR OTHER HEALTH PROFESSIONAL THAT YOU HAVE SOME FORM OF ARTHRITIS, RHEUMATOID ARTHRITIS, GOUT, LUPUS, OR FIBROMYALGIA?

[CORE\(HAVARTH2\)](#)

ARE YOU NOW LIMITED IN ANY WAY IN ANY OF YOUR USUAL ACTIVITIES BECAUSE OF ARTHRITIS OR JOINT SYMPTOMS?

[CORE\(LMTJOIN2\)](#)

---

---

## 2009 ADDITIONAL SELECTED INDICATORS (CONT.,)

---

---

THESE NEXT QUESTIONS WE ARE REFERRING TO WORK FOR PAY. DO ARTHRITIS OR JOINT SYMPTOMS NOW AFFECT WHETHER YOU WORK, THE TYPE OF WORK YOU DO OR THE AMOUNT OF WORK YOU DO?

[CORE\(ARTHDIS2\)](#)

DURING THE PAST 30 DAYS, TO WHAT EXTENT HAS YOUR ARTHRITIS OR JOINT SYMPTOMS INTERFERED WITH YOUR NORMAL SOCIAL ACTIVITIES, SUCH AS GOING SHOPPING, TO THE MOVIES, OR TO RELIGIOUS OR SOCIAL GATHERINGS?

[CORE\(ARTHSOCL\)](#)

PLEASE THINK ABOUT THE PAST 30 DAYS, KEEPING IN MIND ALL OF YOUR JOINT PAIN OR ACHING AND WHETHER OR NOT YOU HAVE TAKEN MEDICATION. DURING THE PAST 30 DAYS, HOW BAD WAS YOUR JOINT PAIN ON AVERAGE? PLEASE ANSWER ON A SCALE OF 0 TO 10 WHERE 0 IS NO PAIN OR ACHING AND 10 IS PAIN OR ACHING AS BAD AS IT CAN BE.

[CORE\(JOINPAIN\)](#)

RESPONDENTS THAT HAVE HAD A DOCTOR DIAGNOSE THEM AS HAVING SOME FORM OF ARTHRITIS

[CALCULATED\( DRDXART\)](#)

HAVE YOU EVER BEEN TESTED FOR HIV? DO NOT COUNT TESTS YOU MAY HAVE HAD AS A PART OF A BLOOD DONATION. INCLUDE TESTING FLUID FOR YOUR MOUTH.

[CORE\(HIVTST5\)](#)

NOT INCLUDING BLOOD DONATIONS, IN WHAT MONTH AND YEAR WAS YOUR LAST HIV TEST?

[CORE\(HIVTSTD2\)](#)

WHERE DID YOU HAVE YOUR LAST HIV TEST – AT A PRIVATE DOCTOR OR HMO OFFICE, AT COUNSELING AND TESTING SITE, AT A HOSPITAL, AT A CLINIC, IN A JAIL OR PRISON, AT A DRUG TREATMENT FACILITY, AT HOME, OR SOMEWHERE ELSE?

[CORE\(WHRTST8\)](#)

WAS IT A RAPID TEST WHERE YOU COULD GET YOUR RESULTS WITHIN A COUPLE OF HOURS?

[CORE\(HIVRDTST\)](#)

I AM GOING TO READ YOU A LIST. WHEN I AM DONE, PLEASE TELL ME IF ANY OF THE SITUATIONS APPLY TO YOU. YOU DO NOT NEED TO TELL ME WHICH ONE. YOU HAVE USED INTRAVENOUS DRUGS IN THE PAST YEAR. YOU HAVE BEEN TREATED FOR A SEXUALLY TRANSMITTED OR VENEREAL DISEASE IN THE PAST YEAR. YOU HAVE GIVEN OR RECEIVED MONEY OR DRUGS IN EXCHANGE FOR SEX IN THE PAST YEAR. YOU HAD ANAL SEX WITHOUT A CONDOM IN THE PAST YEAR. DO ANY OF THESE SITUATIONS APPLY TO YOU?

[CORE\(HIVRISK2\)](#)

HOW MANY DIFFERENT TYPES OF CANCER HAVE YOU HAD?

[CORE\(CNCRDIFF\)](#)

AT WHAT AGE WERE YOU TOLD THAT YOU HAD CANCER? IF RESPONSE = 2 (TWO) OR 3 (THREE OR MORE), ASK: "AT WHAT AGE WAS YOUR FIRST DIAGNOSIS OF CANCER?"

[CORE\(CNCRAGE\)](#)

---

---

## 2009 ADDITIONAL SELECTED INDICATORS (CONT.,)

---

---

WHAT TYPE OF CANCER WAS IT? IF RESPONSE = 2 (TWO) OR 3 (THREE OR MORE), ASK: "WITH YOUR MOST RECENT DIAGNOSES OF CANCER, WHAT TYPE OF CANCER WAS IT?"

[CORE\(CNCRTYPE\)](#)

HAVE YOU HAD A TEST FOR HIGH BLOOD SUGAR OR DIABETES WITHIN THE PAST THREE YEARS?

[MODULE\(PDIABTST\)](#)

HAVE YOU EVER BEEN TOLD BY A DOCTOR OR OTHER HEALTH PROFESSIONAL THAT YOU HAVE PREDIABETES OR BORDERLINE DIABETES?

[MODULE\(PREDIAB1\)](#)

HOW OLD WERE YOU WHEN YOU WERE TOLD YOU HAVE DIABETES? (DIABAGE2)

[MODULE\(DIABAGE2\)](#)

ARE YOU NOW TAKING INSULIN?

[MODULE\(INSULIN\)](#)

ABOUT HOW OFTEN DO YOU CHECK YOUR BLOOD FOR GLUCOSE OR SUGAR? INCLUDE TIMES WHEN CHECKED BY A FAMILY MEMBER OR FRIEND, BUT DO NOT INCLUDE TIMES WHEN CHECKED BY A HEALTH PROFESSIONAL?

[MODULE\(BLDSUGAR\)](#)

ABOUT HOW OFTEN DO YOU CHECK YOUR FEET FOR ANY SORES OR IRRITATIONS? INCLUDE TIMES WHEN CHECKED BY A FAMILY MEMBER OR FRIEND, BUT DO NOT INCLUDE TIMES WHEN CHECKED BY A HEALTH PROFESSIONAL.

[MODULE\(FEETCHK2\)](#)

ABOUT HOW MANY TIMES IN THE PAST 12 MONTHS HAVE YOU SEEN A DOCTOR, NURSE, OR OTHER HEALTH PROFESSIONAL FOR YOUR DIABETES?

[MODULE\(DOCTDIAB\)](#)

A TEST FOR "A ONE C" MEASURES THE AVERAGE LEVEL OF BLOOD SUGAR OVER THE PAST THREE MONTHS. ABOUT HOW MANY TIMES IN THE PAST 12 MONTHS HAS A DOCTOR, NURSE, OR OTHER HEALTH PROFESSIONAL CHECKED YOU FOR "A ONE C"?

[MODULE\(CHKHEMO3\)](#)

ARE YOU NOW DOING ANY OF THE FOLLOWING TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE? (ARE YOU) CHANGING YOUR EATING HABITS (TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE)?

[MODULE\(BPEATHBT\)](#)

ARE YOU NOW DOING ANY OF THE FOLLOWING TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE? (ARE YOU) CUTTING DOWN ON SALT (TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE)?

[MODULE\(BPSALT\)](#)

ARE YOU NOW DOING ANY OF THE FOLLOWING TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE? (ARE YOU) REDUCING ALCOHOL USE (TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE)?

[MODULE\(BPALCHOL\)](#)

---

---

## 2009 ADDITIONAL SELECTED INDICATORS (CONT.,)

---

---

ARE YOU NOW DOING ANY OF THE FOLLOWING TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE? (ARE YOU) EXERCISING (TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE)?

[MODULE\(BPEXER\)](#)

HAS A DOCTOR OR OTHER HEALTH PROFESSIONAL EVER ADVISED YOU TO DO ANY OF THE FOLLOWING TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE? (EVER ADVISED YOU TO) CHANGE YOUR EATING HABITS (TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE)?

[MODULE\(BPEATADV\)](#)

HAS A DOCTOR OR OTHER HEALTH PROFESSIONAL EVER ADVISED TO REDUCE ALCOHOL USE TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE?

[MODULE\(BPALCADV\)](#)

HAS A DOCTOR OR OTHER HEALTH PROFESSIONAL EVER ADVISED YOU TO DO ANY OF THE FOLLOWING TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE? (EVER ADVISED YOU TO) EXERCISE (TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE)?

[MODULE\(BPEXRADV\)](#)

HAS A DOCTOR OR OTHER HEALTH PROFESSIONAL EVER ADVISED YOU TO DO ANY OF THE FOLLOWING TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE? (EVER ADVISED YOU TO) TAKE MEDICATION (TO HELP LOWER OR CONTROL YOUR HIGH BLOOD PRESSURE)?

[MODULE\(BPMEDADV\)](#)

WERE YOU TOLD ON TWO OR MORE DIFFERENT VISITS TO A DOCTOR OR OTHER HEALTH PROFESSIONAL THAT YOU HAD HIGH BLOOD PRESSURE?

[MODULE\(BPH12MR\)](#)

NOW I WOULD LIKE TO ASK YOU ABOUT YOUR KNOWLEDGE OF THE SIGNS AND SYMPTOMS OF A HEART ATTACK AND STROKE. WHICH OF THE FOLLOWING DO YOU THINK IS A SYMPTOM OF A HEART ATTACK? FOR EACH, TELL ME "YES", "NO", OR YOU'RE "NOT SURE": (DO YOU THINK) PAIN OR DISCOMFORT IN THE JAW, NECK, OR BACK (ARE SYMPTOMS OF A HEART ATTACK)?

[MODULE\(HASYMP1\)](#)

DO YOU THINK, FEELING WEAK, LIGHTHEADED, OR FAINT (ARE SYMPTOMS OF A HEART ATTACK)?

[MODULE\(HASYMP2\)](#)

(DO YOU THINK) CHEST PAIN OR DISCOMFORT (ARE SYMPTOMS OF A HEART ATTACK)?

[MODULE\(HASYMP3\)](#)

(DO YOU THINK) SUDDEN TROUBLE SEEING IN ONE OR BOTH EYES (IS A SYMPTOM OF A HEART ATTACK)?

[MODULE\(HASYMP4\)](#)

DO YOU THINK) PAIN OR DISCOMFORT IN THE ARMS OR SHOULDER (ARE SYMPTOMS OF A HEART ATTACK)?

[MODULE\(HASYMP5\)](#)

(DO YOU THINK) SHORTNESS OF BREATH (IS A SYMPTOM OF A HEART ATTACK)?

[MODULE\(HASYMP6\)](#)

## 2009 ADDITIONAL SELECTED INDICATORS (CONT.,)

WHICH OF THE FOLLOWING DO YOU THINK IS A SYMPTOM OF A STROKE? FOR EACH, TELL ME "YES", "NO", OR YOU'RE "NOT SURE". (DO YOU THINK) SUDDEN CONFUSION OR TROUBLE SPEAKING (ARE SYMPTOMS OF A STROKE?)

[MODULE\(STRSYMP1\)](#)

(DO YOU THINK) SUDDEN NUMBNESS OR WEAKNESS OF FACE, ARM, OR LEG, ESPECIALLY ON ONE SIDE (ARE SYMPTOMS OF A STROKE?)

[MODULE\(STRSYMP2\)](#)

(DO YOU THINK) SUDDEN TROUBLE SEEING IN ONE OR BOTH EYES (IS A SYMPTOM OF A STROKE?)

[MODULE\(STRSYMP3\)](#)

(DO YOU THINK) SUDDEN CHEST PAIN OR DISCOMFORT (ARE SYMPTOMS OF A STROKE?)

[MODULE\(STRSYMP4\)](#)

(DO YOU THINK) SUDDEN TROUBLE WALKING, DIZZINESS, OR LOSS OF BALANCE (ARE SYMPTOMS OF A STROKE?)

[MODULE\(STRSYMP5\)](#)

(DO YOU THINK) SEVERE HEADACHE WITH NO KNOWN CAUSE (IS A SYMPTOM OF A STROKE?)

[MODULE\(STRSYMP6\)](#)

IF YOU THOUGHT SOMEONE WAS HAVING A HEART ATTACK OR A STROKE, WHAT IS THE FIRST THING YOU WOULD DO?

[MODULE\(FIRSTAID\)](#)

HOW OFTEN DO YOU DRINK FRUIT JUICE SERVINGS PER DAY

[CALCULATED\(FTJUDAY \)](#)

HOW OFTEN DO YOU EAT GREEN SALAD SERVINGS PER DAY

[CALCULATED\(GNSLDAY \)](#)

HOW OFTEN DO YOU EAT POTATO SERVINGS PER DAY

[CALCULATED\(POTADAY \)](#)

HOW OFTEN DO YOU EAT CARROT SERVINGS PER DAY

[CALCULATED\(CRTSDAY \)](#)

HOW OFTEN DO YOU EAT VEGETABLE SERVINGS PER DAY

[CALCULATED\(VEGEDAY \)](#)

HOW OFTEN DO YOU EAT FRUIT AND VEGETABLE SERVINGS PER DAY

[CALCULATED\( FRTSERV\)](#)

---

---

## 2009 ARIZONA BRFSS QUESTIONS LISTING

---

---

### **CORE SECTIONS**

- 1: Health Status
- 2: Healthy Days – Health-Related Quality of Life
- 3: Health Care Access
- 4: Sleep
- 5: Exercise
- 6: Diabetes
- 7: Hypertension Awareness
- 8: Cholesterol Awareness
- 9: Cardiovascular Disease Prevalence
- 10: Asthma
- 11: Tobacco Use
- 12: Demographics
- 13: Caregiver Status
- 14: Disability
- 15: Alcohol Consumption
- 16: Immunization
- 17: Arthritis Burden
- 18: Fruits and Vegetables
- 19: Physical Activity
- 20: HIV/AIDS
- 21: Emotional Support and Life Satisfaction
- 22: Cancer Survivors

### **OPTIONAL MODULES**

- 1: PreDiabetes
- 2: Diabetes
- 7: Actions to Control High Blood Pressure
- 8: Heart Attack and Stroke
- 17: Shingles
- 21: Mental Illness and Stigma

### **STATE ADDED QUESTIONS**

- 1: Cancer Survivorship
- 2: Food Assistance Program Participation
- 3: Tobacco Items

## 2009 ARIZONA QUESTIONNAIRE

<p><b>Section 1: Health Status</b></p> <p>1.1 Would you say that in general your health is:</p> <table style="width: 100%; border: none;"> <tr><td>Excellent</td><td style="text-align: right;">1</td></tr> <tr><td>Very good</td><td style="text-align: right;">2</td></tr> <tr><td>Good</td><td style="text-align: right;">3</td></tr> <tr><td>Fair</td><td style="text-align: right;">4</td></tr> <tr><td>Poor</td><td style="text-align: right;">5</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Excellent	1	Very good	2	Good	3	Fair	4	Poor	5	Don't know/Not sure	7	Refused	9	<p>3.2 Do you have one person you think of as your personal doctor or health care provide?</p> <p><b>If "No," ask: "Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"</b></p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
Excellent	1																						
Very good	2																						
Good	3																						
Fair	4																						
Poor	5																						
Don't know/Not sure	7																						
Refused	9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
<p><b>Section 2: Healthy Days- Health Related Quality of Life</b></p> <p>2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?</p> <table style="width: 100%; border: none;"> <tr><td>Number of days</td><td style="text-align: right;">— —</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days	— —	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>3.3 Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9						
Number of days	— —																						
None	8 8																						
Don't know/Not sure	7 7																						
Refused	9 9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
<p>2.2 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?</p> <table style="width: 100%; border: none;"> <tr><td>Number of days</td><td style="text-align: right;">— —</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days	— —	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>3.4 About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness or condition.</p> <table style="width: 100%; border: none;"> <tr><td>Within past yr (1-12 months ago)</td><td style="text-align: right;">1</td></tr> <tr><td>Within past 2 yrs (1-2 yrs ago)</td><td style="text-align: right;">2</td></tr> <tr><td>Within past 5 yrs (2-5 yrs ago)</td><td style="text-align: right;">3</td></tr> <tr><td>5 or more years ago</td><td style="text-align: right;">4</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Never</td><td style="text-align: right;">8</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Within past yr (1-12 months ago)	1	Within past 2 yrs (1-2 yrs ago)	2	Within past 5 yrs (2-5 yrs ago)	3	5 or more years ago	4	Don't know/Not sure	7	Never	8	Refused	9
Number of days	— —																						
None	8 8																						
Don't know/Not sure	7 7																						
Refused	9 9																						
Within past yr (1-12 months ago)	1																						
Within past 2 yrs (1-2 yrs ago)	2																						
Within past 5 yrs (2-5 yrs ago)	3																						
5 or more years ago	4																						
Don't know/Not sure	7																						
Never	8																						
Refused	9																						
<p>2.3 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?</p> <table style="width: 100%; border: none;"> <tr><td>Number of days</td><td style="text-align: right;">— —</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days	— —	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p><b>Section 4: Sleep</b></p> <p>4.1 During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?</p> <table style="width: 100%; border: none;"> <tr><td>Number of days</td><td style="text-align: right;">— —</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days	— —	None	8 8	Don't know/Not sure	7 7	Refused	9 9						
Number of days	— —																						
None	8 8																						
Don't know/Not sure	7 7																						
Refused	9 9																						
Number of days	— —																						
None	8 8																						
Don't know/Not sure	7 7																						
Refused	9 9																						
<p><b>Section 3: Health Care Access</b></p> <p>3.1 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p><b>Section 5: Exercise</b></p> <p>5.1 During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						

## 2009 ARIZONA QUESTIONNAIRE

<p><b>Section 6: Diabetes</b></p> <p>6.1 Have you ever been told by a doctor that you have diabetes?</p> <p style="margin-left: 20px;">Yes 1            Yes, female told only during pregnancy 2            No 3            No, pre-diabetes or borderline diabetes 4            Don't know/Not sure 7            Refused 9</p>	<p>8.3 Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?</p> <p style="margin-left: 20px;">Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>
<p><b>Section 7: Hypertension Awareness</b></p> <p>7.1 Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?</p> <p style="margin-left: 20px;">Yes 1            Yes, female told only during pregnancy 2            No 3            No, pre-diabetes or borderline diabetes 4            Don't know/Not sure 7            Refused 9</p>	<p><b>Section 9: Cardiovascular Disease Prevalence</b></p> <p>9.1 Ever told you had a heart attack, also called a myocardial infarction?</p> <p style="margin-left: 20px;">Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>
<p>7.2 Are you currently taking medicine for your high blood pressure?</p> <p style="margin-left: 20px;">Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>	<p>9.2. Ever told you had angina or coronary heart disease?</p> <p style="margin-left: 20px;">Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>
<p><b>Section 8: Cholesterol Awareness</b></p> <p>8.1 Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?</p> <p style="margin-left: 20px;">Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>	<p>9.3 Ever told you had a stroke?</p> <p style="margin-left: 20px;">Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>
<p>8.2 About how long has it been since you last had your blood cholesterol checked?</p> <p style="margin-left: 20px;">Within past yr (1-12 months ago) 1            Within past 2 yrs (1-2 yrs ago) 2            Within past 5 yrs (2-5 yrs ago) 3            5 or more years ago 4            Don't know/Not sure 7            Never 8            Refused 9</p>	<p><b>Section 10: Asthma</b></p> <p>10.1 Have you ever been told by a doctor, nurse or other health professional that you had asthma?</p> <p style="margin-left: 20px;">Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>

## 2009 ARIZONA QUESTIONNAIRE

<p>10.2 Do you still have Asthma?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>11.4 How long has it been since you last smoked cigarettes regularly?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Within the past month (less than 1 month ago)</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Within the past 3 months (1 month &lt; 3 months ago)</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Within the past 6 months (3 months &lt; 6 months ago)</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Within the past year (6 months but &lt;1 year ago)</td><td style="text-align: right;">4</td></tr> <tr><td style="padding-left: 20px;">Within the past 5 years (1 year but &lt; 5 years ago)</td><td style="text-align: right;">5</td></tr> <tr><td style="padding-left: 20px;">Within the past 10 years (5 years but &lt; 10 years ago)</td><td style="text-align: right;">6</td></tr> <tr><td style="padding-left: 20px;">10 or more years ago</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Never smoked regularly</td><td style="text-align: right;">8</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">99</td></tr> </table>	Within the past month (less than 1 month ago)	1	Within the past 3 months (1 month < 3 months ago)	2	Within the past 6 months (3 months < 6 months ago)	3	Within the past year (6 months but <1 year ago)	4	Within the past 5 years (1 year but < 5 years ago)	5	Within the past 10 years (5 years but < 10 years ago)	6	10 or more years ago	7	Never smoked regularly	8	Don't know/Not sure	77	Refused	99
Yes	1																												
No	2																												
Don't know/Not sure	7																												
Refused	9																												
Within the past month (less than 1 month ago)	1																												
Within the past 3 months (1 month < 3 months ago)	2																												
Within the past 6 months (3 months < 6 months ago)	3																												
Within the past year (6 months but <1 year ago)	4																												
Within the past 5 years (1 year but < 5 years ago)	5																												
Within the past 10 years (5 years but < 10 years ago)	6																												
10 or more years ago	7																												
Never smoked regularly	8																												
Don't know/Not sure	77																												
Refused	99																												
<p><b>Section 11: Tobacco Use</b></p> <p>11.1 Have you smoked at least 100 cigarettes in your entire life?</p> <p style="padding-left: 20px;"><b>NOTE: 5 packs = 100 cigarettes</b></p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>11.5 Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?</p> <p style="padding-left: 20px;"><b>Snus (rhymes with 'goose')</b></p> <p style="padding-left: 20px;"><b>NOTE: Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that are placed under the lip against the gum.</b></p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Every day</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Some days</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Not at all</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Every day	1	Some days	2	Not at all	3	Don't know/Not sure	7	Refused	9										
Yes	1																												
No	2																												
Don't know/Not sure	7																												
Refused	9																												
Every day	1																												
Some days	2																												
Not at all	3																												
Don't know/Not sure	7																												
Refused	9																												
<p>11.2 Do you now smoke cigarettes every day, some days, or not at all?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Every day</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Some days</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Not at all</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Every day	1	Some days	2	Not at all	3	Don't know/Not sure	7	Refused	9	<p><b>Section 12: Demographics</b></p> <p>12.1 What is your age</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Code age in years</td><td style="text-align: right;">_____</td></tr> <tr><td style="padding-left: 20px;">Don't know/ Not sure</td><td style="text-align: right;">0 7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">0 9</td></tr> </table>	Code age in years	_____	Don't know/ Not sure	0 7	Refused	0 9												
Every day	1																												
Some days	2																												
Not at all	3																												
Don't know/Not sure	7																												
Refused	9																												
Code age in years	_____																												
Don't know/ Not sure	0 7																												
Refused	0 9																												
<p>11.3 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>12.2 Are you Hispanic or Latino?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9												
Yes	1																												
No	2																												
Don't know/Not sure	7																												
Refused	9																												
Yes	1																												
No	2																												
Don't know/Not sure	7																												
Refused	9																												

## 2009 ARIZONA QUESTIONNAIRE

<p>12.3 Which one or more of the following would you say is your race?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>White</td><td style="text-align: right;">1</td></tr> <tr><td>Black/African American</td><td style="text-align: right;">2</td></tr> <tr><td>Asian</td><td style="text-align: right;">3</td></tr> <tr><td>Native Hawaiian/Other Pacific Islander</td><td style="text-align: right;">4</td></tr> <tr><td>American Indian, Alaska Native</td><td style="text-align: right;">5</td></tr> <tr><td>Other</td><td style="text-align: right;">6</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </tbody> </table>	Yes	1	White	1	Black/African American	2	Asian	3	Native Hawaiian/Other Pacific Islander	4	American Indian, Alaska Native	5	Other	6	Don't know/Not sure	7	Refused	9	<p>12.7 How many children less than 18 years of age live in your household?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Number of children</td><td></td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </tbody> </table>	Number of children		None	8 8	Refused	9 9										
Yes	1																																		
White	1																																		
Black/African American	2																																		
Asian	3																																		
Native Hawaiian/Other Pacific Islander	4																																		
American Indian, Alaska Native	5																																		
Other	6																																		
Don't know/Not sure	7																																		
Refused	9																																		
Number of children																																			
None	8 8																																		
Refused	9 9																																		
<p>12.4 Which one of these groups would you say best represents your race?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>White</td><td style="text-align: right;">1</td></tr> <tr><td>Black/African American</td><td style="text-align: right;">2</td></tr> <tr><td>Asian</td><td style="text-align: right;">3</td></tr> <tr><td>Native Hawaiian/Other Pacific Islander</td><td style="text-align: right;">4</td></tr> <tr><td>American Indian, Alaska Native</td><td style="text-align: right;">5</td></tr> <tr><td>Other</td><td style="text-align: right;">6</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </tbody> </table>	Yes	1	White	1	Black/African American	2	Asian	3	Native Hawaiian/Other Pacific Islander	4	American Indian, Alaska Native	5	Other	6	Don't know/Not sure	7	Refused	9	<p>12.8 What is the highest grade or year of school you completed?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Never attended school or only attended kindergarten</td><td style="text-align: right;">1</td></tr> <tr><td>Grades 1 through 8 (Elementary)</td><td style="text-align: right;">2</td></tr> <tr><td>Grades 9 through 11 (Some High School)</td><td style="text-align: right;">3</td></tr> <tr><td>Grade 12 or GED (High School Grad)</td><td style="text-align: right;">4</td></tr> <tr><td>College 1 year to 3 years (Some college/tech school)</td><td style="text-align: right;">5</td></tr> <tr><td>College graduate</td><td style="text-align: right;">6</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </tbody> </table>	Never attended school or only attended kindergarten	1	Grades 1 through 8 (Elementary)	2	Grades 9 through 11 (Some High School)	3	Grade 12 or GED (High School Grad)	4	College 1 year to 3 years (Some college/tech school)	5	College graduate	6	Refused	9		
Yes	1																																		
White	1																																		
Black/African American	2																																		
Asian	3																																		
Native Hawaiian/Other Pacific Islander	4																																		
American Indian, Alaska Native	5																																		
Other	6																																		
Don't know/Not sure	7																																		
Refused	9																																		
Never attended school or only attended kindergarten	1																																		
Grades 1 through 8 (Elementary)	2																																		
Grades 9 through 11 (Some High School)	3																																		
Grade 12 or GED (High School Grad)	4																																		
College 1 year to 3 years (Some college/tech school)	5																																		
College graduate	6																																		
Refused	9																																		
<p>12.5 Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit? Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Yes, now on active duty</td><td style="text-align: right;">1</td></tr> <tr><td>Yes, on active duty during the last 12 months, but not now</td><td style="text-align: right;">2</td></tr> <tr><td>Yes, on active duty in the past, but not during the last 12 months</td><td style="text-align: right;">3</td></tr> <tr><td>No, training for Reserves or National Guard only</td><td style="text-align: right;">4</td></tr> <tr><td>No, never served in the military</td><td style="text-align: right;">5</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </tbody> </table>	Yes, now on active duty	1	Yes, on active duty during the last 12 months, but not now	2	Yes, on active duty in the past, but not during the last 12 months	3	No, training for Reserves or National Guard only	4	No, never served in the military	5	Don't know/Not sure	7	Refused	9	<p>12.9 Are you currently:</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Employed for wages</td><td style="text-align: right;">1</td></tr> <tr><td>Self-employed</td><td style="text-align: right;">2</td></tr> <tr><td>Out of work for more than 1 yr</td><td style="text-align: right;">3</td></tr> <tr><td>Out of work for less than 1 yr</td><td style="text-align: right;">4</td></tr> <tr><td>Homemaker</td><td style="text-align: right;">5</td></tr> <tr><td>Student</td><td style="text-align: right;">6</td></tr> <tr><td>Retired</td><td style="text-align: right;">7</td></tr> <tr><td>Unable to work</td><td style="text-align: right;">8</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </tbody> </table>	Employed for wages	1	Self-employed	2	Out of work for more than 1 yr	3	Out of work for less than 1 yr	4	Homemaker	5	Student	6	Retired	7	Unable to work	8	Refused	9		
Yes, now on active duty	1																																		
Yes, on active duty during the last 12 months, but not now	2																																		
Yes, on active duty in the past, but not during the last 12 months	3																																		
No, training for Reserves or National Guard only	4																																		
No, never served in the military	5																																		
Don't know/Not sure	7																																		
Refused	9																																		
Employed for wages	1																																		
Self-employed	2																																		
Out of work for more than 1 yr	3																																		
Out of work for less than 1 yr	4																																		
Homemaker	5																																		
Student	6																																		
Retired	7																																		
Unable to work	8																																		
Refused	9																																		
<p>12.6 Are you?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>Married</td><td style="text-align: right;">1</td></tr> <tr><td>Divorced</td><td style="text-align: right;">2</td></tr> <tr><td>Widowed</td><td style="text-align: right;">3</td></tr> <tr><td>Separated</td><td style="text-align: right;">4</td></tr> <tr><td>Never been married</td><td style="text-align: right;">5</td></tr> <tr><td>Member of an unmarried couple</td><td style="text-align: right;">6</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </tbody> </table>	Married	1	Divorced	2	Widowed	3	Separated	4	Never been married	5	Member of an unmarried couple	6	Refused	9	<p>12.10 Is your annual household income from all sources:</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr><td>&lt; \$10,000</td><td style="text-align: right;">1</td></tr> <tr><td>\$10,000 to &lt; \$15,000</td><td style="text-align: right;">2</td></tr> <tr><td>\$15,000 to &lt; \$20,000</td><td style="text-align: right;">3</td></tr> <tr><td>\$20,000 to &lt; \$25,000</td><td style="text-align: right;">4</td></tr> <tr><td>\$25,000 to &lt; \$35,000</td><td style="text-align: right;">5</td></tr> <tr><td>\$35,000 to &lt; \$50,000</td><td style="text-align: right;">6</td></tr> <tr><td>\$50,000 to &lt; \$75,000</td><td style="text-align: right;">7</td></tr> <tr><td>≤ \$75,000</td><td style="text-align: right;">8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td>Refused</td><td style="text-align: right;">99</td></tr> </tbody> </table>	< \$10,000	1	\$10,000 to < \$15,000	2	\$15,000 to < \$20,000	3	\$20,000 to < \$25,000	4	\$25,000 to < \$35,000	5	\$35,000 to < \$50,000	6	\$50,000 to < \$75,000	7	≤ \$75,000	8	Don't know/Not sure	77	Refused	99
Married	1																																		
Divorced	2																																		
Widowed	3																																		
Separated	4																																		
Never been married	5																																		
Member of an unmarried couple	6																																		
Refused	9																																		
< \$10,000	1																																		
\$10,000 to < \$15,000	2																																		
\$15,000 to < \$20,000	3																																		
\$20,000 to < \$25,000	4																																		
\$25,000 to < \$35,000	5																																		
\$35,000 to < \$50,000	6																																		
\$50,000 to < \$75,000	7																																		
≤ \$75,000	8																																		
Don't know/Not sure	77																																		
Refused	99																																		

## 2009 ARIZONA QUESTIONNAIRE

<p>12.11 About how much do you weigh without shoes?</p> <p>Weight _____ pounds            Don't know/Not sure <math>\frac{7}{9} \frac{7}{9} \frac{7}{9}</math>            Refused <math>\frac{9}{9} \frac{9}{9} \frac{9}{9}</math></p>	<p>12.17 Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>
<p>12.12 About how tall are you without shoes?</p> <p>Height _____ / _____ ft/inches            Don't know/Not sure <math>\frac{7}{9} \frac{7}{9} \frac{7}{9} \frac{7}{9}</math>            Refused <math>\frac{9}{9} \frac{9}{9} \frac{9}{9}</math></p>	<p>12.18 How many of these telephone numbers are residential numbers?</p> <p>Residential telephone numbers _____            Don't know/ Not sure <math>\frac{7}{9}</math>            Refused 9</p>
<p>12.13 How much did you weigh a year ago? <i>[If you were pregnant a year ago, how much did you weigh before your pregnancy?]</i></p> <p>Weight _____ pounds            Don't know/Not sure <math>\frac{7}{9} \frac{7}{9} \frac{7}{9}</math>            Refused <math>\frac{9}{9} \frac{9}{9} \frac{9}{9}</math></p>	<p>12.19 During the past 12 months, has your household been without telephone service for 1 week or more?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>
<p>12.14 Was the change between your current weight and your weight a year ago intentional?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>	<p>12.20 Indicate sex of respondent. Ask only if necessary.</p> <p>Male 1            Female 2</p>
<p>12.15 What county do you live in?</p> <p>FIPS county code _____            Don't know / Not sure <math>\frac{7}{9} \frac{7}{9} \frac{7}{9}</math>            Refused <math>\frac{9}{9} \frac{9}{9} \frac{9}{9}</math></p>	<p>12.21 To your knowledge, are you now pregnant?</p> <p>Yes 1            No 2            Don't know/Not sure 7</p>
<p>12.16 What is your ZIP Code where you live?</p> <p>ZIP Code _____            Don't know/Not sure <math>\frac{7}{9} \frac{7}{9} \frac{7}{9} \frac{7}{9} \frac{7}{9}</math>            Refused <math>\frac{9}{9} \frac{9}{9} \frac{9}{9} \frac{9}{9} \frac{9}{9}</math></p>	<p><b>Section 13: Caregiver Status</b></p> <p>13.1 During the past month, did you provide any such care or assistance to a friend or family member who has a health problem, long-term illness, or disability?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>

## 2009 ARIZONA QUESTIONNAIRE

<p><b>Section 14: Disability</b></p> <p>14.1 Are you limited in any way in any activities because of physical, mental, or emotional problems?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>15.4 Considering all types of alcoholic beverages, how many times during the past 30 days did you have <b>X</b> [<b>X = 5 for men, X = 4 for women</b>] or more drinks on an occasion?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Number of times</td><td></td></tr> <tr><td style="padding-left: 20px;">None</td><td style="text-align: right;">8 8</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of times		None	8 8	Don't know/Not sure	7 7	Refused	9 9
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
Number of times																	
None	8 8																
Don't know/Not sure	7 7																
Refused	9 9																
<p>14.2 Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>15.5 During the past 30 days, what is the largest number of drinks you had on any occasion?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Number of drinks</td><td></td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of drinks		Don't know/Not sure	7 7	Refused	9 9		
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
Number of drinks																	
Don't know/Not sure	7 7																
Refused	9 9																
<p><b>Section 15: Alcohol Consumption</b></p> <p>15.1 During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p><b>Section 16: Immunization</b></p> <p>16.1 A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
<p>15.2 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Days per week</td><td style="text-align: right;">1 ___</td></tr> <tr><td style="padding-left: 20px;">Days in past 30 days</td><td style="text-align: right;">2 ___</td></tr> <tr><td style="padding-left: 20px;">No drinks in past 30 days</td><td style="text-align: right;">8 8 8</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7 7 7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9 9 9</td></tr> </table>	Days per week	1 ___	Days in past 30 days	2 ___	No drinks in past 30 days	8 8 8	Don't know/Not sure	7 7 7	Refused	9 9 9	<p>16.2 During what month and year did you receive your most recent flu shot?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Month/Year</td><td style="text-align: right;">-/- - - -</td></tr> <tr><td style="padding-left: 20px;">Don't Know/ Not Sure</td><td style="text-align: right;">77/7777</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">99/9999</td></tr> </table>	Month/Year	-/- - - -	Don't Know/ Not Sure	77/7777	Refused	99/9999
Days per week	1 ___																
Days in past 30 days	2 ___																
No drinks in past 30 days	8 8 8																
Don't know/Not sure	7 7 7																
Refused	9 9 9																
Month/Year	-/- - - -																
Don't Know/ Not Sure	77/7777																
Refused	99/9999																
<p>15.3 One drink is equivalent to a 12 ounce beer, a 5 ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Number of drinks</td><td></td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of drinks		Don't know/Not sure	7 7	Refused	9 9	<p>16.3 During the past 12 months, have you had a flu vaccine sprayed in your nose? The flu vaccine sprayed in the nose is also call FluMist.</p> <table style="width: 100%; border: none;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9		
Number of drinks																	
Don't know/Not sure	7 7																
Refused	9 9																
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																



## 2009 ARIZONA QUESTIONNAIRE

<p>18.4 How often do you eat potatoes not including French fries, fried potatoes, or potato chips?</p> <p style="margin-left: 20px;">Per Day                    --</p> <p style="margin-left: 20px;">Per Week                    --</p> <p style="margin-left: 20px;">Per Month                    --</p> <p style="margin-left: 20px;">Per Year                    --</p> <p style="margin-left: 20px;">Never                    5 5 5</p> <p style="margin-left: 20px;">Don't know / Not sure   7 7 7</p> <p style="margin-left: 20px;">Refused                    9 9 9</p>	<p>19.3 How many days per week do you do these moderate activities for at least 10 minutes at a time?</p> <p style="margin-left: 20px;">Days per week                    --</p> <p style="margin-left: 20px;">Do not do any moderate physical activity for at least 10 minutes at a time?   8 8</p> <p style="margin-left: 20px;">Don't know / Not sure        7 7</p> <p style="margin-left: 20px;">Refused                    9 9</p>
<p>18.5 How often do you eat carrots?</p> <p style="margin-left: 20px;">Per Day                    --</p> <p style="margin-left: 20px;">Per Week                    --</p> <p style="margin-left: 20px;">Per Month                    --</p> <p style="margin-left: 20px;">Per Year                    --</p> <p style="margin-left: 20px;">Never                    5 5 5</p> <p style="margin-left: 20px;">Don't know / Not sure   7 7 7</p> <p style="margin-left: 20px;">Refused                    9 9 9</p>	<p>19.4 On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?</p> <p style="margin-left: 20px;">Hours and minutes per day                    -- --</p> <p style="margin-left: 20px;">Don't know / Not sure                    7 7 7</p> <p style="margin-left: 20px;">Refused                    9 9 9</p>
<p>18.6 Not counting carrots, potatoes, or salad how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)</p> <p style="margin-left: 20px;">Per Day                    --</p> <p style="margin-left: 20px;">Per Week                    --</p> <p style="margin-left: 20px;">Per Month                    --</p> <p style="margin-left: 20px;">Per Year                    --</p> <p style="margin-left: 20px;">Never                    5 5 5</p> <p style="margin-left: 20px;">Don't know / Not sure   7 7 7</p> <p style="margin-left: 20px;">Refused                    9 9 9</p>	<p>19.5 Now, thinking about the vigorous activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?</p> <p style="margin-left: 20px;">Yes                    1</p> <p style="margin-left: 20px;">No                    2</p> <p style="margin-left: 20px;">Don't know / Not sure        7</p> <p style="margin-left: 20px;">Refused                    9</p>
<b>Section 19: Physical Activity</b>	
<p>19.1 When you are at work, which of the following best describes what you do? Would you say-</p> <p style="margin-left: 20px;">Mostly sitting or standing        1</p> <p style="margin-left: 20px;">Mostly walking                    2</p> <p style="margin-left: 20px;">Mostly heavy labor or physically demanding work        3</p> <p style="margin-left: 20px;">Don't know / Not sure        7</p> <p style="margin-left: 20px;">Refused                    6</p>	<p>19.6 How many days per week do you do these vigorous activities for at least 10 minutes at a time?</p> <p style="margin-left: 20px;">Days per week                    --</p> <p style="margin-left: 20px;">Do not do any vigorous physical activity for at least 10 minutes at a time        8 8</p> <p style="margin-left: 20px;">Don't know / Not sure        7 7</p> <p style="margin-left: 20px;">Refused                    9 9</p>
<p>19.2 Now, thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?</p> <p style="margin-left: 20px;">Yes                    1</p> <p style="margin-left: 20px;">No                    2</p> <p style="margin-left: 20px;">Don't know / Not sure        7</p> <p style="margin-left: 20px;">Refused                    9</p>	<p>19.7 On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?</p> <p style="margin-left: 20px;">Hours and minutes per day                    -- --</p> <p style="margin-left: 20px;">Don't know / Not sure                    7 7 7</p>

## 2009 ARIZONA QUESTIONNAIRE

<p><b>Section 20: HIV / AIDS</b></p> <p>20.1 Have you ever been tested for HIV? Do not count tests you may have had as a part of a blood donation. Include testing fluid for your mouth.</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know / Not sure	7	Refused	9	<p><b>Section 21: Emotional Support and Life Satisfaction</b></p> <p>21.1 How often do you get the social and emotional support you need?</p> <table style="width: 100%; border: none;"> <tr><td>Always</td><td style="text-align: right;">1</td></tr> <tr><td>Usually</td><td style="text-align: right;">2</td></tr> <tr><td>Sometimes</td><td style="text-align: right;">3</td></tr> <tr><td>Rarely</td><td style="text-align: right;">4</td></tr> <tr><td>Never</td><td style="text-align: right;">5</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Always	1	Usually	2	Sometimes	3	Rarely	4	Never	5	Don't know / Not sure	7	Refused	9						
Yes	1																												
No	2																												
Don't know / Not sure	7																												
Refused	9																												
Always	1																												
Usually	2																												
Sometimes	3																												
Rarely	4																												
Never	5																												
Don't know / Not sure	7																												
Refused	9																												
<p>20.2 Not including blood donations, in what month and year was your last HIV test?</p> <p>Code month and year <u>  </u> / <u>  </u> <u>  </u> <u>  </u> <u>  </u> <u>  </u></p> <p>Don't know / Not sure 7 7 / 7 7 7 7</p> <p>Refused 9 9 / 9 9 9 9</p>	<p>21.2 In general, how satisfied are you with your life?</p> <table style="width: 100%; border: none;"> <tr><td>Very Satisfied</td><td style="text-align: right;">1</td></tr> <tr><td>Satisfied</td><td style="text-align: right;">2</td></tr> <tr><td>Dissatisfied</td><td style="text-align: right;">3</td></tr> <tr><td>Very Dissatisfied</td><td style="text-align: right;">4</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Very Satisfied	1	Satisfied	2	Dissatisfied	3	Very Dissatisfied	4	Don't know / Not sure	7	Refused	9																
Very Satisfied	1																												
Satisfied	2																												
Dissatisfied	3																												
Very Dissatisfied	4																												
Don't know / Not sure	7																												
Refused	9																												
<p>20.3 Where did you have your last HIV test – at a private doctor or HMO office, at counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?</p> <table style="width: 100%; border: none;"> <tr><td>Private doctor or HMO office</td><td style="text-align: right;">1</td></tr> <tr><td>Counseling and testing site</td><td style="text-align: right;">2</td></tr> <tr><td>Hospital</td><td style="text-align: right;">3</td></tr> <tr><td>Clinic</td><td style="text-align: right;">4</td></tr> <tr><td>Jail or prison</td><td style="text-align: right;">5</td></tr> <tr><td>Drug treatment facility</td><td style="text-align: right;">6</td></tr> <tr><td>At home</td><td style="text-align: right;">7</td></tr> <tr><td>Somewhere else</td><td style="text-align: right;">8</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Private doctor or HMO office	1	Counseling and testing site	2	Hospital	3	Clinic	4	Jail or prison	5	Drug treatment facility	6	At home	7	Somewhere else	8	Don't know / Not sure	7 7	Refused	9 9	<p><b>Section 22: Cancer Survivors</b></p> <p>22.1 Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know / Not sure	7	Refused	9
Private doctor or HMO office	1																												
Counseling and testing site	2																												
Hospital	3																												
Clinic	4																												
Jail or prison	5																												
Drug treatment facility	6																												
At home	7																												
Somewhere else	8																												
Don't know / Not sure	7 7																												
Refused	9 9																												
Yes	1																												
No	2																												
Don't know / Not sure	7																												
Refused	9																												
<p>20.4 Was it a rapid test where you could get your results within other health professional that you had cancer?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know / Not sure	7	Refused	9	<p>22.2 How many different types of cancer have you had?</p> <table style="width: 100%; border: none;"> <tr><td>Only one</td><td style="text-align: right;">1</td></tr> <tr><td>Two</td><td style="text-align: right;">2</td></tr> <tr><td>Three or more</td><td style="text-align: right;">3</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Only one	1	Two	2	Three or more	3	Don't know / Not sure	7	Refused	9										
Yes	1																												
No	2																												
Don't know / Not sure	7																												
Refused	9																												
Only one	1																												
Two	2																												
Three or more	3																												
Don't know / Not sure	7																												
Refused	9																												
<p>20.5 Do any of these situations apply to you?            Have you used intravenous drugs in the past year?            Have you been treated for a sexually transmitted or venereal disease in the past year? Have you given or received money or drugs in exchange for sex in the past year? Have you had anal sex without a condom in the past year?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know / Not sure	7	Refused	9	<p>22.3 At what age were you told that you had cancer?</p> <table style="width: 100%; border: none;"> <tr><td>Age in years</td><td style="text-align: right;">— —</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Age in years	— —	Don't know / Not sure	7 7	Refused	9 9														
Yes	1																												
No	2																												
Don't know / Not sure	7																												
Refused	9																												
Age in years	— —																												
Don't know / Not sure	7 7																												
Refused	9 9																												

## 2009 ARIZONA QUESTIONNAIRE

<p>22.4 What type of cancer was it?</p> <p><b>Breast</b></p> <p>Breast cancer 1</p> <p><b>Female reproductive (Gynecologic)</b> 2</p> <p>Cervical cancer (cancer of the cervix)</p> <p>Endometrial cancer ( cancer of the uterus) 3</p> <p>Ovarian cancer (cancer of the ovary) 4</p> <p><b>Head / Neck</b></p> <p>Head and neck cancer 5</p> <p>Oral cancer 6</p> <p>Pharyngeal (throat) cancer 7</p> <p>Thyroid 8</p> <p><b>Other</b></p> <p>Don't know / Not sure 7 7</p> <p>Refused 9 9</p>	<p>3. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.</p> <p>Times per day 1__</p> <p>Times per week 2__</p> <p>Times per month 3__</p> <p>Times per year 4__</p> <p>Never 8 8 8</p> <p>Don't know/ Not sure 7 7 7</p> <p>Refused 9 9 9</p>
<p><b>Optional Modules</b></p> <p><b>Module 1: Pre-Diabetes</b></p> <p>1. Have you had a test for high blood sugar or diabetes within the past three years?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>	<p>4. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.</p> <p>Number of times (day, week, month, year)</p> <p>No feet 5 5 5</p> <p>Never 8 8 8</p> <p>Don't know/ Not sure 7 7 7</p> <p>Refused 9 9 9</p>
<p>2. Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>	<p>5. About how many times in the past 12 months have you seen a doctor, nurse or other health professional for your diabetes?</p> <p>Number of times (day, week, month, year)</p> <p>None 8 8</p> <p>Don't know/ Not sure 7 7</p> <p>Refused 9 9</p>
<p><b>Module 2: Diabetes</b></p> <p>1. How old were you when you were told you have diabetes?</p> <p>Code age in years (97 = 97 and older)</p> <p>Don't know / Not sure 9 8</p> <p>Refused 9 9</p>	<p>6. A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse or other health professional checked you for "A one C"?</p> <p>Number of times</p> <p>None 8 8</p> <p>Never heard of "A one C" test 9 8</p> <p>Don't know/ Not sure 7 7</p> <p>Refused 9 9</p>
<p>2. Are you now taking insulin?</p> <p>Yes 1</p> <p>No 2</p> <p>Refused 9</p>	<p>7. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?</p> <p>Number of times</p> <p>None 8 8</p> <p>Don't know/ Not sure 7 7</p> <p>Refused 9 9</p>

## 2009 ARIZONA QUESTIONNAIRE

<p>8. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.</p> <p>Within the past month (anytime less than 1 month ago) 1</p> <p>Within the past year (1 month but &lt; than 12 mo ago) 2</p> <p>Within the past 2 years (1 year but &lt; 2 years ago) 3</p> <p>2 or more years ago 4</p>	<p>3. (Are you ) reducing alcohol use (to help lower or control your high blood pressure?)</p> <p>Yes 1</p> <p>No 2</p> <p>Do not drink 3</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>
<p>9. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>	<p>4. (Are you) exercising (to help lower or control your high blood pressure?)</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>
<p>10. Have you ever taken a course or class in how to manage your diabetes yourself?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>	<p>5. (Ever advised you to) change your eating habits (to help lower or control your high blood pressure?)</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>
<p><b>Module 7: Actions to Control High Blood Pressure</b></p> <p>1. (Are you ) changing your eating habits (to help lower or control your high blood pressure?)</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>	<p>6. (Ever advised you to) cut down on salt (to help or control your blood pressure?)</p> <p>Yes 1</p> <p>No 2</p> <p>Do not eat salt 3</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>
<p>2. (Are you) cutting down on salt (to help or control your blood pressure?)</p> <p>Yes 1</p> <p>No 2</p> <p>Do not eat salt 3</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>	<p>7. (Ever advised you to) reduce alcohol use (to help lower or control your high blood pressure?)</p> <p>Yes 1</p> <p>No 2</p> <p>Do not drink 3</p> <p>Don't know / Not sure 7</p> <p>Refused 9</p>

## 2009 ARIZONA QUESTIONNAIRE

<p>8. (Ever advised you to) exercise (to help lower or control your high blood pressure)?</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>4. (Do you think) sudden trouble seeing in one or both eyes (is a symptom of a heart attack?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>
<p>9. (Ever advised you to) take medication (to help lower or control your high blood pressure?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>5. (Do you think) pain or discomfort in the arms or shoulder (are symptoms of a heart attack?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>
<p>10. Were you told on two or more different visits to a doctor or other health professional that you had high blood pressure?</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>6. (Do you think) shortness of breath (is a symptom of a heart attack?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>
<b>Module 8: Heart Attack and Stroke</b>	
<p>1. (Do you think) pain or discomfort in the jaw, neck or back (are symptoms of a heart attack?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>7. (Do you think) sudden confusion or trouble speaking, (are symptom of a stroke?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>
<p>2. (Do you think) feeling weak, lightheaded (are symptoms of a heart attack?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>8. (Do you think) sudden numbness or weakness of face, arm, or leg, especially on one side, (are symptom of a stroke?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>
<p>3. (Do you think) chest pain or discomfort (are symptoms of a heart attack?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>9. (Do you think) sudden seeing in one or both eyes (is a symptom of a stroke?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>

## 2009 ARIZONA QUESTIONNAIRE

<p>10. Do you think sudden chest pain or discomfort (are symptoms of a stroke?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p><b>Module 21: Mental Illness and Stigma</b></p> <p>1. About how often during the past 20 days did you feel <b>nervous</b> ---would you say <b>all</b> of the time, <b>most</b> of the time, <b>some</b> of the time, <b>a little</b> of the time, or <b>none</b> of the time?</p> <p>All 1            Most 2            Some 3            A little 4            None 5            Don't know / Not sure 7            Refused 9</p>
<p>11. (Do you think) sudden trouble walking, dizziness, or loss of balance (are symptoms of a stroke?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>2. During the past 30 days, about how often did you feel hopeless_ all of the time, most of the time, some of the time, a little of the time, or none of the time?</p> <p>All 1            Most 2            Some 3            A little 4            None 5            Don't know / Not sure 7            Refused 9</p>
<p>12. (Do you think) severe headache with no known cause (is a symptom of a stroke?)</p> <p>Yes 1            No 2            Don't know / Not sure 7            Refused 9</p>	<p>3. During the past 30 days, about how often did you feel restless or fidgety?</p> <p>All 1            Most 2            Some 3            A little 4            None 5            Don't know / Not sure 7            Refused 9</p>
<p>13. If you thought someone was having a heart attack or a stroke, what is the first thing you would do?</p> <p>Take them to the hospital 1            Tell them to call their doctor 2            Call 911 3            Call their spouse or family member 4            Do something else 5            Don't know/Not sure 7            Refused 9</p>	<p>4. During the past 30 days, about how often did you feel so depressed that nothing could cheer you up?</p> <p>All 1            Most 2            Some 3            A little 4            None 5            Don't know / Not sure 7            Refused 9</p>
<p><b>Module 17: Shingles</b></p> <p>1. Shingles is caused by the chicken pox virus. It is an outbreak of rash or blisters on the skin that may be associated with severe pain. A vaccine for shingles has been available since May 2006; it is called Zostavax, the zoster vaccine, or the shingles vaccine. Have you had this vaccine?</p> <p>Yes 1            No 2            Don't know / Not sure 7</p>	<p>5. During the past 30 days, about how often did you feel that <b>everything was an effort</b>?</p> <p>All 1            Most 2            Some 3            A little 4            None 5            Don't know / Not sure 7            Refused 9</p>

## 2009 ARIZONA QUESTIONNAIRE

<p>6. During the past 30 days, about how often did you feel <b>worthless</b>?</p> <table style="width: 100%;"> <tr><td>All</td><td style="text-align: right;">1</td></tr> <tr><td>Most</td><td style="text-align: right;">2</td></tr> <tr><td>Some</td><td style="text-align: right;">3</td></tr> <tr><td>A little</td><td style="text-align: right;">4</td></tr> <tr><td>None</td><td style="text-align: right;">5</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	All	1	Most	2	Some	3	A little	4	None	5	Don't know / Not sure	7	Refused	9	<p><b>State-Added: Cancer Survivorship</b>            AZ1_1. Did you participate in a clinical trial as part of your cancer treatment?</p> <table style="width: 100%;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9				
All	1																										
Most	2																										
Some	3																										
A little	4																										
None	5																										
Don't know / Not sure	7																										
Refused	9																										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
<p>7. During the past 30 days, for about how many days did a mental health condition or emotional problem kept you from doing your work or other usual activities?</p> <table style="width: 100%;"> <tr><td>Number of days</td><td style="text-align: right;">_____</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of days	_____	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p><b>State-Added: Food Assistance Program Participation</b>            AZ2-1 In the past 12 months, did any in your household get food benefit card?</p> <table style="width: 100%;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9										
Number of days	_____																										
None	8 8																										
Don't know/Not sure	7 7																										
Refused	9 9																										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
<p>8. Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?</p> <table style="width: 100%;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know / Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know / Not sure	7	Refused	9	<p>AZ2_2. In the past 12 months, did any woman/ women or child/children in this household get food through the WIC program?</p> <table style="width: 100%;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9										
Yes	1																										
No	2																										
Don't know / Not sure	7																										
Refused	9																										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
<p>9. Treatment can help people with mental illness lead normal lives. Do you <b>–agree</b> slightly or strongly, or <b>disagree</b> slightly or strongly?</p> <table style="width: 100%;"> <tr><td>Agree strongly</td><td style="text-align: right;">1</td></tr> <tr><td>Disagree strongly</td><td style="text-align: right;">5</td></tr> <tr><td>Agree slightly</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know Not Sure</td><td style="text-align: right;">77</td></tr> <tr><td>Neither agree or disagree</td><td style="text-align: right;">3</td></tr> <tr><td>Refused</td><td style="text-align: right;">99</td></tr> <tr><td>Disagree slightly</td><td style="text-align: right;">4</td></tr> </table>	Agree strongly	1	Disagree strongly	5	Agree slightly	2	Don't know Not Sure	77	Neither agree or disagree	3	Refused	99	Disagree slightly	4	<p>AZ2_3. In the past 12 months, did any children in your household between 5 and 18 years old receive free or reduced- cost lunches at school?</p> <table style="width: 100%;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9				
Agree strongly	1																										
Disagree strongly	5																										
Agree slightly	2																										
Don't know Not Sure	77																										
Neither agree or disagree	3																										
Refused	99																										
Disagree slightly	4																										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
<p>10. People are generally caring and sympathetic to people with mental illness. Do you agree slightly or strongly, or disagree slightly or strongly?</p> <table style="width: 100%;"> <tr><td>Agree strongly</td><td style="text-align: right;">1</td></tr> <tr><td>Agree slightly</td><td style="text-align: right;">2</td></tr> <tr><td>Neither agree or disagree</td><td style="text-align: right;">3</td></tr> <tr><td>Disagree slightly</td><td style="text-align: right;">4</td></tr> <tr><td>Disagree strongly</td><td style="text-align: right;">5</td></tr> <tr><td>Don't Know/ Not Sure</td><td style="text-align: right;">77</td></tr> <tr><td>Refused</td><td style="text-align: right;">99</td></tr> </table>	Agree strongly	1	Agree slightly	2	Neither agree or disagree	3	Disagree slightly	4	Disagree strongly	5	Don't Know/ Not Sure	77	Refused	99	<p><b>State Added: Tobacco Items Second-hand smoke</b>            AZ3_1. Which statement best describes the rules about smoking inside your home?</p> <table style="width: 100%;"> <tr><td>Smoking is not allowed anywhere inside your home</td><td style="text-align: right;">1</td></tr> <tr><td>Smoking is allowed in some places or at some times</td><td style="text-align: right;">2</td></tr> <tr><td>Smoking is allowed anywhere inside your home</td><td style="text-align: right;">3</td></tr> <tr><td>There are no rules about smoking inside your home</td><td style="text-align: right;">4</td></tr> <tr><td>Don't know/ Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Smoking is not allowed anywhere inside your home	1	Smoking is allowed in some places or at some times	2	Smoking is allowed anywhere inside your home	3	There are no rules about smoking inside your home	4	Don't know/ Not sure	7	Refused	9
Agree strongly	1																										
Agree slightly	2																										
Neither agree or disagree	3																										
Disagree slightly	4																										
Disagree strongly	5																										
Don't Know/ Not Sure	77																										
Refused	99																										
Smoking is not allowed anywhere inside your home	1																										
Smoking is allowed in some places or at some times	2																										
Smoking is allowed anywhere inside your home	3																										
There are no rules about smoking inside your home	4																										
Don't know/ Not sure	7																										
Refused	9																										

## 2009 ARIZONA QUESTIONNAIRE

<p>AZ3_2. Do you allow smoking in your car or motor vehicle?</p> <p>Yes 1            No 2            I don't have a car or motor vehicle 3            Don't know/Not sure 7            Refused 9</p>	<p><b>Purchase Pattern _ Current smokers only</b>            AZ3_8. In the past 6-months, have you bought cigarettes:</p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>DK</th> <th>Ref</th> </tr> </thead> <tbody> <tr> <td>In Neighboring States</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> <tr> <td>On Indian Reservations</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> <tr> <td>In Mexico</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> <tr> <td>On a military base</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> <tr> <td>Over the internet</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> </tbody> </table>		Yes	No	DK	Ref	In Neighboring States	1	2	7	9	On Indian Reservations	1	2	7	9	In Mexico	1	2	7	9	On a military base	1	2	7	9	Over the internet	1	2	7	9
	Yes	No	DK	Ref																											
In Neighboring States	1	2	7	9																											
On Indian Reservations	1	2	7	9																											
In Mexico	1	2	7	9																											
On a military base	1	2	7	9																											
Over the internet	1	2	7	9																											
<p>AZ3_3. While working at your job, are you indoors most of the time?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>	<p><b>Tax Increase _ Current smokers only</b>            AZ3_9. Because of the tax increase in Dec. 2006, have you done any of the following:</p> <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> <th>DK</th> <th>Ref</th> </tr> </thead> <tbody> <tr> <td>Bought a cheaper brand of cigarettes</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> <tr> <td>Smoked roll-your own cigarettes</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> <tr> <td>Smoked less</td> <td>1</td> <td>2</td> <td>7</td> <td>9</td> </tr> </tbody> </table>		Yes	No	DK	Ref	Bought a cheaper brand of cigarettes	1	2	7	9	Smoked roll-your own cigarettes	1	2	7	9	Smoked less	1	2	7	9										
	Yes	No	DK	Ref																											
Bought a cheaper brand of cigarettes	1	2	7	9																											
Smoked roll-your own cigarettes	1	2	7	9																											
Smoked less	1	2	7	9																											
<p>AZ3_4. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunch rooms?</p> <p>Not allowed in any public areas 1            Allowed in some public areas 2            Allowed in all public areas 3            No official policy 4            Don't know/Not sure 7            Refused 9</p>	<p><b>Readiness to Quit _ Current smokers only</b>            AZ3_10. Are you seriously considering stopping smoking within the next six months?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>																														
<p>AZ3_5. Which of the following best describes your place of work's official smoking policy for work areas?</p> <p>Not allowed in any public areas 1            Allowed in some public areas 2            Allowed in all public areas 3            No official policy 4            Don't know/Not sure 7            Refused 9</p>	<p><b>Interaction with Health Care Providers</b>            AZ3_11. In the past 12 months, have you seen a doctor or other healthcare professional, including dentist and dental health professionals, to get health care for yourself?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>																														
<p><b>Amount of smoking __ Current smokers only</b>            AZ3_6. Now I'd like you to think about during the past 30 days, did you smoke cigarettes</p> <p>Number of days — <math>\frac{\quad}{7}</math>            Don't know/Not sure 7            Refused 9</p>	<p>AZ3_12. In the past 12 months, did any doctor, nurse or other healthcare professional ask you if you smoke?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9</p>																														
<p>AZ3_7. On the average, on days when you smoked during the past 30 days, about how many cigarettes did you smoke a day?</p> <p>Number of cigarettes — <math>\frac{\quad}{7}</math>            Don't know/Not sure 7            Refused 9</p>	<p>AZ3_13. In the past 12 months, did any doctor, nurse or other healthcare professional advise you not to smoke?</p> <p>Yes 1            No 2            Don't know/Not sure 7            Refused 9            I have not tried 8            Refused 9</p>																														

## 2009 ARIZONA QUESTIONNAIRE

<p><b>Quit Assistance _Current/former smokers only</b>  <b>AZ3+14.</b> How long did you actually stay off cigarettes after your last quit attempt?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 15%;">Number</td> <td style="width: 65%;"></td> <td style="width: 20%; text-align: right;">---</td> </tr> <tr> <td>Unit:</td> <td>Days</td> <td style="text-align: right;">1</td> </tr> <tr> <td></td> <td>Weeks</td> <td style="text-align: right;">2</td> </tr> <tr> <td></td> <td>Months</td> <td style="text-align: right;">3</td> </tr> <tr> <td></td> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> </table>	Number		---	Unit:	Days	1		Weeks	2		Months	3		Don't know/Not sure	7																														
Number		---																																											
Unit:	Days	1																																											
	Weeks	2																																											
	Months	3																																											
	Don't know/Not sure	7																																											
<p><b>AZ3_15.</b> Did you use the nicotine patch, nicotine gum, or any other medication to help you quit?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p><b>Sexual Orientation</b>  <b>AZ3_18.</b> Now I'm going to ask you a question about sexual orientation. Do you consider yourself to be:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Heterosexual, that is, straight;</td> <td style="text-align: right;">1</td> </tr> <tr> <td>Homosexual, that is gay or lesbian;</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Bisexual, or</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Other</td> <td style="text-align: right;">4</td> </tr> </table>	Heterosexual, that is, straight;	1	Homosexual, that is gay or lesbian;	2	Bisexual, or	3	Other	4																												
Yes	1																																												
No	2																																												
Don't know/Not sure	7																																												
Refused	9																																												
Heterosexual, that is, straight;	1																																												
Homosexual, that is gay or lesbian;	2																																												
Bisexual, or	3																																												
Other	4																																												
<p><b>AZ3_16.</b> Did you use?</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="width: 70%;"></th> <th style="width: 7.5%;">Yes</th> <th style="width: 7.5%;">No</th> <th style="width: 7.5%;">DK</th> <th style="width: 7.5%;">Ref</th> </tr> </thead> <tbody> <tr> <td>A nicotine gum</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>A patch</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>A nasal spray</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>An inhaler</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>Zyban or Bupropion</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>Wellbutrin</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>Chantix</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> </tbody> </table>		Yes	No	DK	Ref	A nicotine gum	1	2	7	9	A patch	1	2	7	9	A nasal spray	1	2	7	9	An inhaler	1	2	7	9	Zyban or Bupropion	1	2	7	9	Wellbutrin	1	2	7	9	Chantix	1	2	7	9	<p><b>State-added 12: Asthma call-back screener</b>  <b>Ast1.</b> We would like to call to you again within the next 2 weeks to talk in more detail about <b>(your/your child's)</b> experiences with asthma. The information will be used to help develop and improve the asthma programs in Arizona.</p> <p>The information you gave us today and any you give us in the future will be kept confidential. If you agree to this, we will keep your phone number on file, separate from the answers collected today. Even if you agree now, you may refuse to participate in the future.</p> <p>Would it be okay if we called you back to ask additional asthma-related questions at a later time?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> </table>	Yes	1	No	2
	Yes	No	DK	Ref																																									
A nicotine gum	1	2	7	9																																									
A patch	1	2	7	9																																									
A nasal spray	1	2	7	9																																									
An inhaler	1	2	7	9																																									
Zyban or Bupropion	1	2	7	9																																									
Wellbutrin	1	2	7	9																																									
Chantix	1	2	7	9																																									
Yes	1																																												
No	2																																												
<p><b>AZ_17.</b> The last time you tried to quit smoking did you use any of these forms of assistance? Current smokers –</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="width: 35%;"></th> <th style="width: 7.5%;">Yes</th> <th style="width: 7.5%;">No</th> <th style="width: 7.5%;">DK</th> <th style="width: 7.5%;">Ref</th> </tr> </thead> <tbody> <tr> <td>a. A stop smoking clinic or class</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>b. A telephone help line</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>c. One-on One counseling from a doctor, nurse, or other professional</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>d. Self-help material, books or videos</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>e. Acupuncture</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>f. Hypnosis</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> <tr> <td>g. Internet counseling</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">7</td> <td style="text-align: center;">9</td> </tr> </tbody> </table>		Yes	No	DK	Ref	a. A stop smoking clinic or class	1	2	7	9	b. A telephone help line	1	2	7	9	c. One-on One counseling from a doctor, nurse, or other professional	1	2	7	9	d. Self-help material, books or videos	1	2	7	9	e. Acupuncture	1	2	7	9	f. Hypnosis	1	2	7	9	g. Internet counseling	1	2	7	9					
	Yes	No	DK	Ref																																									
a. A stop smoking clinic or class	1	2	7	9																																									
b. A telephone help line	1	2	7	9																																									
c. One-on One counseling from a doctor, nurse, or other professional	1	2	7	9																																									
d. Self-help material, books or videos	1	2	7	9																																									
e. Acupuncture	1	2	7	9																																									
f. Hypnosis	1	2	7	9																																									
g. Internet counseling	1	2	7	9																																									

**THIS PAGE IS  
INTENTIONALLY LEFT BLANK**

## 2009 BRFSS Weighting Formula

$$\text{FINALWT} = \text{STRWT} * 1 \text{ OVER NPH} * \text{NAD} * \text{POSTSTRAT}$$

FINALWT is the final weight assigned to each respondent.

STRWT accounts for differences in the basic probability of selection among strata (subsets of area code/prefix combinations). It is the inverse of the sampling fraction of each stratum. There is almost never a complete correspondence between strata, which are defined by subsets of area code/prefix combinations, and regions, which are defined by the boundaries of government entities.

1/NPH is the inverse of the number of residential telephone numbers in the respondent's household.

NAD is the number of adults in the respondent's household.

POSTSTRAT is the number of people in an age-by-gender or age-by-race-by-gender category in the population of a region or a state divided by the sum of the products of the preceding weights for the respondents in that same age-by-gender or age-by-race-by-gender category. It adjusts for non-coverage and non-response and, before 1995, also adjusts for different probabilities of selection by region, where applicable.



**Arizona Department of Health Services  
Bureau of Public Health Statistics**

**150 North 18<sup>th</sup> Avenue, Suite 550  
Phoenix, Arizona 85007  
(602) 542-7333**