



**2010
HEALTH STATUS
AND
HEALTH RISK BEHAVIORS
OF ARIZONANS**



September 2011



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

Front Cover Photograph
Courtesy of:
Caleb Cooke
Fossil Springs, AZ
www.calebcooke.com

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

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Funded by the Centers for Disease Control Cooperative Agreement No. U58/DP001956-02

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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 2010. 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 2010 Behavioral Risk Factors Survey		
Risk Factors	Arizona (Percent)	National (Median Percent)
Self-Reported Health Status (Excellent)	22.9	20.2
Life Satisfaction (Very satisfied, Satisfied)	93.0	N/A
Activities Limited	22.1	20.6
Special Equipment Required	7.9	7.5
Asthma	15.6	13.8
Cardiovascular Disease (Heart Attack)	4.6	4.2
Cardiovascular Disease (Angina)	4.1	4.1
Cardiovascular Disease (Stroke)	3.2	2.6
Diabetes	9.1	8.7
Obesity (B.M.I >30)	25.2	27.6
Seat Belt Use	87.0	N/A
Alcohol Abuse - Binge Drinking	14.0	15.0
Alcohol Abuse - Heavy Drinking	5.5	5.0
Cigarette Smoking	15.0	17.3
Fruit And Vegetable Consumption (>5 per day)	25.2	N/A
Folic Acid Awareness	57.3	N/A
Influenza Vaccination (ages 65+)	66.9	67.4
Physical Activity –(Met Standards)	54.0	76.0
Shingles Vaccination (ages 50+)	9.7	N/A
Sigmoidoscopy and Colonoscopy (ages 50+)	61.0	64.7
Fecal Occult Blood Test (ages 50+)	39.3	17.0
Routine Mammography (Who had a test within past 2 years) (Female 40+)	91.3	75.4
Routine PAP Smear (who had a test within 3 years) (ages 18+)	95.3	80.9
Prostate Cancer Screening (Who had a test) (40+)	76.8	53.5
Health Care Coverage (Uninsured)	13.3	15.0
Have Usual Source Of Health Care	79.0	N/A
Routine Checkup (in the Last Year)	65.6	N/A
Could Not Afford Needed Health Care	12.3	N/A

EXECUTIVE SUMMARY (Cont.)

- Arizonans who reported excellent health over past 5 years were similar with a range of (22.7% - 22.9%)
- Respondents with activity limitations and requirements for special equipment increased from 6.3% in 2009 to 7.9% in 2010.
- In 2010, Asthma was reported at 15.6%, higher than the 2007 figure, 14.0%. Among types of employment, unable to work category reported the highest percentage of asthma, at 37.9%.
- The percentage of current smokers in Arizona reached a low of 15.0%. Men were more likely to be smokers at 16.1% versus 14.0% for women.
- The proportion of Arizonans consuming five or more servings of fruits and vegetable has increased from 22.7% in 2002 to 25.2% in 2010.
- Nearly two-thirds of adults 65 years and older received an influenza vaccination in 2010.
- Arizona Respondents who reported being uninsured improved from 15% in 2009 to 13.3% in 2010.

Risk Indicator Trends for Arizona 2002-2010 (Percent)									
Risk Factors	2002	2003	2004	2005	2006	2007	2008	2009	2010
Self-Reported Health Status (Excellent)	22.3	24.4	22.9	23.8	22.7	22.1	19.1	21.3	22.9
Life Satisfaction (Very satisfied, Satisfied)	N/A	N/A	N/A	94.7	95.8	95.5	95.8	94.3	93.0
Activities Limited	N/A	19.6	17.1	19.4	19.6	18.4	21.5	18.6	22.1
Special Equipment Required	4.8	6.0	5.3	6.2	5.7	6.5	7.7	6.3	7.9
Asthma	13.9	12.5	12.4	12.2	14.7	14.0	14.8	15.5	15.6
Cardiovascular Disease (Heart Attack)	N/A	N/A	N/A	4.6	4.7	4.6	4.5	4.4	4.6
Cardiovascular Disease (Angina)	N/A	N/A	N/A	5.0	4.7	4.9	4.6	3.4	4.1
Cardiovascular Disease (Stroke)	N/A	N/A	N/A	2.1	2.9	2.9	2.5	2.6	3.2
Diabetes	6.4	6.3	6.6	7.5	8.5	8.4	7.7	8.6	9.1
Obesity (BMI)	19.6	20.1	21.2	21.1	22.9	25.8	23.9	25.9	25.2
Seat Belt Use	11.2	N/A	N/A	N/A	18.1	N/A	6.8	N/A	87.0
Alcohol Abuse - Binge Drinking	16.9	16.6	15.5	14.5	15.2	14.9	15.2	14.9	14.0
Alcohol Abuse - Heavy Drinking	8.7	5.4	4.8	6.3	5.5	5.8	5.2	6.0	5.5
Cigarette Smoking	23.4	20.8	18.5	20.2	18.2	19.8	15.8	16.1	15.0
Fruit And Vegetable Consumption (>5 per day)	22.7	23.1	22.1	23.7	26.0	28.3	23.5	24.1	25.2
Folic Acid Awareness	N/A	56.2	62.8	63.3	54.4	59.2	N/A	N/A	57.3
Influenza Vaccination (ages 65+)	69.7	68.9	66.1	62.5	65.4	69.0	71.4	67.0	66.9
Physical Activity – (Met Standards)	N/A	50.1	51.8	47.0	48.1	47.6	47.0	49.5	54.0
High blood pressure (Hypertension)	N/A	22.7	N/A	22.3	N/A	24.8	N/A	26.6	N/A
Cholesterol (checked within past five years)	N/A	70.6	N/A	67.0	N/A	71.9	N/A	74.0	N/A
Colorectal Cancer Screening (Sigmoidoscopy & Colonoscopy) (Age 50+)	48.2	N/A	53.0	56.0	56.6	62.2	63.8	N/A	61.0
Routine Mammography (40+ never had)	9.8	N/A	9.8	N/A	9.5	N/A	8.9	N/A	8.7
Health Care Coverage (Uninsured)	16.1	16.7	17.9	20.9	19.6	18.1	17.9	15.0	13.3
Have Usual Source Of Health Care	77.7	73.6	74.3	72.0	71.7	74.4	74.3	79.4	79.0
Could Not Afford Needed Health Care	N/A	11.8	12.8	14.4	13.0	13.6	13.6	14.1	12.3

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. According to the National Center for Health Statistics, during the period July 2009 to June 2010, 70.6 percent of Arizona adults older than 18 utilized land-lines rather than cellular phones as their primary telephone. A sample size of 5,688 interviews over a 12-month period was selected to achieve an acceptable 95 percent confidence interval of ± 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: 2010 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 self-reported health status and life satisfaction; health conditions and limitations, cancer screenings, health risk behaviors health coverage and demographic information; the next section contained optional modules: Shingles, and childhood asthma prevalence and other high risk health status. The last section contained state-added questions consisting of: fruits and vegetables, physical activity, folic acid, and Tobacco items.

METHODS

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.

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 2010 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

Asthma	Respondents who reported a doctor told them they had asthma.
Binge Drinking	Respondents who reported having five or more drinks on an occasion, one or more times in the past month.
Cancer	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.
Cardiovascular Disease	Respondents who reported a doctor told them they had a heart attack, angina, or stroke.
Caregiver	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.
Current Smoking	Respondents who reported smoking 100 cigarettes during their lifetime and who smoke now (regularly or irregularly).
Diabetes	Respondents who reported a doctor told them they had diabetes.
Influenza Vaccination	Respondents 65 years or older who reported not receiving a flu shot in the past 12 months.
Folic Acid Awareness	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.
Fruits/Vegetables	Respondents who reported that they consumed fewer than five servings of fruits and vegetables daily.
Health Care Coverage	Respondents who reported that they did not have health care coverage.
Heavy Drinking	Adult men having more than two drinks per day and adult women having more than one drink per day.

RISK FACTORS/CHRONIC DISEASE TERM GLOSSARY (Cont.)

Limited Activities	Respondents who reported they were limited in any activities due to any impairment or health problems.
No Leisure-Time Activity	Respondents who reported that they did not participate in physical activity in the past month outside of normal work-related activities.
Obese	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).
Overweight	Respondents with a Body Mass Index (BMI) of 25.0 to 29.9.
Respondent	Arizona residents 18 years of age or older. In some cases various subset(s) of this group may be used.
Seatbelt Use	Respondents who reported that they "sometimes", "seldom", or "never" wear seat belts when driving or riding in a car.
Shingles	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.
Special Equipment	Respondents reported having a health problem or impairment that required special equipment.

**SELF REPORTED HEALTH STATUS
AND
LIFE SATISFACTION**

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SELF-REPORTED HEALTH STATUS

Health-related quality of life (HRQOL) questions relating to 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.¹ 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.²

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

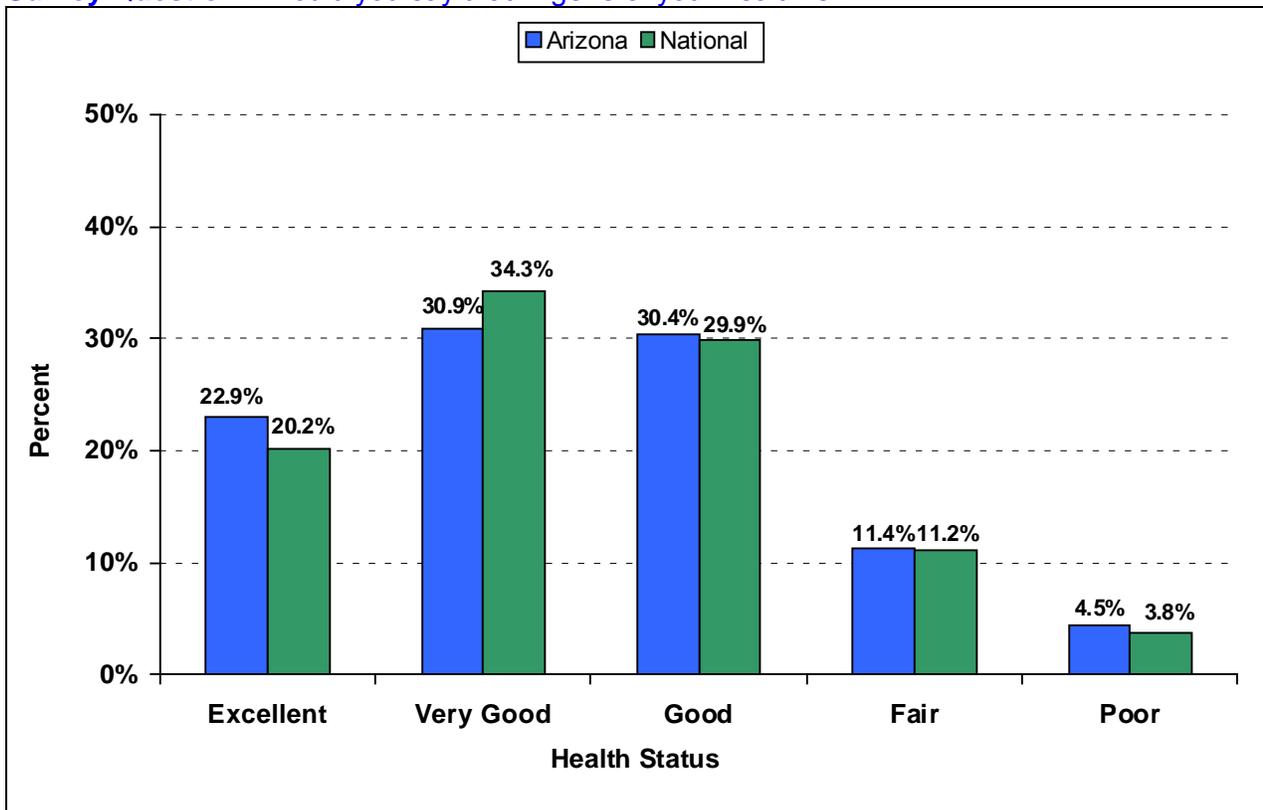


Figure 1a. Arizona and National 2010 BRFSS respondents' self-reported physical health status

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, fair, good and excellent categories when compared to national figures.

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

² 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.

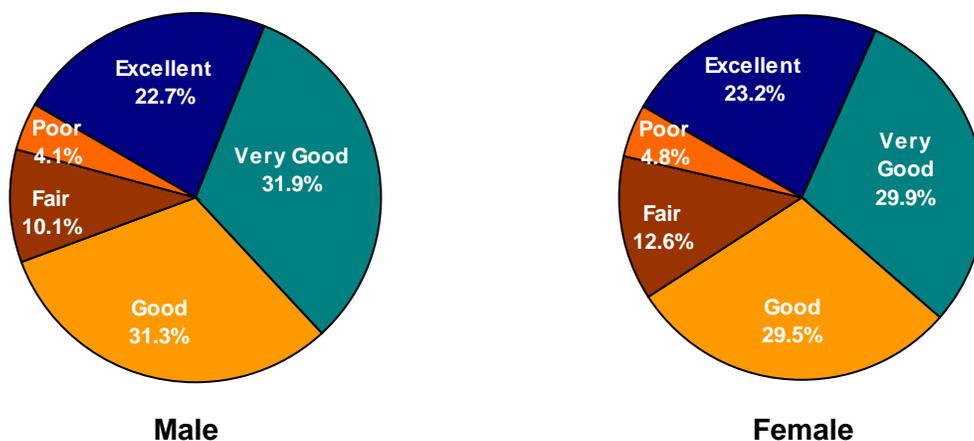


Figure 1b. Arizona 2010 BRFSS respondents' self-reported physical health status by gender.

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

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

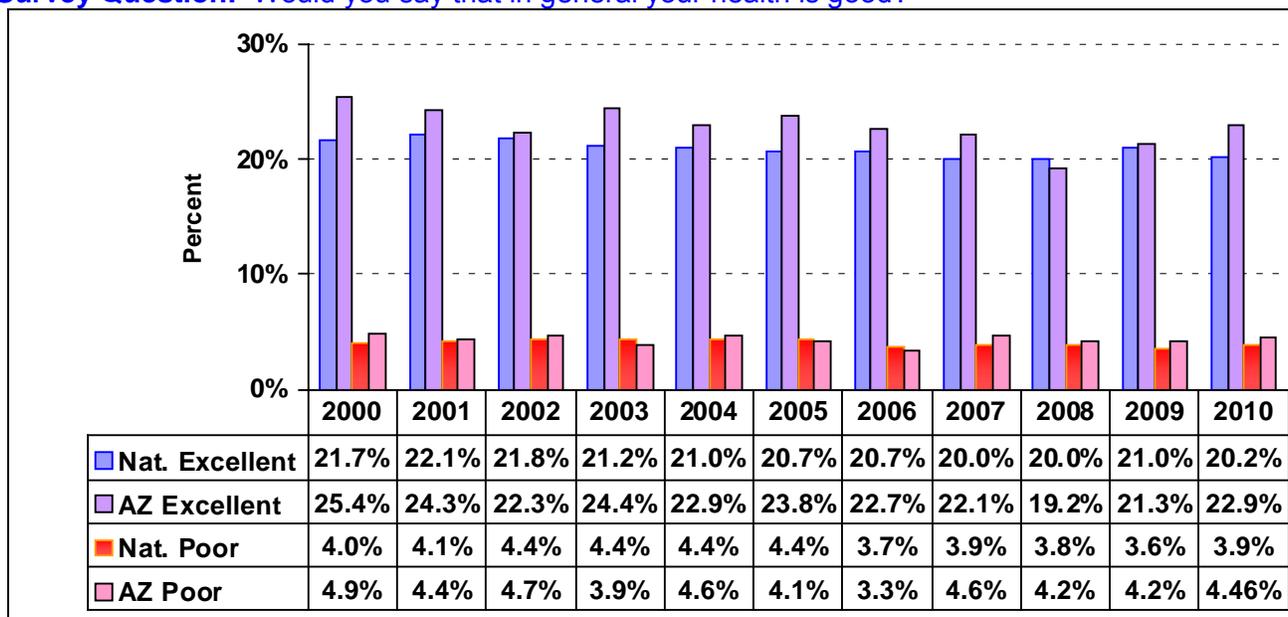


Figure 1c. Arizona and National 2000-2010 BRFSS respondents' self-reported physical health status.

In each year from 2000 to 2010, 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 4.46% in 2010. We also see a reduction in those who reported excellent health from 25.4% to 22.9%.

According to the 2010 BRFSS (Table 1a below), 15.8% 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.
- Hispanic and Black respondents were much more likely to report poor health.

Arizona 2010 BRFSS: Self-Reported Fair or Poor General Physical Health Status					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	15.8	1194	EMPLOYMENT		
SEX			Employed for wages	8.5	194
Male	14.2	437	Self-employed	6.5	36
Female	17.4	757	Out of work	25.7	91
AGE			Homemaker	14.5	124
18-24	5.4	14	Student	6.7	12
25-34	9.1	33	Retired	20.3	461
35-44	11.6	74	Unable to work	75.0	269
45-54	16.6	168	INCOME		
55-64	20.5	317	<\$25,000	36.6	602
65+	23.4	588	\$25,000-\$34,999	17.2	117
MARITAL STATUS			\$35,000-\$49,999	12.7	118
Married	13.1	560	\$50,000-\$74,999	9.0	87
Divorced	22.2	208	\$75,000 or more	4.8	74
Widowed	29.9	252	RACE/ ETHNICITY		
Separated	38.9	35	White, Non-Hispanic	13.8	767
Never Married	14.9	109	Black	20.1	14
Unmarried Couple	20.6	26	Asian/PI	5.1	6
EDUCATION			American Indian	14.6	66
Less than High School	37.8	272	Other	25.6	40
High School Graduate/GED	23.6	366	Hispanic	25.2	286
Some College/Tech School	14.7	339			
College Grad	7.5	216			

Table 1a. Arizona 2010 BRFSS results: Respondents' self-reported fair or poor physical health status. *N is unweighted.

In Table 1b, below, 84.2% of respondents reported their health was good to excellent.

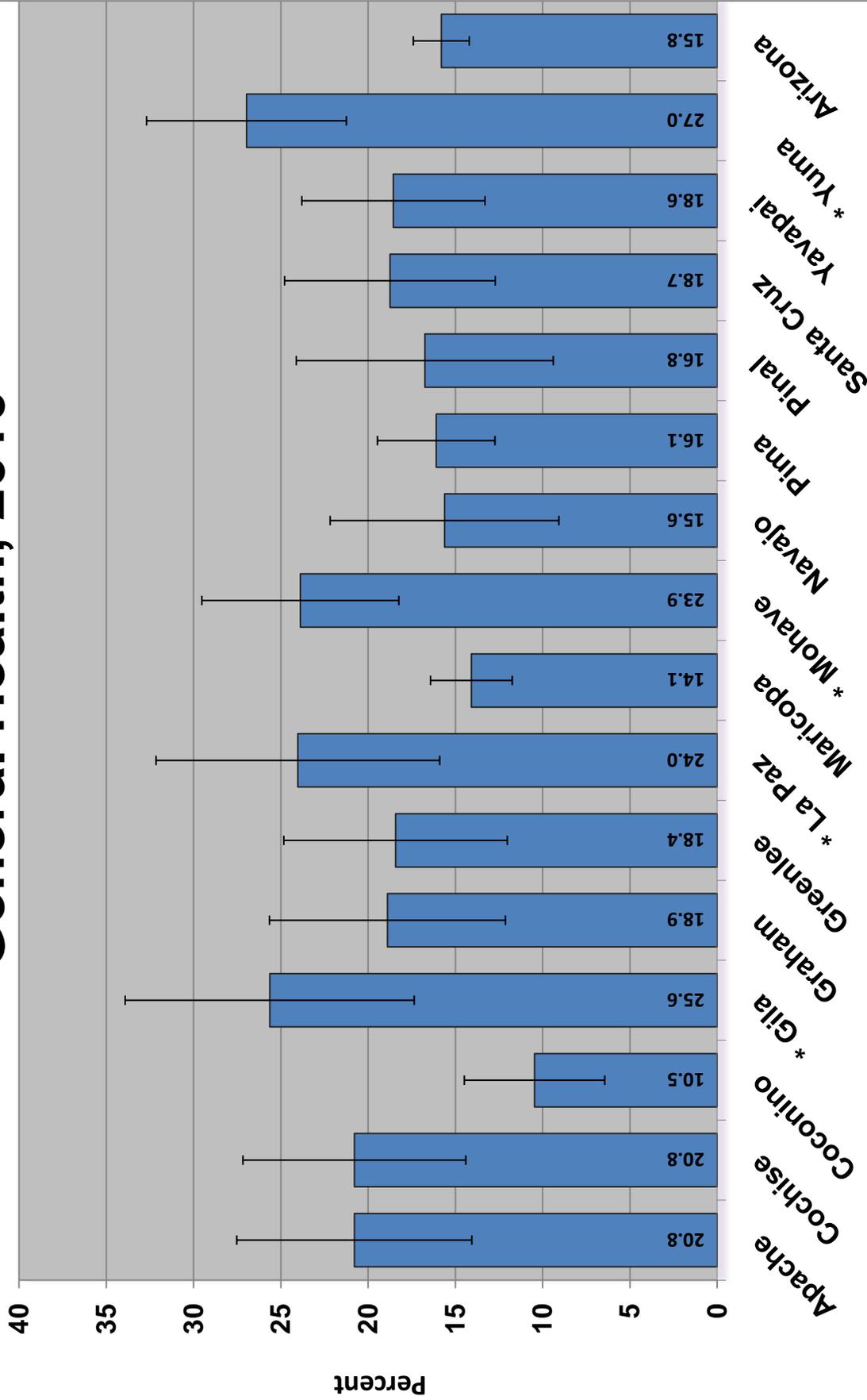
Differences were noted in the following areas:

- The groups that reported the highest percentage of good to excellent health were married 86.9% and never married 85.1%.
- Those with less than a high school education reported the lowest percentages for these questions 62.2%.
- White non-Hispanic respondents 86.2% and Asian respondents 94.9%, reported higher percentages in this table.

Arizona 2010 BRFSS: Self-Reported Good to Excellent General Physical Health Status					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	84.2	4431	EMPLOYMENT		
SEX			Employed for wages	91.5	1594
Male	85.8	1632	Self-employed	93.5	397
Female	82.6	2799	Out of work	74.3	243
AGE			Homemaker	85.5	424
18-24	94.6	146	Student	93.3	86
25-34	90.9	339	Retired	79.7	1576
35-44	88.4	490	Unable to work	25.0	95
45-54	83.4	707	INCOME		
55-64	79.5	994	<\$25,000	63.4	1025
65+	76.6	1755	\$25,000-\$34,999	82.8	502
MARITAL STATUS			\$35,000-\$49,999	87.3	625
Married	86.9	2567	\$50,000-\$74,999	91.0	656
Divorced	77.8	640	\$75,000 or more	95.2	1015
Widowed	70.1	632	RACE/ ETHNICITY		
Separated	61.1	62	White, Non-Hispanic	86.2	3382
Never married	85.1	392	Black	79.9	59
Unmarried couple	79.4	116	Asian/PI	94.9	58
EDUCATION			American Indian	85.4	186
Less than High School	62.2	350	Other	74.4	81
High School			Hispanic	74.8	603
Graduate/GED	76.4	1022			
Some College/Tech School	85.3	1352			
College Grad	92.5	1697			

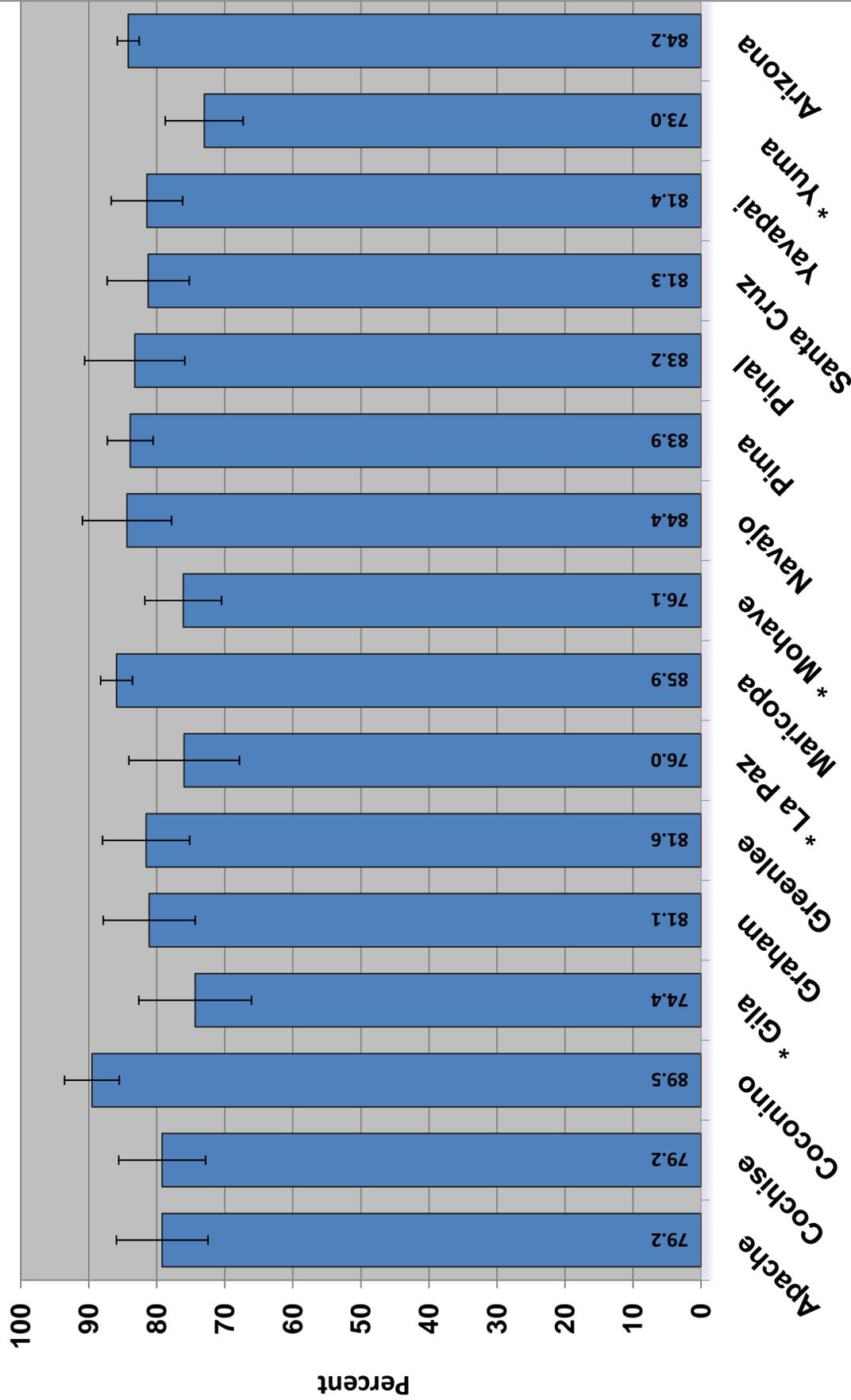
Table 1b. Arizona 2010 BRFSS results: Respondents' self-reported good or excellent physical health status.
*N is unweighted.

Arizona Residents with Fair to Poor General Health, 2010



* Significantly higher than Arizona percentage

Arizona Residents with Good to Excellent General Health, 2010



* Significantly lower than 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.”¹

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

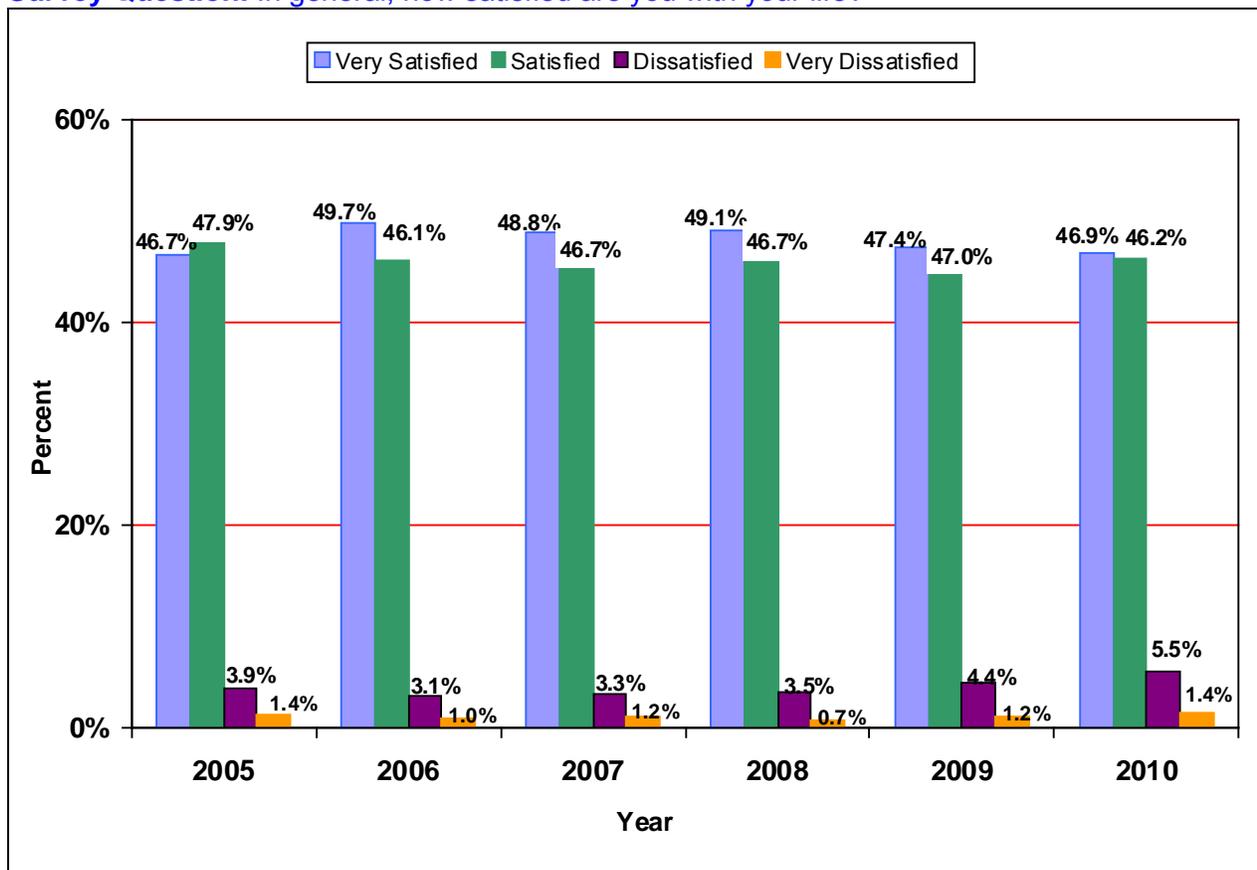


Figure 2. Arizona 2005-2010 BRFSS respondents' self-reported life satisfaction.

¹ 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.

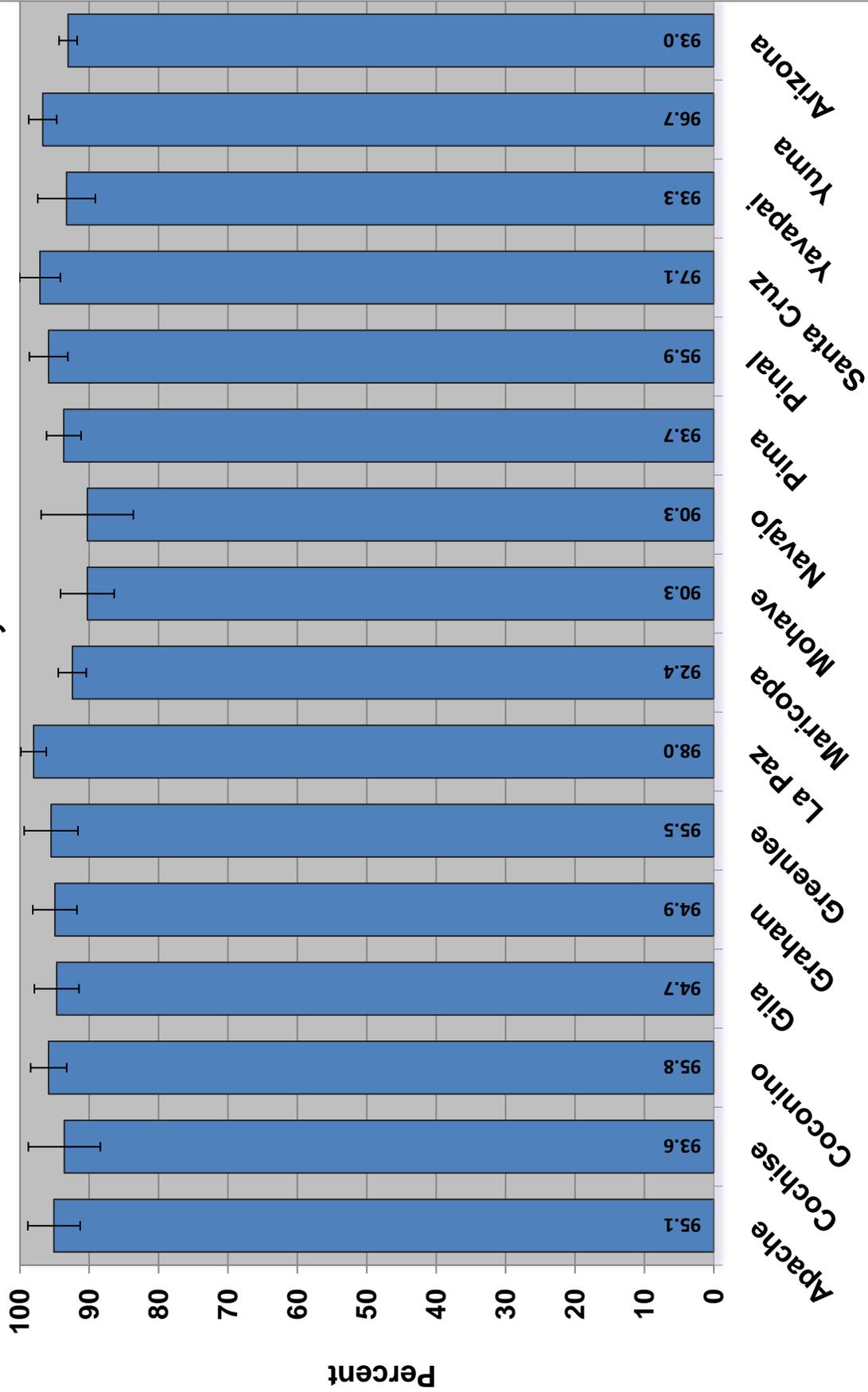
According to the 2010 BRFSS (Table 2, below), 93% of respondents reported that they were satisfied or very satisfied with their life.

- As household income increased, so does satisfaction with life: 98.2% 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, American Indians and Whites (non-Hispanics and Hispanics) reported very high satisfaction (93.7%-91.1%). Blacks reported less satisfaction, at 76%.

Arizona 2010 BRFSS: Life Satisfaction (Satisfied and Very Satisfied)					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	93.0	5163	EMPLOYMENT		
SEX			Employed for wages	94.5	1675
Male	92.4	1900	Self-employed	96.5	403
Female	93.7	3263	Out of work	81.2	278
AGE			Homemaker	97.4	504
18-24	95.5	145	Student	96.5	94
25-34	91.1	340	Retired	96.0	1926
35-44	94.4	531	Unable to work	71.9	265
45-54	90.9	775	INCOME		
55-64	92.2	1160	<\$25,000	82.5	1392
65+	96.0	2212	\$25,000-\$34,999	91.0	571
MARITAL STATUS			\$35,000-\$49,999	94.1	705
Married	95.9	2972	\$50,000-\$74,999	96.1	714
Divorced	87.9	722	\$75,000 or more	98.2	1063
Widowed	93.5	811	RACE/ETHNICITY		
Separated	77.3	82	White, Non-Hispanic	93.7	3861
Never married	84.3	431	Black	76.0	60
Unmarried couple	95.5	127	Asian/PI	99.7	56
EDUCATION			American Indian	96.1	226
Less than High School	89.7	546	Other	92.3	105
High School Graduate/GED	88.8	1239	Hispanic	91.1	790
Some College/Tech School	92.7	1564			
College Grad	96.2	1807			

Table 2. Arizona 2010 BRFSS results: Respondents' life satisfaction. *N is unweighted.

Arizonans Satisfied or Very Satisfied with Life, 2010



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**HEALTH CONDITIONS
AND
LIMITATIONS**

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LIMITATION OF ACTIVITIES

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

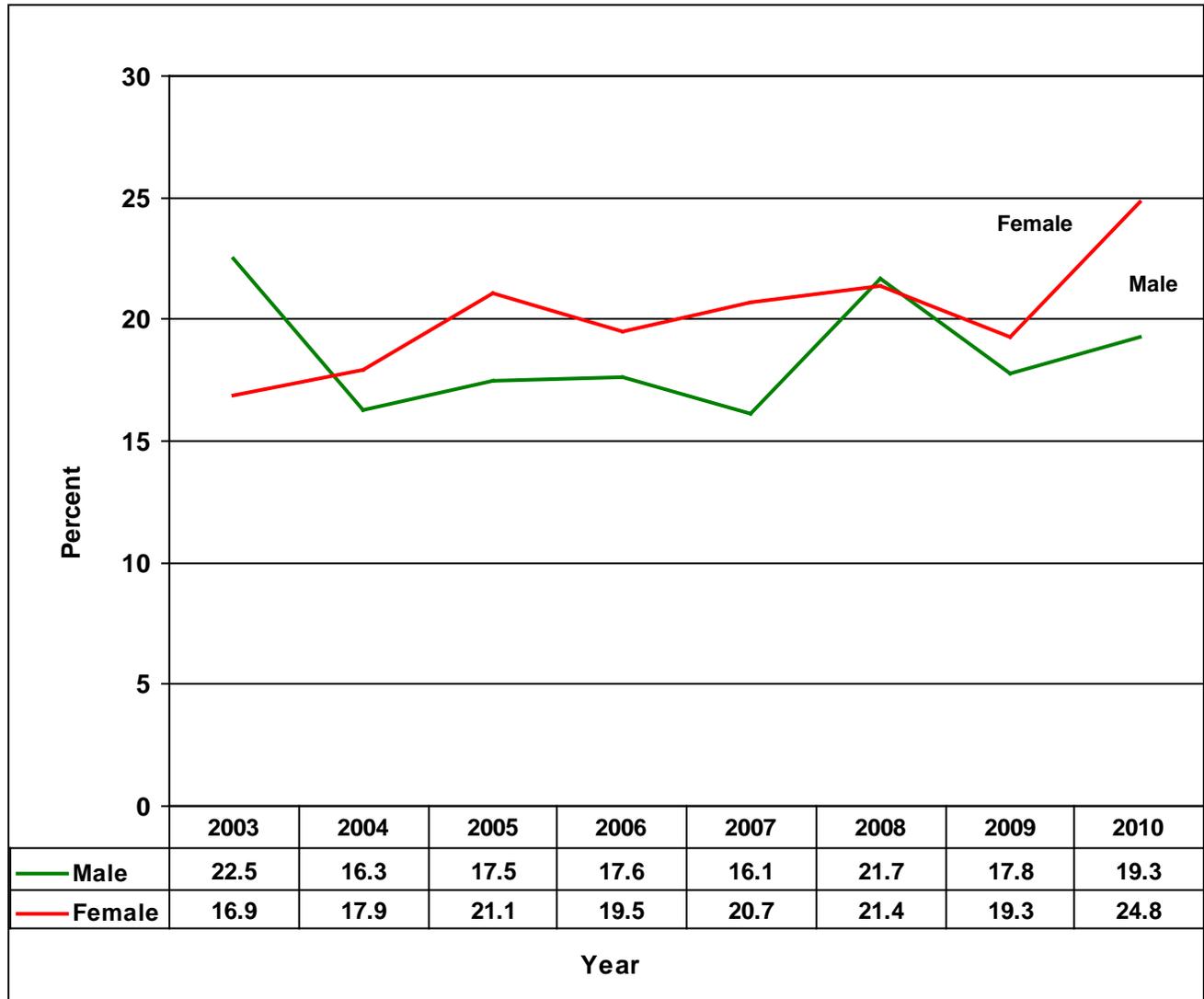


Figure 3. Arizona 2010 BRFSS respondents who reported their activities are limited, by gender.

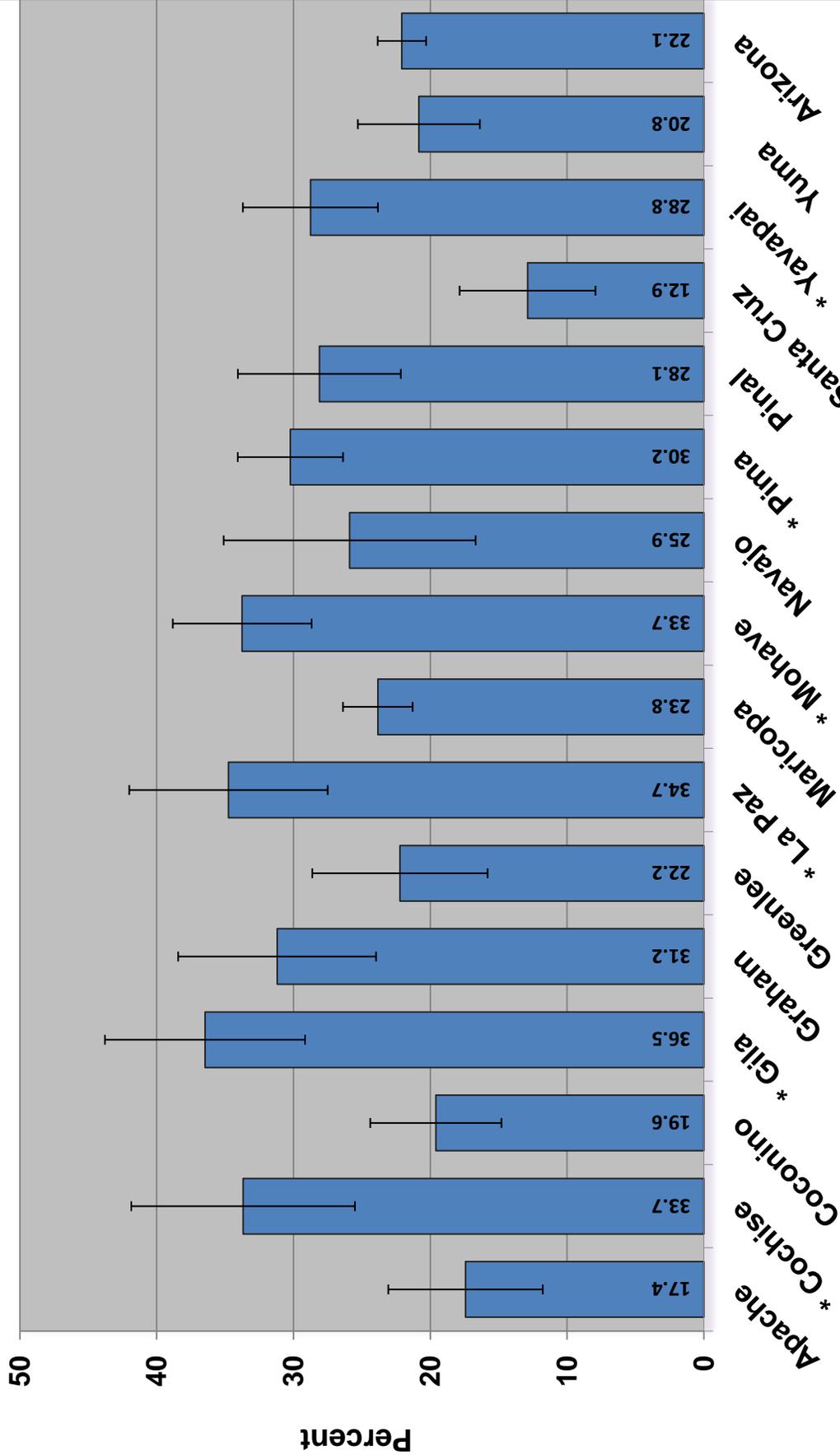
In the 2010 BRFSS, the prevalence of some type of activity limitation was slightly higher for females at 24.8% than for males, 19.3%. (**Figure 3**).

- Older respondents over 65 years of age reported the highest levels of limitation, at 34.5%.
- Those who were divorced, widowed and separated had higher percentages of limited activities, at 36.9%, 37.3% and 38.9% respectively.
- As household income increased, the percentage of adults with an activity limitation decreased; 34.9% of adults with a household income of less than \$25,000 had an activity limitation (the highest percent for all income subgroups) compared to 13.3% of adults with a household income of \$75,000 or higher.

Arizona 2010 BRFSS: Limited Activities					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	22.1	1672	EMPLOYMENT		
SEX			Employed for wages	13.8	313
Male	19.3	611	Self-employed	14.2	77
Female	24.8	1061	Out of work	24.9	107
AGE			Homemaker	18.6	126
18-24	9.6	15	Student	5.2	13
25-34	12.6	49	Retired	33.2	721
35-44	15.5	89	Unable to work	84.0	308
45-54	20.5	226	INCOME		
55-64	31.6	446	<\$25,000	34.9	639
65+	34.5	847	\$25,000-\$34,999	26.2	198
MARITAL STATUS			\$35,000-\$49,999	20.7	214
Married	19.7	811	\$50,000-\$74,999	18.7	183
Divorced	36.9	327	\$75,000 or more	13.3	201
Widowed	37.3	335	RACE/ ETHNICTY		
Separated	38.9	37	White, Non-Hispanic	25.1	1373
Never married	14.1	119	Black	9.7	12
Unmarried couple	21.0	35	Asian/PI	7.1	9
EDUCATION			American Indian	11.3	48
Less than High School	21.3	178	Other	36.1	47
High School Graduate/GED	27.7	430	Hispanic	15.1	165
Some College/Tech School	24.9	577			
College Grad	17.6	485			

Table 3. Arizona 2010 BRFSS results: Respondents who reported their activities were limited. *N is unweighted.

Arizonans with Limitations of Activities, 2010



* Significantly higher than Arizona percentage

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SPECIAL EQUIPMENT REQUIRED

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

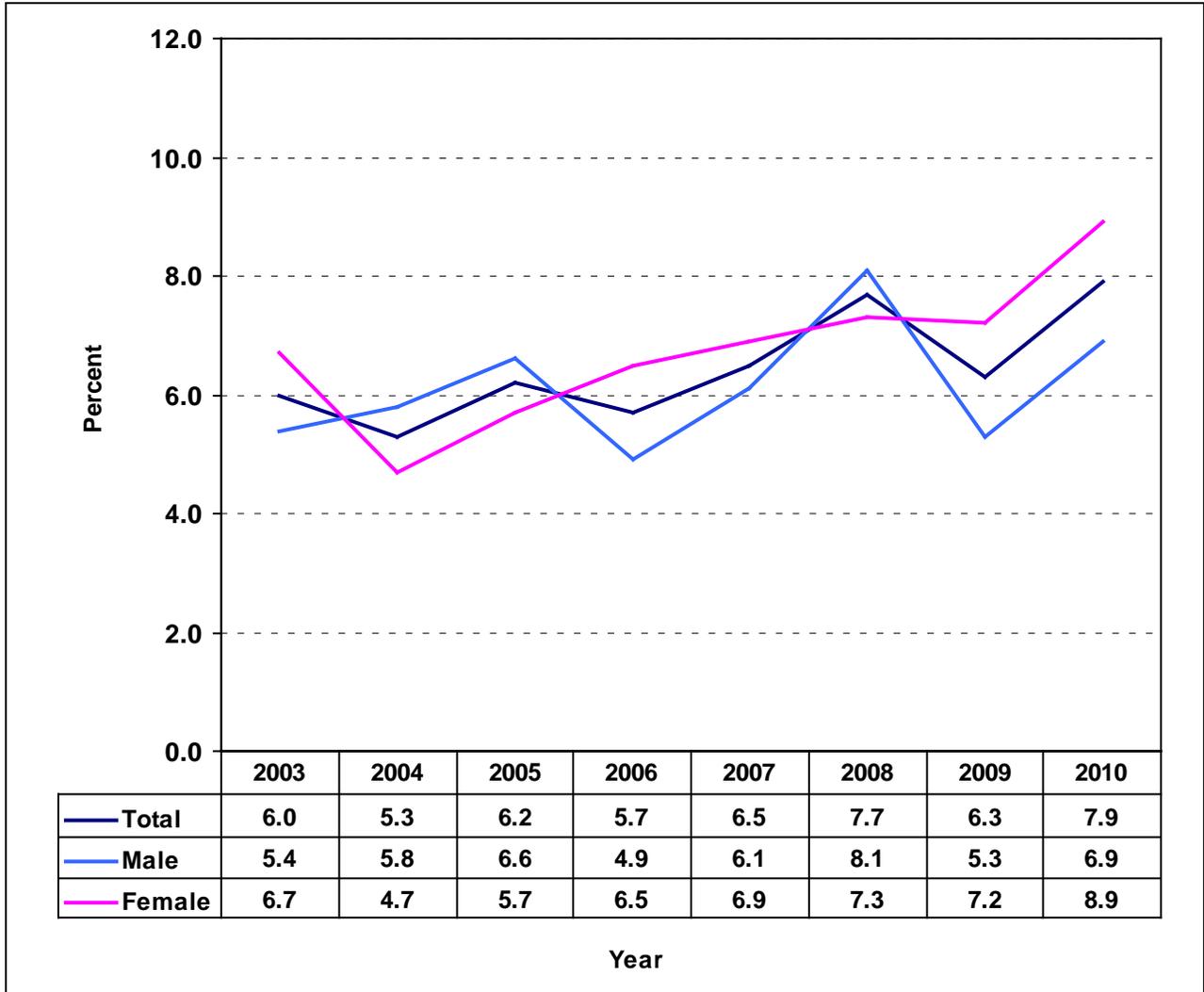


Figure 4. Arizona 2010 BRFSS respondents who require the use of special equipment.

According to the 2010 BRFSS, 7.9% of respondents reported they required the use of special equipment. In 2010, 8.9% of female and 6.9% of male respondents reported they required the use of special equipment.

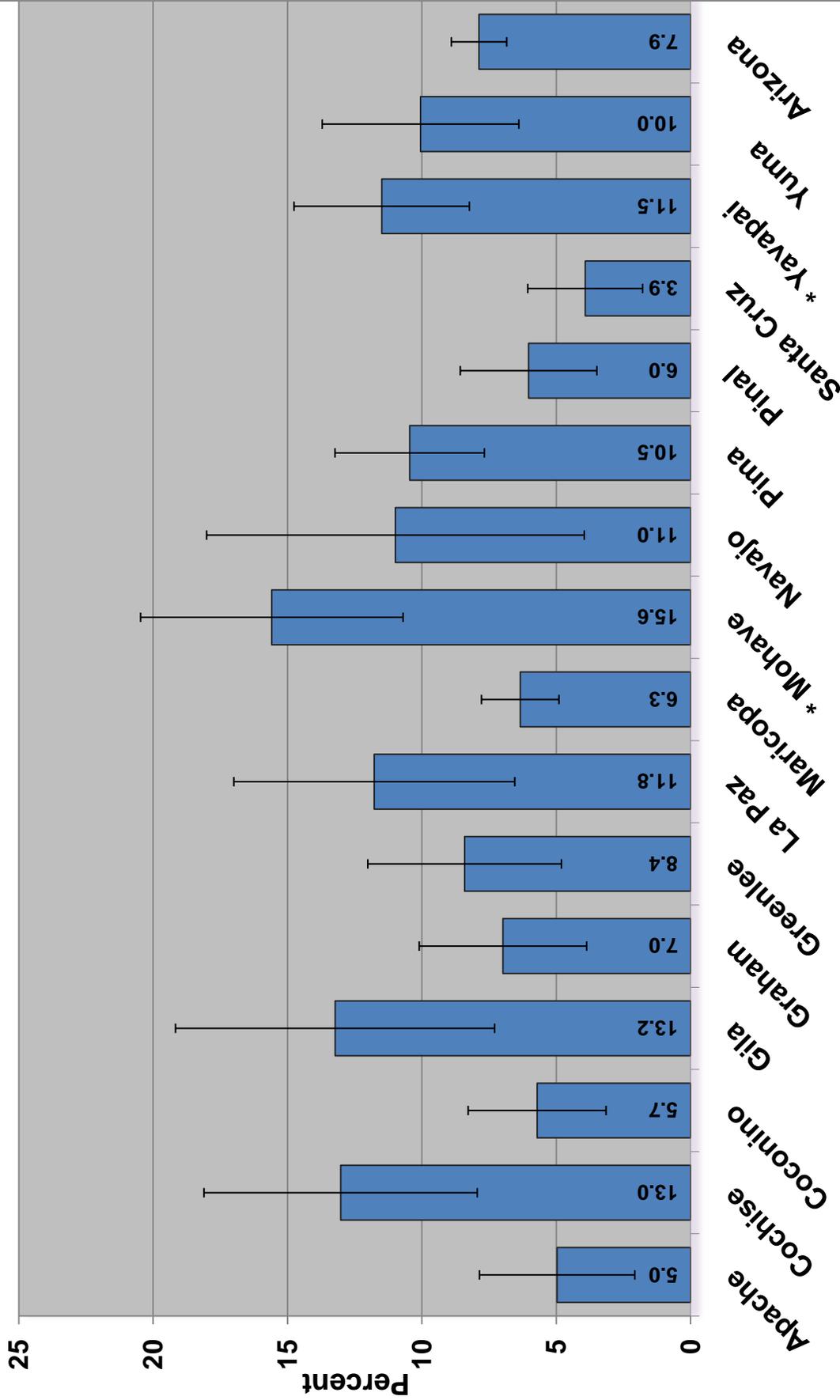
In 2010, 7.9% of the respondents reported having a health problem or impairment that required special equipment.

- Looking at marital status, the widowed group reported the highest percentage of need for special equipment, at 23.3%.
- Females were more likely to require the use of special equipment, 8.9%, than the males, at 6.9%.
- As adults' age increased, so did the likelihood of their need for special equipment.
- In 2010, 48% of those who stated that they were unable to work and 15.9% of retirees reported needing special equipment.

Arizona 2010 BRFSS Respondents who Require Special Equipment					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	7.9	735	EMPLOYMENT		
SEX			Employed for wages	2.7	62
Male	6.9	261	Self-employed	1.6	15
Female	8.9	474	Out of work	7.8	31
AGE			Homemaker	4.3	53
18-24	0.6	2	Student	1.5	2
25-34	2.0	8	Retired	15.9	379
35-44	3.9	18	Unable to work	48.0	189
45-54	6.8	76	INCOME		
55-64	10.3	154	<\$25,000	15.7	332
65+	18.1	477	\$25,000-\$34,999	8.5	82
MARITAL STATUS			\$35,000-\$49,999	6.4	75
Married	6.3	320	\$50,000-\$74,999	4.8	65
Divorced	14.3	138	\$75,000 or more	3.0	56
Widowed	23.3	208	RACE/ ETHNICITY		
Separated	19.3	19	White, Non-Hispanic	8.6	584
Never married	4.0	39	Black	10.6	6
Unmarried couple	3.6	8	Asian/ PI	3.0	4
EDUCATION			American Indian	3.3	23
Less than High School	11.5	105	Other	13.5	21
High School Graduate/GED	9.7	190	Hispanic	5.6	85
Some College/Tech School	7.6	243			
College Grad	6.3	196			

Table 4. Arizona 2010 BRFSS results: Respondents who require special equipment. *N is unweighted.

Arizona Residents Who Need Special Equipment for Health Reasons, 2010



* Significantly higher than Arizona percentage

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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.¹

According to a CDC study, in 2008, 38.4 million persons in the United States reported having asthma during their lifetimes. In 2006, asthma accounted for 3.613 deaths and an estimated 106 million doctor visits, 1.1 million non-emergency hospital outpatient visits, 1.6 million emergency department visits and 440,000 hospitalizations.²

Asthma is a complicated disease that requires long-term and multifaceted study and treatment. 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.³

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

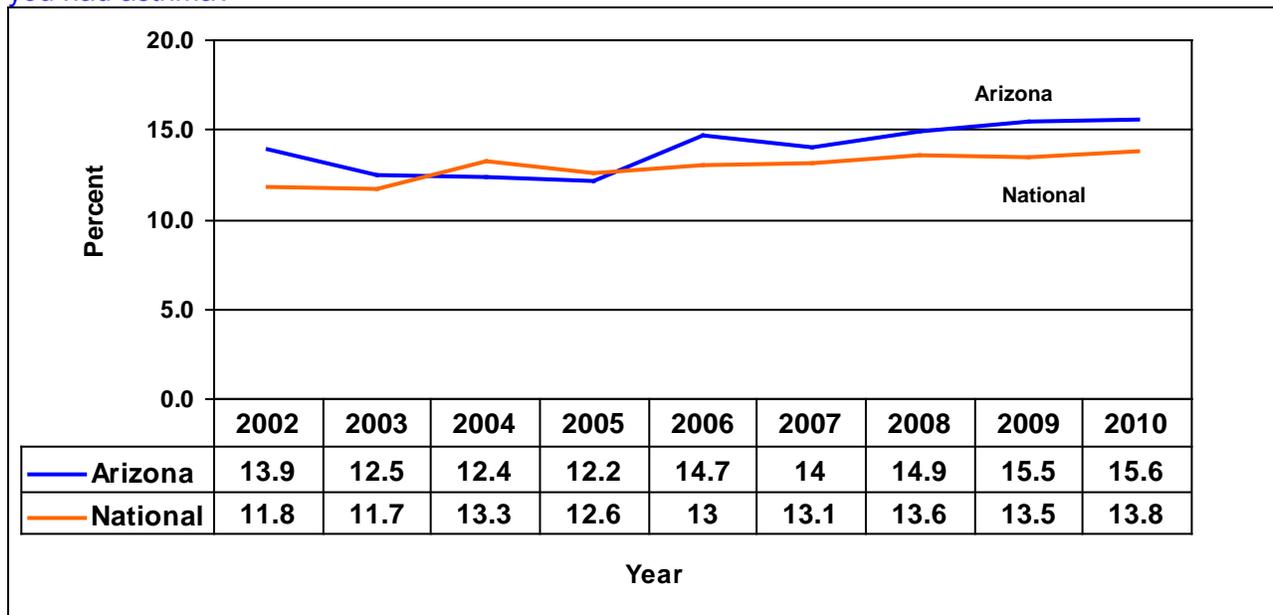


Figure 5. Percentage of Arizona BRFSS respondents who were told that they had asthma in 2002-2010.

¹Asthma: Asthma Speaker's Kit for Health Care Professionals. Centers for Disease Control and Prevention. 2007 National Health 7. Interview Survey Data. Table 1-1, Lifetime Asthma Population Estimates—in thousands—by Age, United States: National Health Interview Survey, 2007. Atlanta, GA: U.S. Department of Health and Human Services, CDC, 2010. Accessed June 1, 2010. Retrieved from the Internet June 23, 2010.

²Asthma Statistics, retrieved on June 23, 2010, <http://www.azdhs.gov/plan/hip/for/asthma/index.htm>
National Asthma Education and Prevention Program <http://www.nhlbi.nih.gov/about/naepp/>

³Asthma: Asthma Speaker's Kit for Health Care Professionals. Retrieved from the Internet May 20, 2004. <http://www.cdc.gov/asthma/speakit/intro.htm>

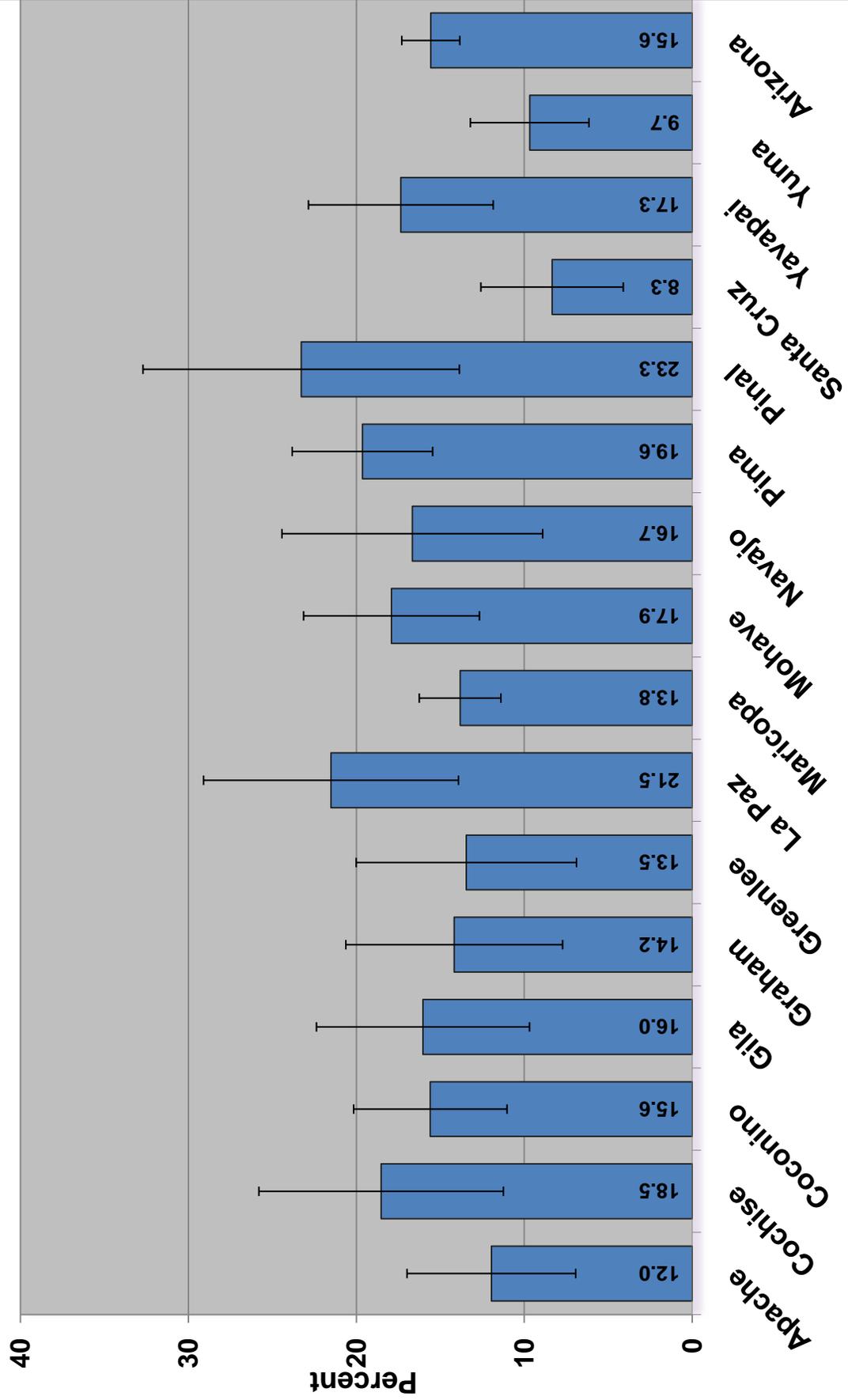
In the 2010 BRFSS, 15.6% of respondents had been told that they had asthma. The following respondent groups had the highest prevalence of asthma:

- Adult females were more likely than males to have asthma: 17.8% and 13.3%, respectively.
- Respondents between the ages of 45-54 were more likely to have asthma, at 17.9%.
- Divorced couples were more likely to have asthma at 22.4% than those in the other categories of marital status.
- Among types of employment, the “Unable to Work” category reported the highest percentage of asthma, at 37.9%.

Arizona 2010 BRFSS: Respondents who were told They had Asthma					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	15.6	872	EMPLOYMENT		
SEX			Employed for wages	13.5	266
Male	13.3	270	Self-employed	19.2	68
Female	17.8	602	Out of work	15.3	63
AGE			Homemaker	15.4	78
18-24	17.3	32	Student	16.6	12
25-34	16.6	61	Retired	12.8	270
35-44	13.2	86	Unable to work	37.9	110
45-54	17.9	162	INCOME		
55-64	15.4	204	<\$25,000	17.8	300
65+	13.2	327	\$25,000-\$34,999	15.2	88
MARITAL STATUS			\$35,000-\$49,999	12.9	97
Married	14.9	474	\$50,000-\$74,999	14.6	102
Divorced	22.4	156	\$75,000 or more	14.6	154
Widowed	12.7	108	RACE/ ETHNICITY		
Separated	14.6	20	White, Non-Hispanic	17.6	681
Never married	15.9	95	Black	8.7	8
Unmarried couple	11.9	17	Asian/PI	8.8	5
EDUCATION			American Indian	9.7	41
Less than High School	14.8	103	Other	19.2	20
High School Graduate/GED	14.3	192	Hispanic	10.3	103
Some College/Tech School	18.1	292			
College Grad	14.6	281			

Table 5. Arizona 2010 BRFSS results: Respondents who were told they had asthma. *N is unweighted.

Percent of Arizona Population with Asthma, 2010



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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).”¹

Survey Questions: Has a doctor, nurse, or other Health Professional ever told you that you had a heart attack, also called a myocardial infarction?

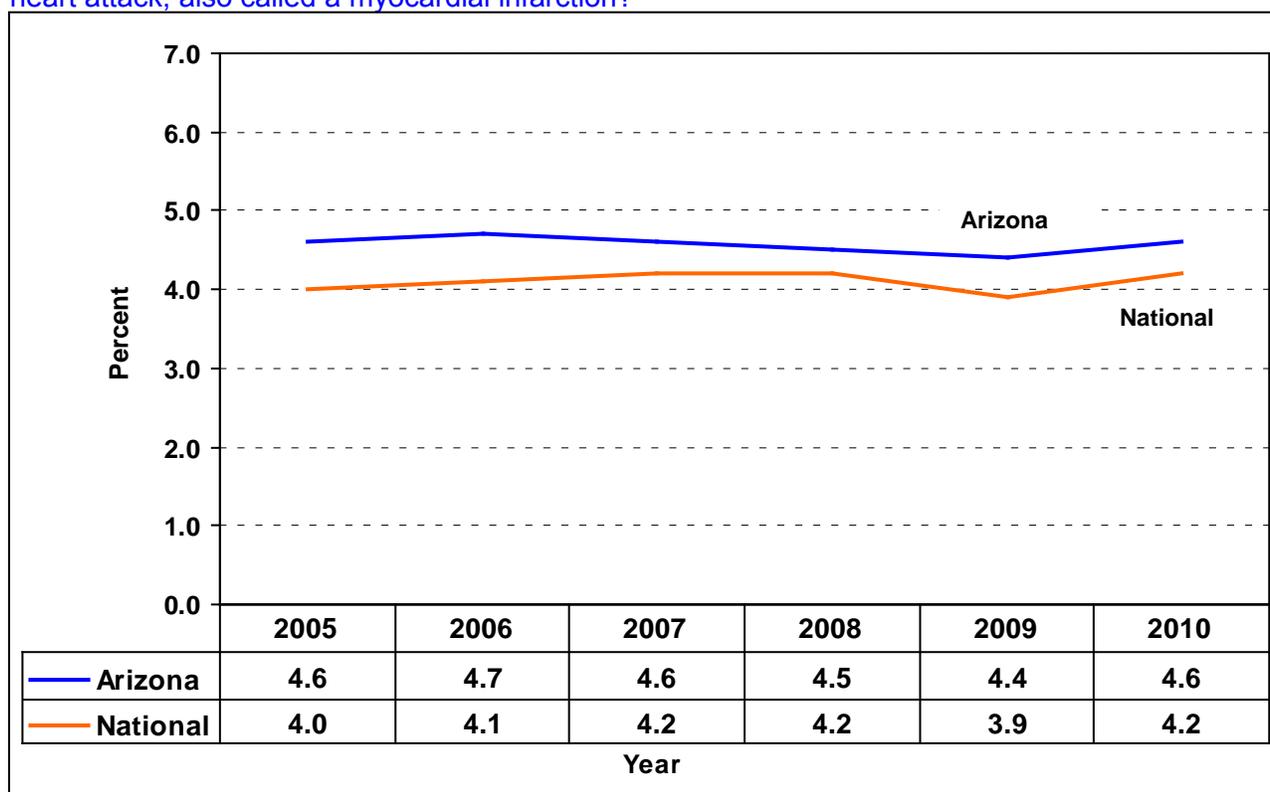


Figure 6. Arizona 2010 BRFSS: Percentage of respondents who were told that they have had a heart attack.

In each year from 2005 to 2010, the prevalence rates of myocardial infarction were about the same and slightly higher than the National median value.

¹U.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.

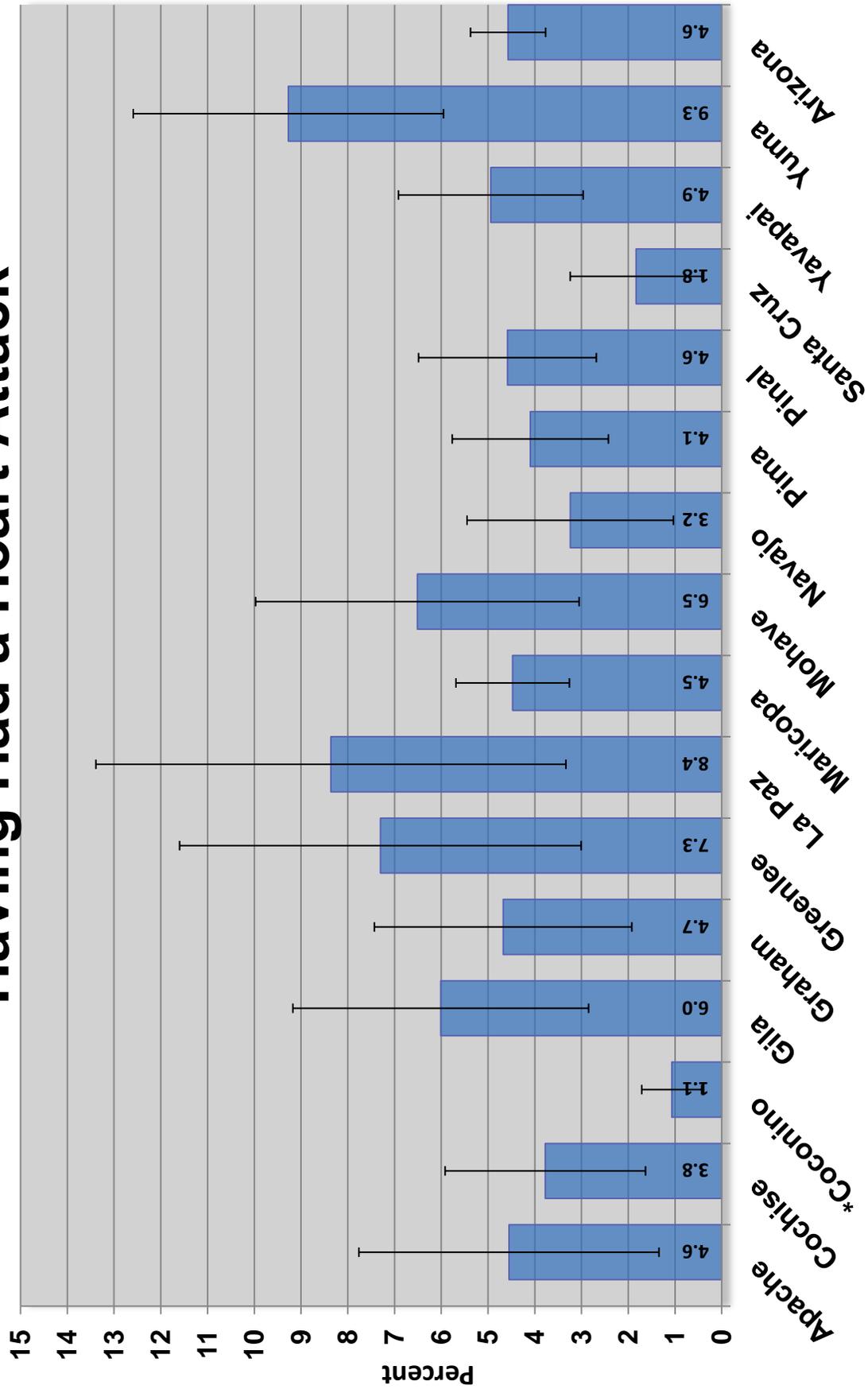
According to the 2010 BRFSS, 4.6% of all respondents had been told by medical personnel that they have had a heart attack or myocardial infarction.

- Males were more likely to have had a heart attack, at 5.7% versus females at 3.5%.
- 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 16.3% respectively.
- By household income, adults with household incomes greater than \$75,000 were less likely to have had a heart attack, at 2%.
- Hispanics were slightly less likely than non-Hispanic Whites to have had a heart attack, at 3.4% versus 4.7%.

Arizona 2010 BRFSS: Respondents who were told They have had a Heart Attack					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	4.6	404	EMPLOYMENT		
SEX			Employed for wages	1.8	51
Male	5.7	214	Self-employed	2.9	14
Female	3.5	190	Out of work	4.4	19
AGE			Homemaker	2.0	25
25-34	1.2	5	Student	0.1	1
35-44	1.2	10	Retired	11.4	227
45-54	3.3	27	Unable to work	16.3	66
55-64	5.3	82	INCOME		
65+	13.5	280	<\$25,000	8.0	160
MARITAL STATUS			\$25,000-\$34,999	6.3	61
Married	4.4	204	\$35,000-\$49,999	4.5	56
Divorced	5.2	60	\$50,000-\$74,999	3.9	34
Widowed	13.2	108	\$75,000 or more	2.0	36
Separated	2.2	8	RACE/ ETHNICITY		
Never married	1.5	15	White, Non-Hispanic	4.7	318
Unmarried couple	5.0	6	Black	2.7	3
EDUCATION			Asian/ PI	0.1	1
Less than High School	6.8	59	American Indian	5.3	15
High School Graduate/GED	4.9	109	Other	18.8	11
Some College/Tech School	5.3	132	Hispanic	3.4	50
College Grad	3.4	104			

Table 6. Arizona 2010 BRFSS Respondents who were told they have had a heart attack. *N is unweighted.

Percent of Arizonans Reporting Having Had a Heart Attack



* Significantly lower than Arizona percentages.

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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.”¹

Survey Question: Has a doctor, nurse, or other Health Professional ever told you that you had angina or coronary heart disease?

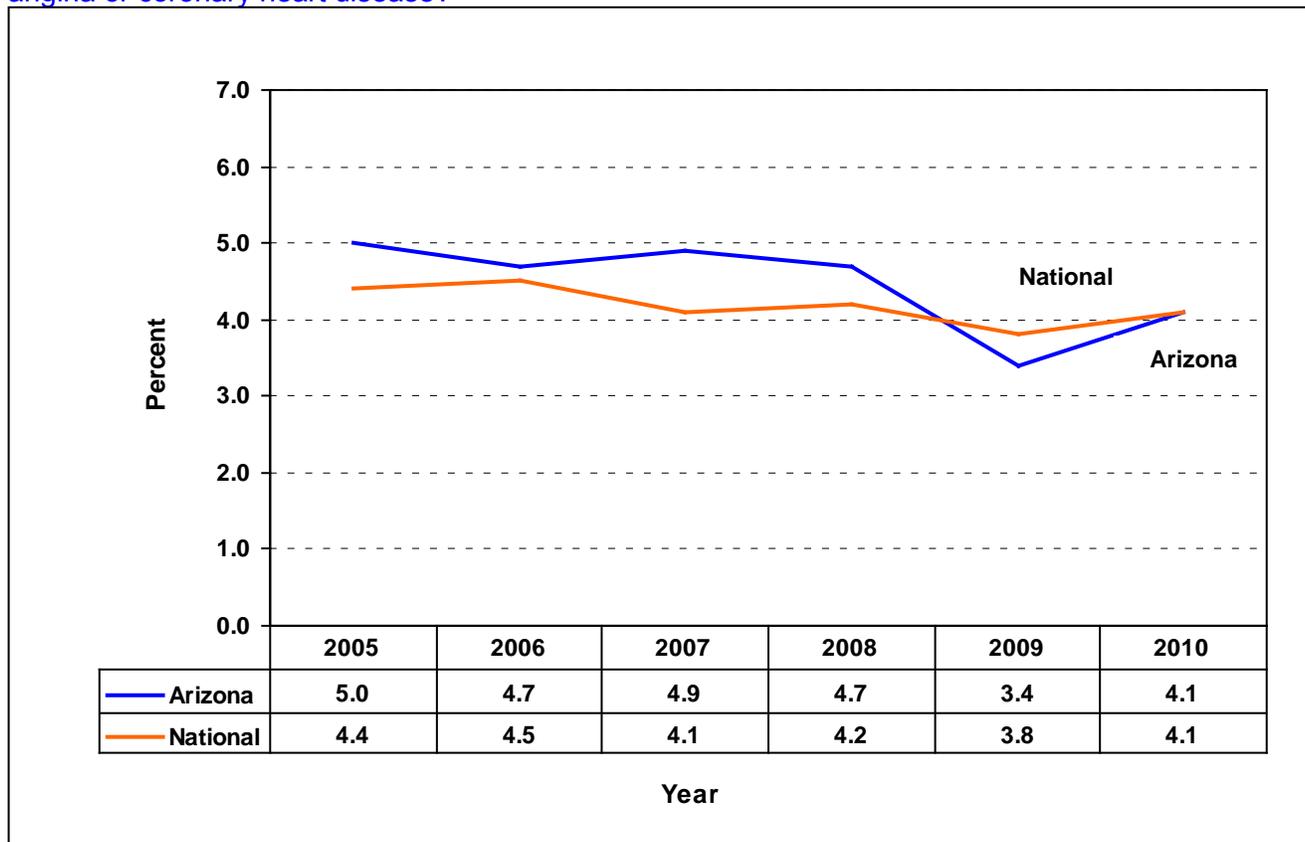


Figure 7. Arizona 2010 BRFSS: Percentage of respondents who were told that they have had angina.

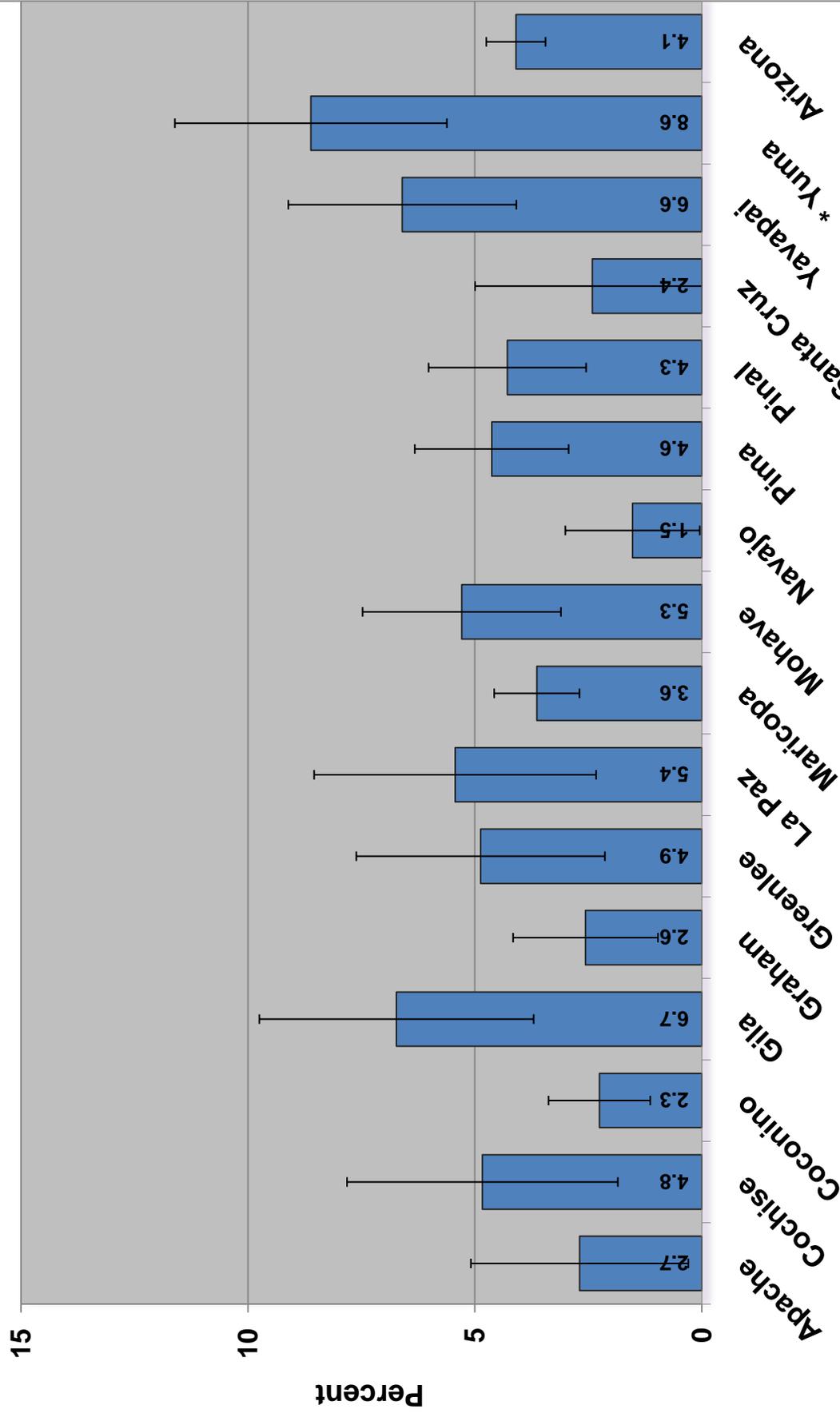
¹U. S. Department of Health and Human Services, Center for Disease Control and Prevention, “About Heart Disease”. Available from http://www.cdc.gov/heart_disease/signs_symptoms.htm: Internet accessed 21 May 2008.

- In 2010, 4.1% of respondents had been told that they had angina or coronary heart disease.
- Males had the highest incidence of angina or coronary heart disease, at 5.2% versus females, at 3%.
- Adults aged 65 and older were more likely than all other age subgroups to have had angina or coronary heart disease, at 14.8%.
- By marital status, of all the subgroups, the widowed groups were more likely to be told they had angina or coronary heart disease, at 13.9%.

Arizona 2010 BRFSS: Respondents who were told They have had Angina or Coronary Heart Disease					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	4.1	410	EMPLOYMENT		
SEX			Employed for wages	1.0	39
Male	5.2	201	Self-employed	2.6	18
Female	3.0	209	Out of work	3.7	17
AGE			Homemaker	1.5	29
25-34	0.1	1	Student	0.1	1
35-44	0.8	4	Retired	13.0	246
45-54	1.0	17	Unable to work	11.4	59
55-64	6.3	92	INCOME		
65+	14.8	296	<\$25,000	5.8	150
MARITAL STATUS			\$25,000-\$34,999	5.3	49
Married	4.1	216	\$35,000-\$49,999	5.9	60
Divorced	3.4	49	\$50,000-\$74,999	3.8	38
Widowed	13.9	118	\$75,000 or more	2.1	50
Separated	3.1	7	RACE/ ETHNICITY		
Never married	0.8	11	White, Non-Hispanic	4.8	342
EDUCATION			Black	0	0
Less than High School	4.0	54	Asian/PI	0.7	2
High School Graduate/GED	4.3	97	American Indian	4.2	10
Some College/Tech School	5.4	140	Other	8.7	6
College Grad	3.1	118	Hispanic	1.9	44

Table 7. Arizona 2010 BRFSS results: Respondents who were told they have had angina or coronary heart disease. * N is unweighted.

Arizona Residents Who Have Been Diagnosed with Angina, 2010



* Significantly higher than Arizona percentage

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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.”¹

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

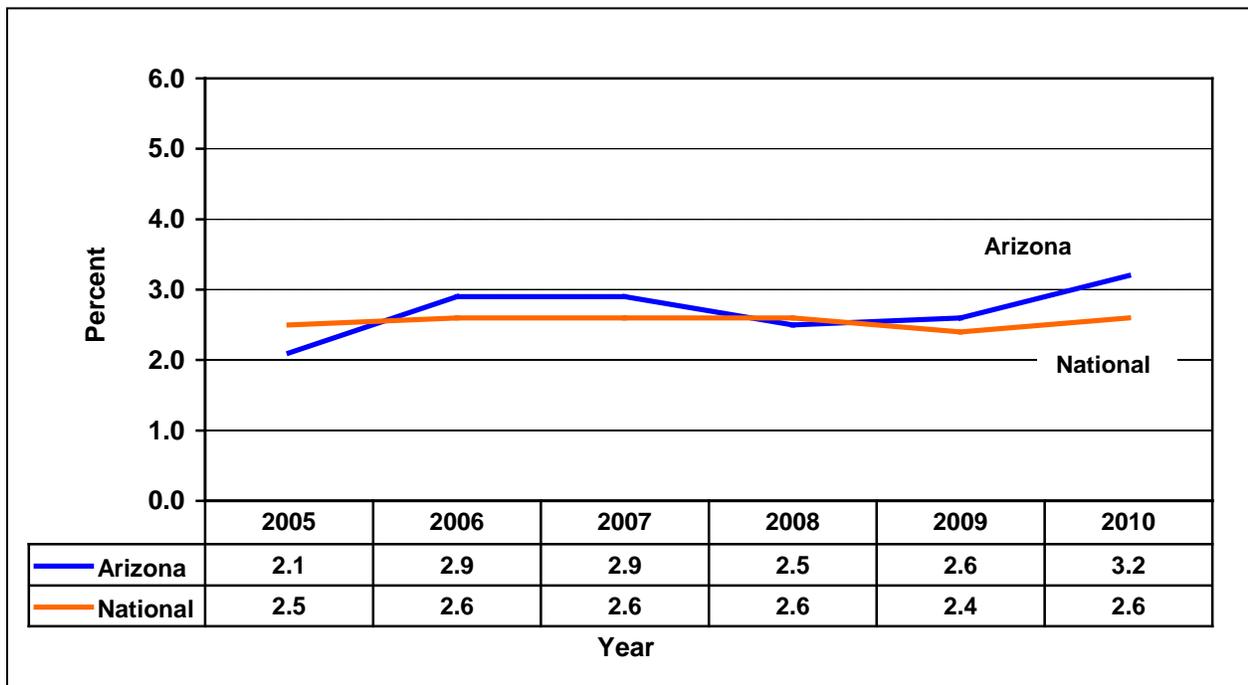


Figure 8. Arizona 2010 BRFSS: Respondents who were told that they have had a stroke.

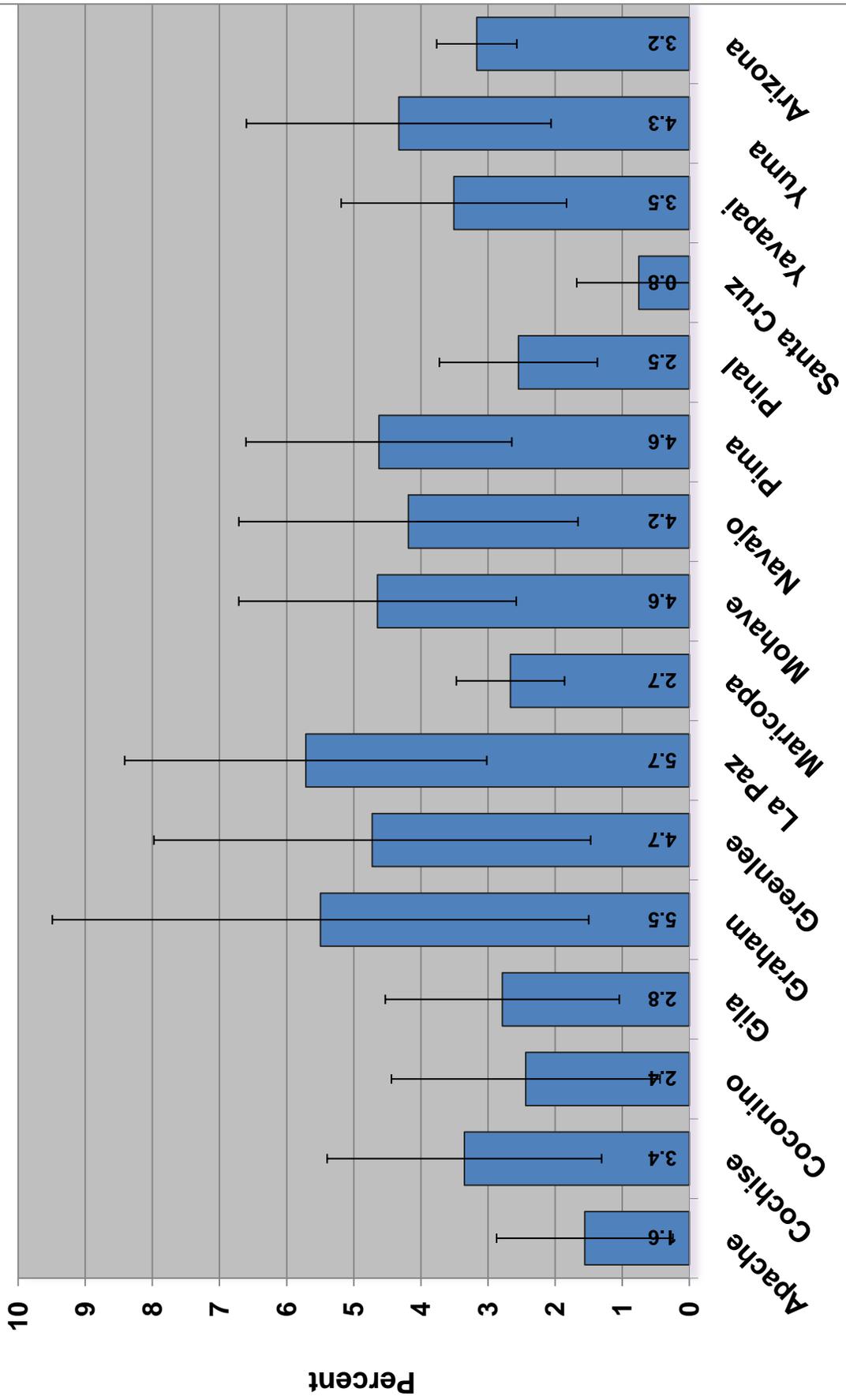
¹ U.S. Department of Health and Human Services, Center for Disease Control and Prevention Fact Sheets and At-a-Glance Reports: “Know the Signs and Symptoms of a Stroke” Available from http://www.cdc.gov/print.do?url=http://www.cdc.gov/dhdsp/library/fs_strokesigns.htm; Internet accessed 21 May 2008.

- Men were identified as having a slightly higher incidence of stroke than women.
- By marital status, of all the subgroups, the widowed groups were more likely to have had a stroke, at 11.1%.
- For adults with a household income of less than \$25,000, 5.3% reported having had a stroke.

Arizona 2010 BRFSS: Respondents who were told They have had a Stroke					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	3.2	312	EMPLOYMENT		
SEX			Employed for wages	0.7	25
Male	3.2	129	Self-employed	1.2	10
Female	3.1	183	Out of work	1.9	15
AGE			Homemaker	3.1	25
18-24	0	0	Student	0	0
25-34	0.7	3	Retired	8.9	177
35-44	1.2	10	Unable to work	13.5	58
45-54	1.3	11	INCOME		
55-64	3.8	63	<\$25,000	5.3	124
65+	10.3	225	\$25,000-\$34,999	3.6	34
MARITAL STATUS			\$35,000-\$49,999	3.3	37
Married	3.0	149	\$50,000-\$74,999	2.7	31
Divorced	4.0	51	\$75,000 or more	1.4	29
Widowed	11.1	92	RACE/ ETHNICITY		
Separated	1.3	5	White, Non-Hispanic	3.4	245
Never married	0.8	10	Black	4.3	5
Unmarried couple	1.3	4	Asian/PI	0	0
EDUCATION			American Indian	4.6	15
Less than High School	5.9	49	Other	2.6	6
High School Graduate/GED	2.7	80	Hispanic	2.8	38
Some College/Tech School	3.5	100			
College Grad	2.5	83			

Table 8. Arizona 2010 BRFSS results: Respondents who were told they have had a stroke. *N is unweighted

Arizona Residents who have had a Stroke, 2010



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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.¹

“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.”²

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

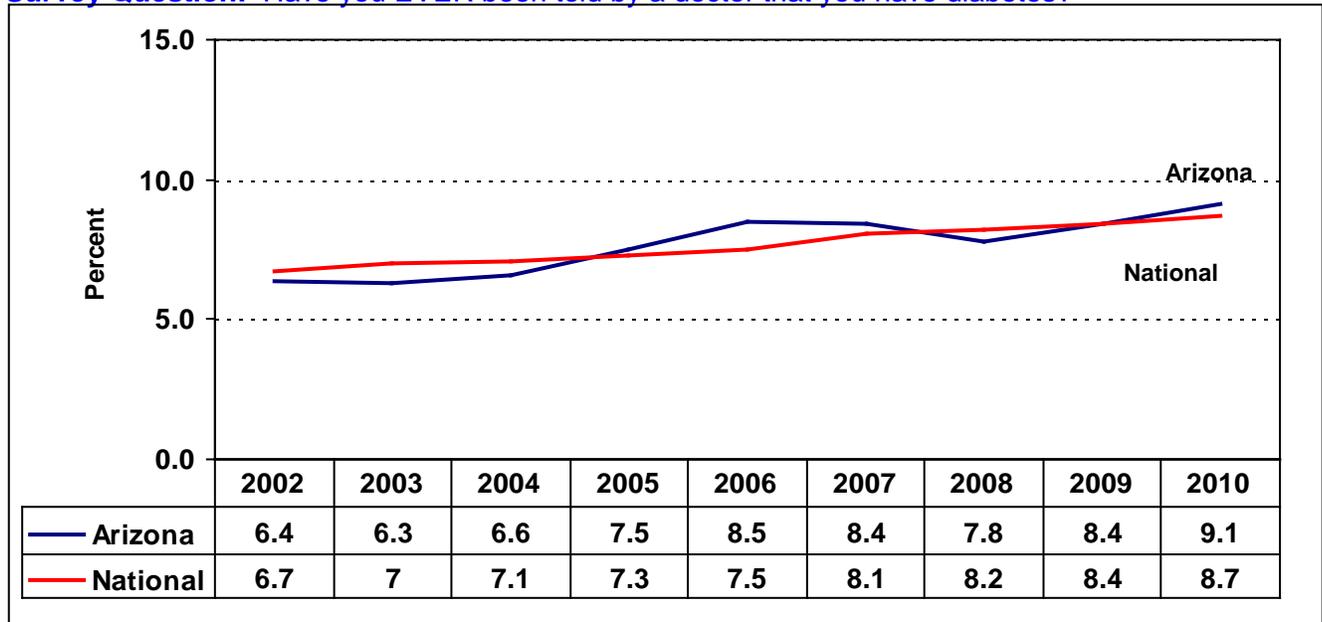


Figure 9. Percentage of Arizona and National BRFSS respondents who reported that they were told they have diabetes in 2002-2010. Healthy People 2010 Objective is 4 percent.

According to the 2010 BRFSS, 9.1 percent of all respondents were told by a doctor they had diabetes. The Arizona prevalence rate of 9.1 percent in 2010 was 2 times greater than the “Healthy People 2010 Objective (No. 5.3) target rate of no more than 4 percent.”³

¹U.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.

²U.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.

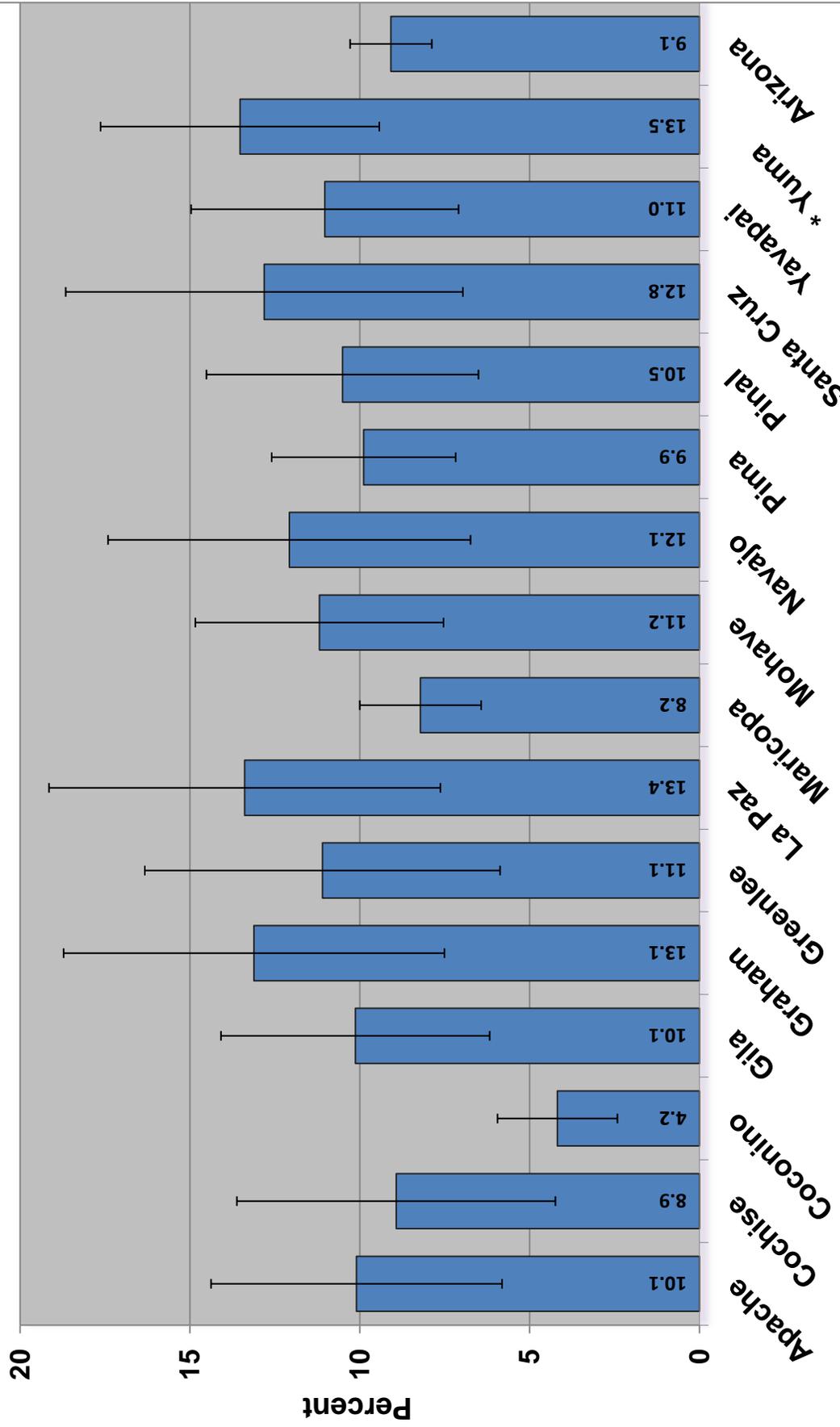
³U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

- As age increased, so did the likelihood of diabetes.
- By marital status, widowed respondents had the highest incidence of diabetes, at 18.7%.
- By Education, 17% of adults with less than high school education had been told they have diabetes.
- Respondents who were unable to work had a higher percentage of diabetes than the other employment subgroups, at 28.5%.
- The Black race had the highest reported incidence of diabetes, at 16.2%, which is 1.8 times the state percentage.

Arizona 2010 BRFSS: Respondents who were told They have Diabetes					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	9.1	753	EMPLOYMENT		
SEX			Employed for wages	5.3	137
Male	9.3	308	Self-employed	5.0	25
Female	8.8	445	Out of work	12.8	54
AGE			Homemaker	7.9	73
25-34	0.5	6	Student	1.2	3
35-44	4.2	29	Retired	15.9	351
45-54	9.4	89	Unable to work	28.5	107
55-64	16.0	215	INCOME		
65+	17.2	414	<\$25,000	13.9	295
MARITAL STATUS			\$25,000-\$34,999	9.7	89
Married	9.1	394	\$35,000-\$49,999	9.3	91
Divorced	11.2	120	\$50,000-\$74,999	9.8	85
Widowed	18.7	159	\$75,000 or more	5.1	79
Separated	8.3	19	RACE/ ETHNICITY		
Never married	4.7	51	White, Non-Hispanic	8.3	499
Unmarried couple	4.7	9	Black	16.2	12
EDUCATION			Asian/ PI	2.2	5
Less than High School	17.0	131	American Indian	9.1	42
High School Graduate/GED	11.5	217	Other	6.8	15
Some College/Tech School	9.6	231	Hispanic	12.6	173
College Grad	5.7	174			

Table 9. Arizona 2010 BRFSS results: Respondents who were told they had diabetes. *N is unweighted.

Percent of Arizonans Reporting Having Diabetes, 2010



* Significantly higher than Arizona percentage

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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.¹

“In 2009, no state met the *Healthy People 2010* obesity target of 15%, and the self-reported overall prevalence of obesity among U.S. adults had increased 1.1 percentage points from 2007.”² 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: $(\text{pounds} \times 0.454) \div (\text{inches} \times 0.0254)^2$ or (Kg/M^2) .

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

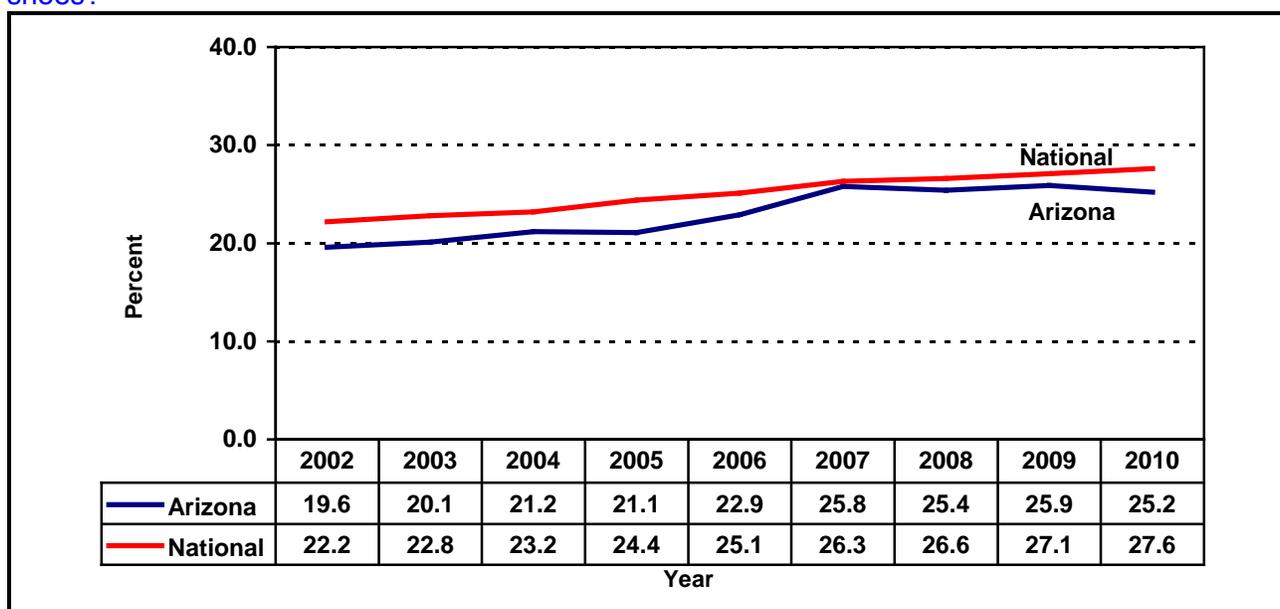


Figure 10. Arizona 2010 BRFSS respondents who reported weights exceeding BMI limits of obesity. Healthy People 2010 Objective 19.2 is less than 15 percent.

In 2010, 25.2% of Arizona respondents met or exceeded the BMI standard for obesity, defined as a $\text{BMI} \geq 30.0$ (Figure 12). *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.³

¹ U.S. Department of Health and Human Services. Center for Disease and Control, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm59e0803a1.htm> “State -Specific Obesity Prevalence Among Adults U.S., 2009,” August 2009.

² 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, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5930a4.htm?s_cid=mm5930a4_w, accessed on July 2011.

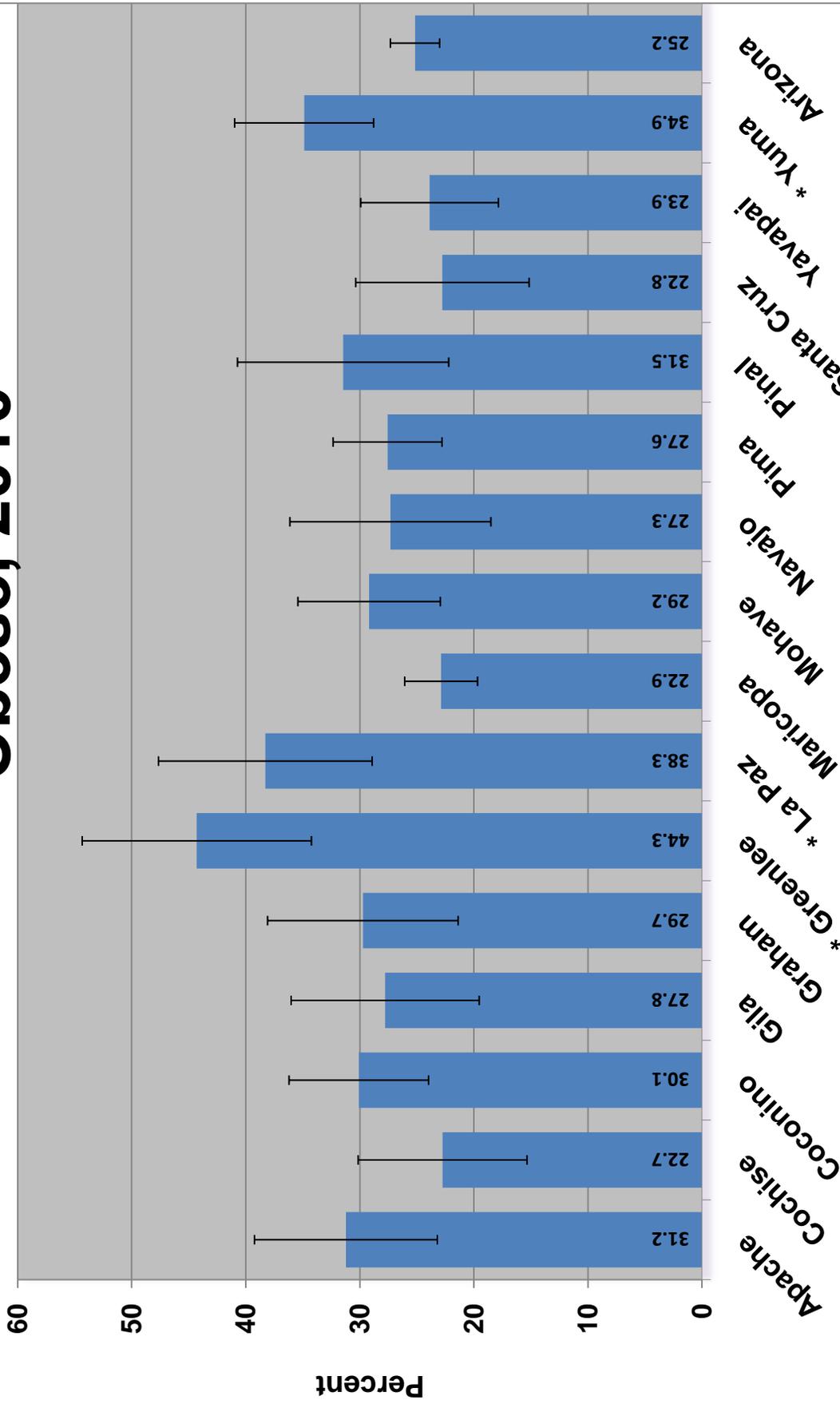
³ U.S. Department of Health and Human Services. Center for Disease and Control, *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, July 2010.

- Respondents 18-24 years old were the least likely to be obese, at 17.8%.
- By marital status, adults who were separated were more likely to be obese, at 33.6%.
- Adults who were unable to work were more likely than the other employment subgroups to be obese, at 44.5%.
- American Indian race was more likely to be obese compared to the other race/ethnicities, at 33.2%.

Arizona 2010 BRFSS: Respondents Classified As Obese					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	25.2	1472	EMPLOYMENT		
SEX			Employed for wages	25.7	490
Male	26.0	553	Self-employed	22.1	89
Female	24.3	919	Out of work	25.2	113
AGE			Homemaker	22.0	137
18-24	17.8	28	Student	12.1	13
25-34	23.0	89	Retired	24.0	477
35-44	26.1	174	Unable to work	44.5	144
45-54	27.6	253	INCOME		
55-64	28.8	398	<\$25,000	28.1	488
65+	21.4	530	\$25,000-\$34,999	26.3	170
MARITAL STATUS			\$35,000-\$49,999	25.7	193
Married	25.8	818	\$50,000-\$74,999	29.3	207
Divorced	28.5	233	\$75,000 or more	21.6	253
Widowed	26.1	220	RACE/ ETHNICITY		
Separated	33.6	34	White, Non-Hispanic	24.4	1024
Never married	18.7	134	Black	26.6	21
Unmarried couple	24.2	30	Asian/ PI	8.4	5
EDUCATION			American Indian	33.2	99
Less than High School	33.9	200	Other	22.6	36
High School Graduate/GED	29.5	400	Hispanic	31.2	266
Some College/Tech School	27.4	469			
College Grad	19.7	402			

Table 10. Arizona 2010 BRFSS results: Respondents classified as obese, defined as BMI \geq 30.0. *N is unweighted.

Percent of Arizonans Who are Obese, 2010



* Significantly higher than Arizona percentage

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**HEALTH RISKS, BEHAVIORS
AND AWARENESS**

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SEAT BELT USE

“Motor vehicle crashes are the leading cause of death among those ages 5-34 in the U.S. More than 2.3 million adult drivers and passengers were treated in emergency departments as the result of being injured in motor vehicle crashes in 2009.”¹ The economic impact is also notable: the lifetime costs of crash-related deaths and injuries among drivers and passengers were \$70 billion in 2005.”²

Survey Questions: How often do you use seat belts when you drive or ride in a car?

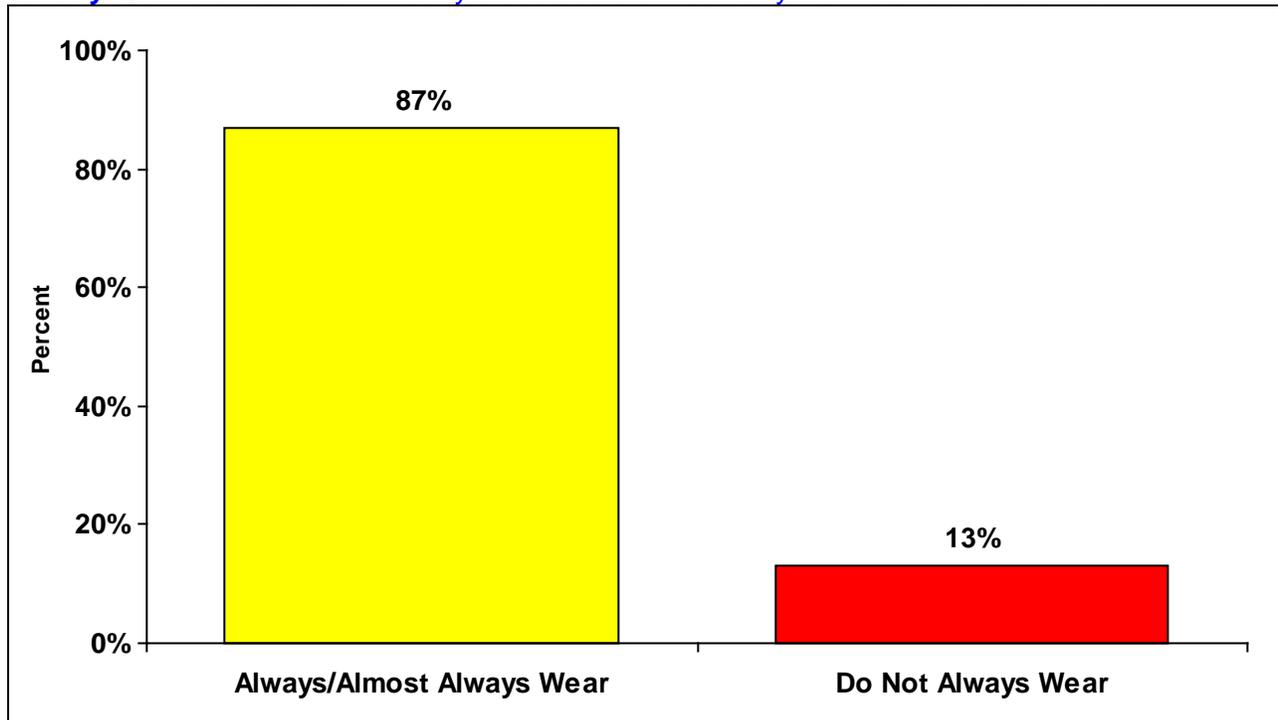


Figure 11. Arizona 2010 BRFSS respondents reporting seat belt use for 2010. Healthy People 2010 Objective 15.19 is 92%.

“Healthy People 2010 have set a target of 92% of the population to use safety belts.”² According to the 2010 Arizona BRFSS, 87.0% of respondents always use seat belts. *Healthy Arizona 2010* has identified in Strategy 1.1 to increase the proper use of occupant restraints.

The following respondent groups were least and/or most likely to always wear seat belts:

¹ CDC. [Vital Signs: Nonfatal, motor vehicle-occupant injuries \(2009\) and seat belt use \(2008\) among adults—United States](#). MMWR 2011; 59.

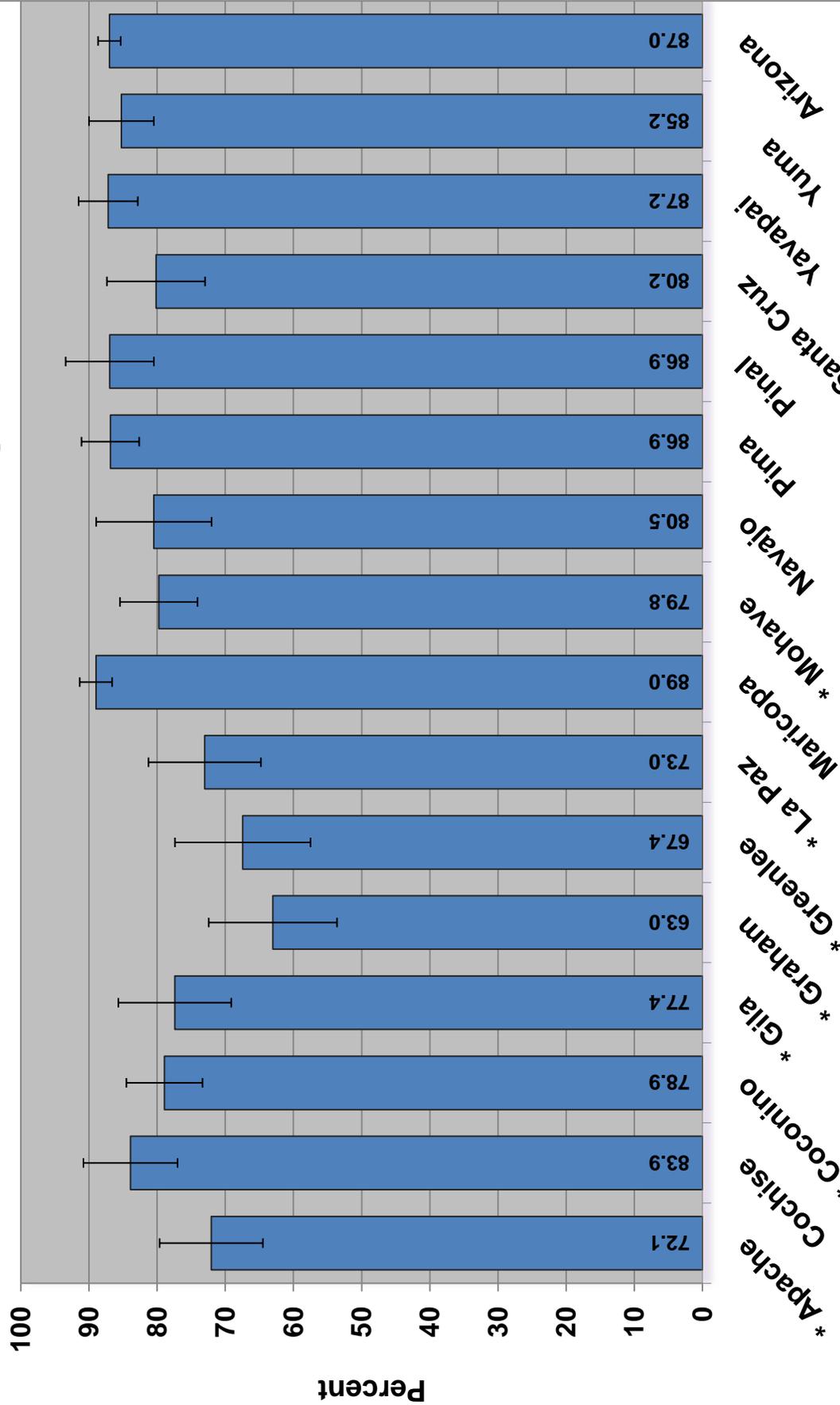
² Naumann RB, Dellinger AM, Zaloshnja E, Lawrence BA, Miller TR. Incidence and total lifetime costs of motor vehicle-related fatal and nonfatal injury by road user type, United States, 2005. *Traffic Inj Prev* 2010;11:353-60.

- The age group most likely to wear a seat belt was 65+, at 91.2%.
- In the marital status category, the highest percentages of people who always wear a seat belt were widowed at 92.7% and married at 89.3%.
- The household income level \$35,000-\$49,999 had the highest percentage who always wear a seat belt, at 89.8%.
- By race/ethnicity, 63.7% of American Indians reported always wearing a seat belt.

Arizona 2010 BRFSS: Respondents who always wear Seat belts					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	87.0	4784	EMPLOYMENT		
SEX			Employed for wages	88.2	1487
Male	84.7	1692	Self-employed	85.0	354
Female	89.3	3092	Out of work	72.5	252
AGE			Homemaker	91.0	473
18-24	71.2	98	Student	82.4	72
25-34	80.8	295	Retired	91.1	1821
35-44	87.2	464	Unable to work	86.1	307
45-54	88.9	737	INCOME		
55-64	89.5	1112	<\$25,000	84.2	1339
65+	91.2	2078	\$25,000-\$34,999	83.7	532
MARITAL STATUS			\$35,000-\$49,999	89.8	654
Married	89.3	2716	\$50,000-\$74,999	85.6	624
Divorced	86.1	691	\$75,000 or more	88.9	951
Widowed	92.7	799	RACE/ ETHNICITY		
Separated	76.4	76	White, Non-Hispanic	88.5	3602
Never married	75.1	372	Black	79.9	60
Unmarried couple	86.7	109	Asian/PI	86.4	54
EDUCATION			American Indian	63.7	178
Less than High School	83.6	489	Other	90.3	102
High School Graduate/GED	81.7	1151	Hispanic	86.4	734
Some College/Tech School	86.1	1455			
College Grad	91.2	1683			

Table 11. Arizona 2010 BRFSS results: Respondents who always wear seat belts. *N is unweighted.

Arizona Residents Who Always Use Seat Belts while Driving, 2010



* Significantly lower than Arizona percentage

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ALCOHOL ABUSE - BINGE DRINKING

Between 2001 and 2005, about 79,000 deaths in the United States are related to alcohol consumption.¹ 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.² Alcohol use has been linked with a substantial proportion of injuries and deaths from motor vehicle crashes, falls, fires, and drownings.³ 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?

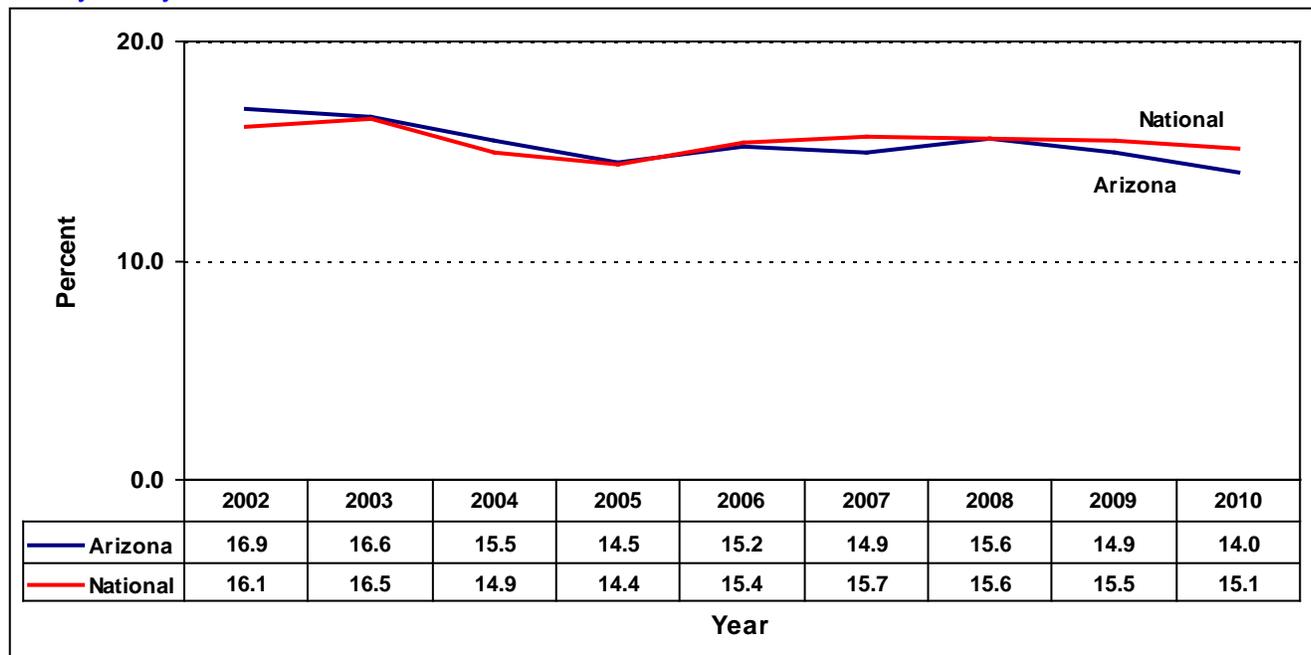


Figure 12. Arizona 2010 BRFSS respondents who reported engaging in binge drinking.

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.⁴

¹ U.S. Department of Health and Human Services, Center for Disease Control and Prevention, Public Health Service. *Healthy People 2010 Alcohol and Public Health 2010*. <http://www.cdc.gov/alcohol/>

² NIAAA. *Alcohol and cancer*. Alcohol Alert. No. 21. Rockville, MD: NIH, 1993.

³ 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.

⁴ 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.

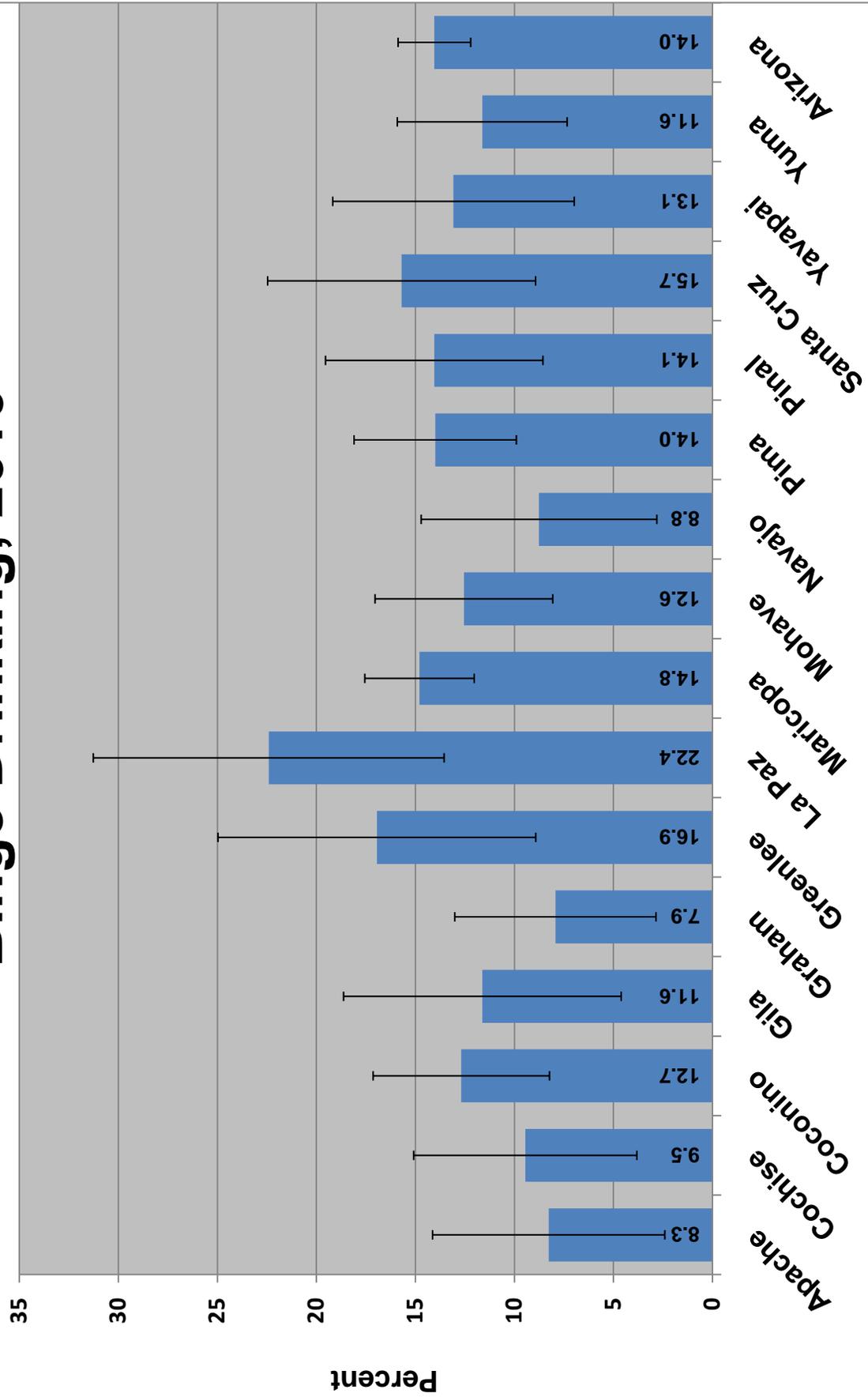
According to the 2010 Arizona BRFSS, 14% of respondents reported having five or more drinks on an occasion (“binge drinking”) one or more times in the past month.

- Men were twice as likely to engage in binge drinking as women: 20.2% and 8% respectively.
- As age increased, 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 26.5%.
- By employment, the subgroup having the highest percent for engaging in binge drinking was “out-of-work”, at 21.2%.

Arizona 2010 BRFSS: Respondents who reported engaging in Binge Drinking					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	14.0	541	EMPLOYMENT		
SEX			Employed for wages	17.7	264
Male	20.2	318	Self-employed	14.6	47
Female	8.0	223	Out of work	21.2	51
AGE			Homemaker	5.6	23
18-24	24.3	33	Student	13.2	12
25-34	21.1	68	Retired	8.2	127
35-44	16.5	90	Unable to work	4.0	17
45-54	14.8	115	INCOME		
55-64	10.8	124	<\$25,000	11.1	147
65+	4.6	111	\$25,000-\$34,999	16.6	59
MARITAL STATUS			\$35,000-\$49,999	14.7	76
Married	11.5	279	\$50,000-\$74,999	14.1	77
Divorced	21.2	110	\$75,000 or more	17.1	144
Widowed	3.5	41	RACE/ ETHNICITY		
Separated	15.8	11	White, Non-Hispanic	14.0	395
Never married	22.3	72	Black	4.7	4
Unmarried couple	26.5	27	Asian/PI	9.0	5
EDUCATION			American Indian	12.6	24
Less than High School	10.8	54	Other	2.1	4
High School Graduate/GED	18.4	139	Hispanic	17.9	104
Some College/Tech School	11.6	145			
College Grad	14.3	203			

Table 12. Arizona 2010 BRFSS results: Respondents who reported engaging in binge drinking. *N is unweighted.

Percent of Arizonans Reporting Binge Drinking, 2010



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ALCOHOL ABUSE - HEAVY DRINKING

In 2010 alcohol abuse was mentioned on 43,238 ER and 27,160 inpatient discharge records. Alcohol abuse was indicated as principal (first-listed) diagnosis for 18,139 emergency room visits, and 5,010 inpatient discharges.

The average length of stay for those inpatient discharges with alcohol abuse as 1st listed diagnosis was about 4.3 days, which amounted to 21,618 patient days.¹

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).”²

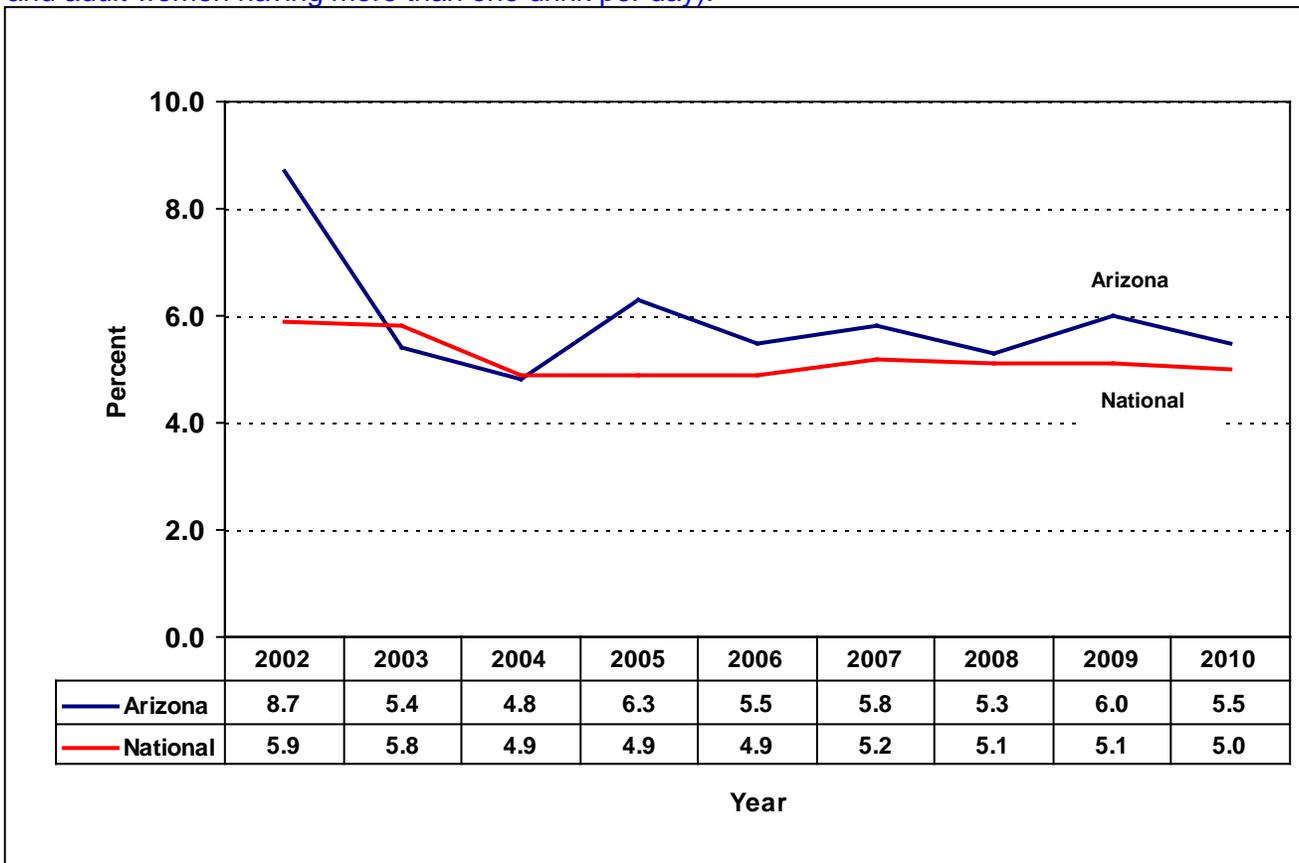


Figure 13. Arizona BRFSS respondents from 2002-2010 who reported engaging in heavy drinking. Healthy People 2010 Objective 26.11c is six percent.

¹ Mrela, Ck, Arizona, The 2010 characteristics of ER visits and inpatient discharges with the diagnosis of alcohol abuse Arizona Health Status and Vital Statistics, Arizona Department of Health Services.

² 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.

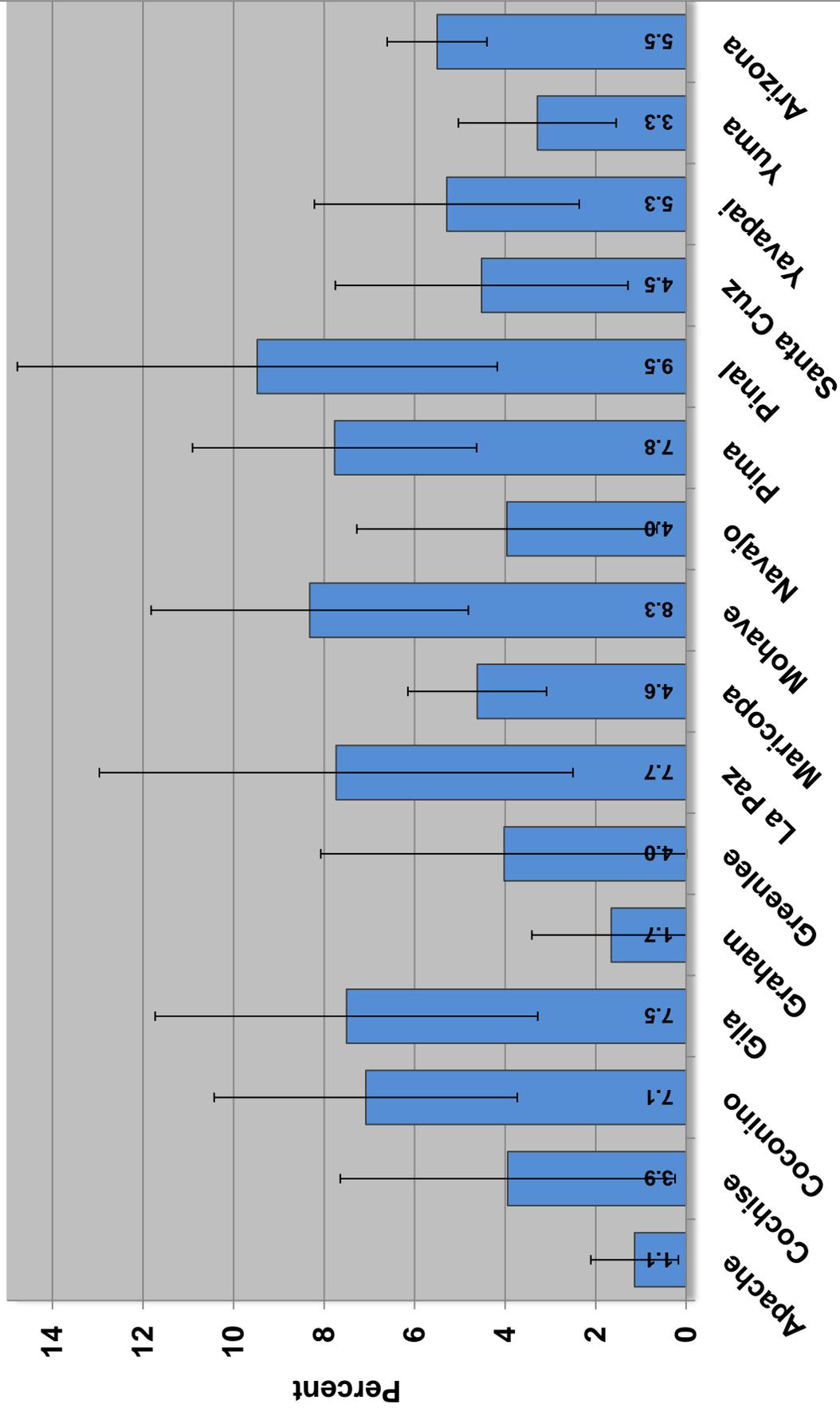
According to the 2010 Arizona BRFSS, at 5.5% of respondents reported being heavy drinkers.

- Women were slightly more likely to engage in heavy drinking 5.7% versus men, at 5.3%.
- The age group with the highest reported percentage of heavy drinkers was 45-54, at 7.1%.
- The household income level \$50,000-\$74,999 had the highest percentage of heavy drinking, at 7.5%.

Arizona 2010 BRFSS: Respondents who reported engaging in Heavy Drinking					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	5.5	309	EMPLOYMENT		
SEX			Employed for wages	5.2	97
Male	5.3	125	Self-employed	8.7	29
Female	5.7	184	Out of work	10.0	26
AGE			Homemaker	3.6	23
18-24	4.4	6	Student	1.3	2
25-34	4.5	16	Retired	5.5	118
35-44	5.0	33	Unable to work	1.3	14
45-54	7.1	53	INCOME		
55-64	5.0	74	<\$25,000	4.7	86
65+	4.9	127	\$25,000-\$34,999	4.6	34
MARITAL STATUS			\$35,000-\$49,999	5.8	51
Married	4.7	155	\$50,000-\$74,999	7.5	41
Divorced	6.9	73	\$75,000 or more	6.4	68
Widowed	2.5	33	RACE/ ETHNICITY		
Separated	9.5	6	White, Non-Hispanic	6.6	265
Never married	7.4	27	Black	1.2	2
Unmarried couple	13.0	15	Asian/PI	0.5	2
EDUCATION			American Indian	2.7	7
Less than High School	2.8	25	Other	1.1	6
High School Graduate/GED	6.3	69	Hispanic	3.8	25
Some College/Tech School	4.9	96			
College Grad	6.2	119			

Table 13. Arizona 2010 BRFSS results: Respondents reported engaging in heavy drinking. *N is weighted

Percent of Arizonans Reporting Heavy Drinking, 2010



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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.”¹

“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.”²

“*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.”³

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?

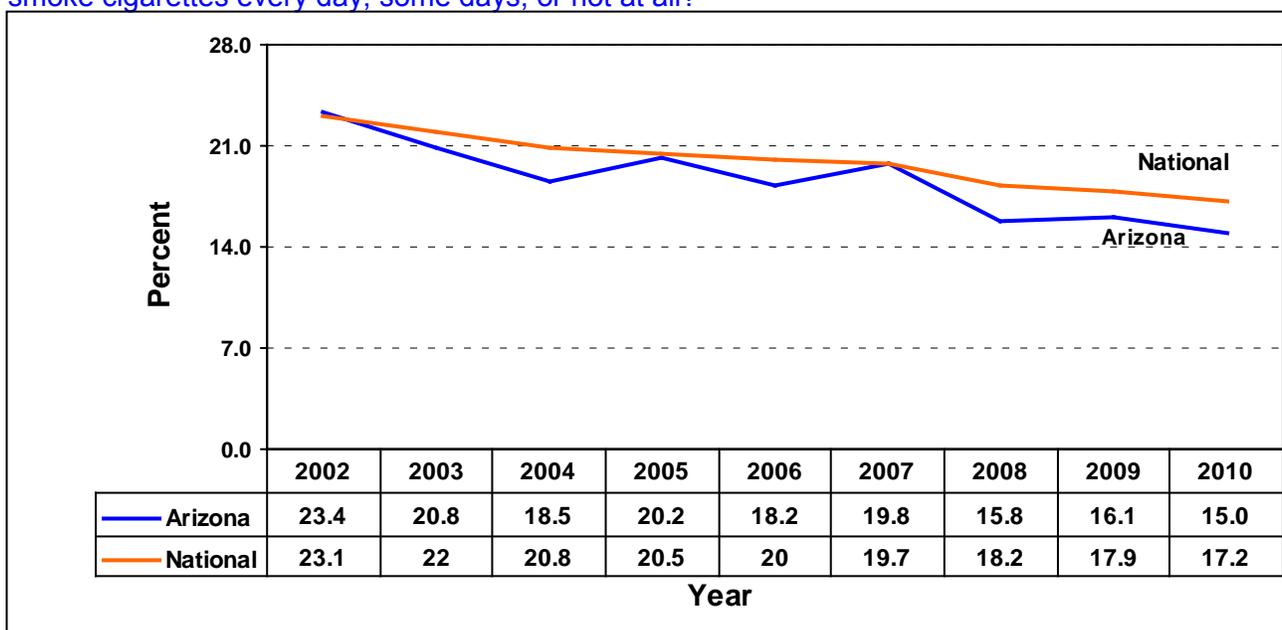


Figure 14. Percentage of Arizona BRFSS respondents who reported that they were current smokers in 2002-2010. Healthy Arizona 2010 Objective 3 is 14 percent.

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

² 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.

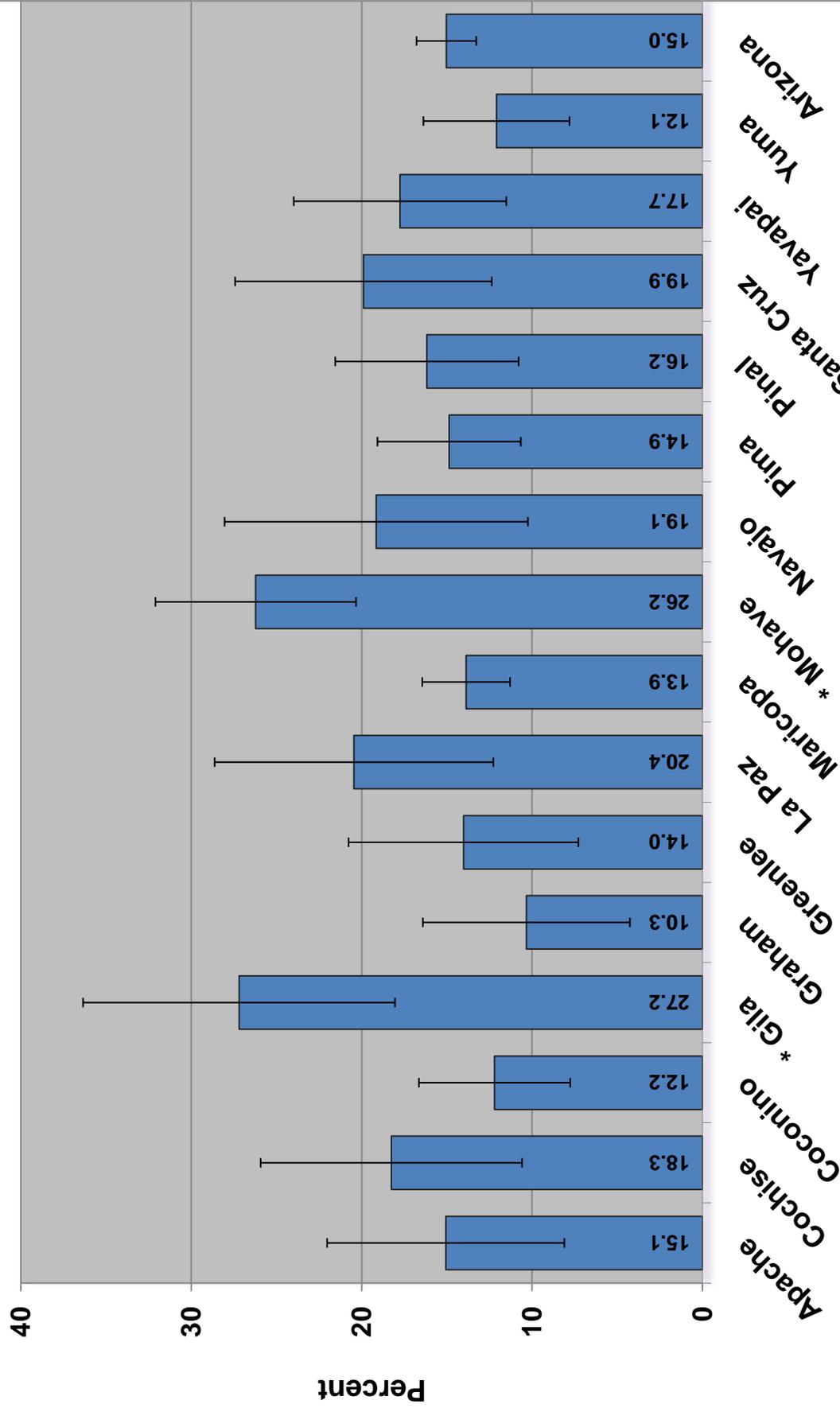
³ Arizona Department of Health Services. *Healthy Arizona 2010: Collaborating for a Healthier Future*. Phoenix, AZ 2001.

- Men were more likely than women to be current smokers at 16.1% versus 14% respectively.
- The highest proportion of smokers was in the age group 18-24, with 25.7% who were current smokers.
- As education increased, the proportion of smokers decreased.
- Adults with household Income less than <\$25,000 were most likely to be current smokers 25%. Smoking decreased with increased income.

Arizona 2010 BRFSS: Respondents who are Current Smokers					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	15.0	806	EMPLOYMENT		
SEX			Employed for wages	14.6	292
Male	16.1	317	Self-employed	11.6	48
Female	14.0	489	Out of work	34.3	101
AGE			Homemaker	8.1	52
18-24	25.7	36	Student	11.1	13
25-34	18.3	73	Retired	10.0	202
35-44	15.0	83	Unable to work	25.1	98
45-54	16.2	172	INCOME		
55-64	13.4	224	<\$25,000	25.0	343
65+	8.6	218	\$25,000-\$34,999	22.0	116
MARITAL STATUS			\$35,000-\$49,999	12.2	86
Married	10.5	323	\$50,000-\$74,999	13.6	91
Divorced	26.1	214	\$75,000 or more	7.3	82
Widowed	12.8	117	RACE/ETHNICITY		
Separated	26.8	19	White, Non-Hispanic	14.9	609
Never married	25.6	100	Black	13.2	12
Unmarried couple	26.4	31	Asian/ PI	8.0	8
EDUCATION			American Indian	14.6	30
Less than High School	21.8	119	Other	23.4	25
High School Graduate/GED	23.5	263	Hispanic	16.5	113
Some College/Tech School	16.8	256			
College Grad	8.0	167			

Table 14. Arizona 2010 BRFSS results: Respondents who reported that they are current smokers and have smoked at least 100 cigarettes in their life. *N is unweighted.

The Percent of Arizonans Who are Current Smokers, 2010



* Significantly higher than Arizona percentage

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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.¹

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?

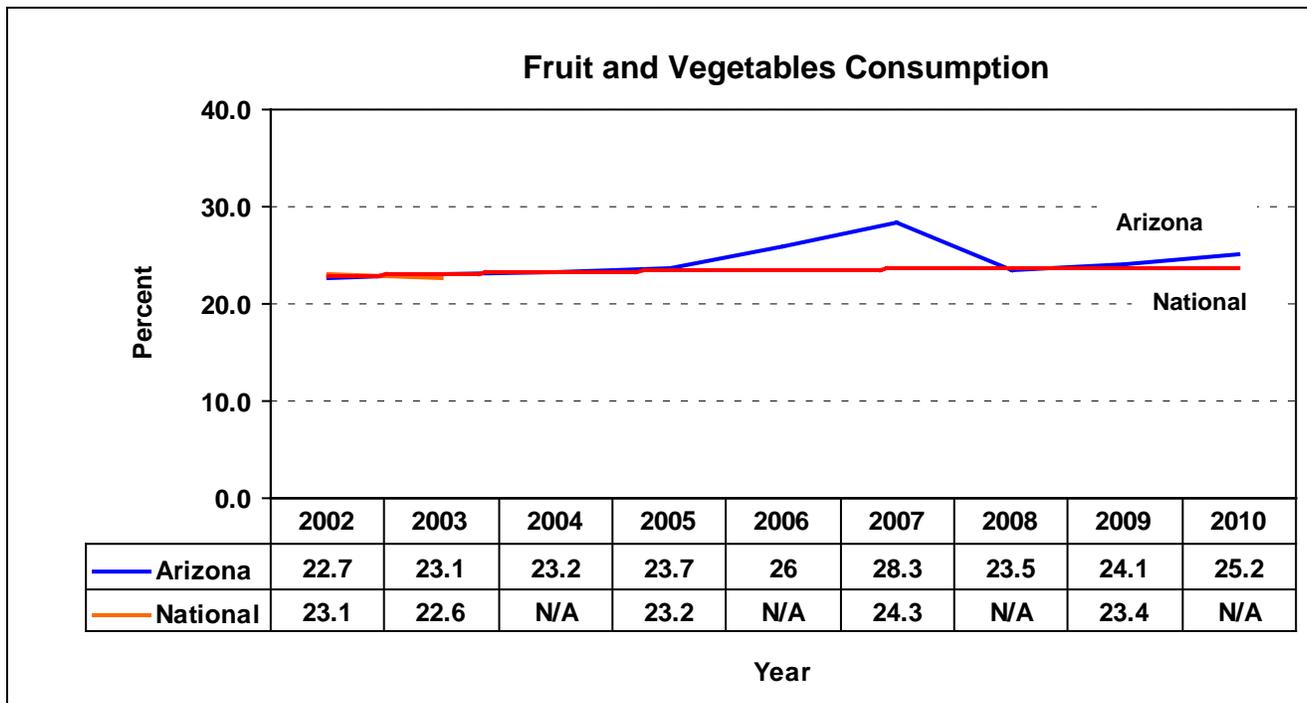


Figure 15. Percentage of Arizona BRFSS respondents reported consuming five servings of fruits and vegetables per day in 2002-2010. **Note:** The National data for 2004, 2006, 2008 and 2010 were not available for questions in this category.

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

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

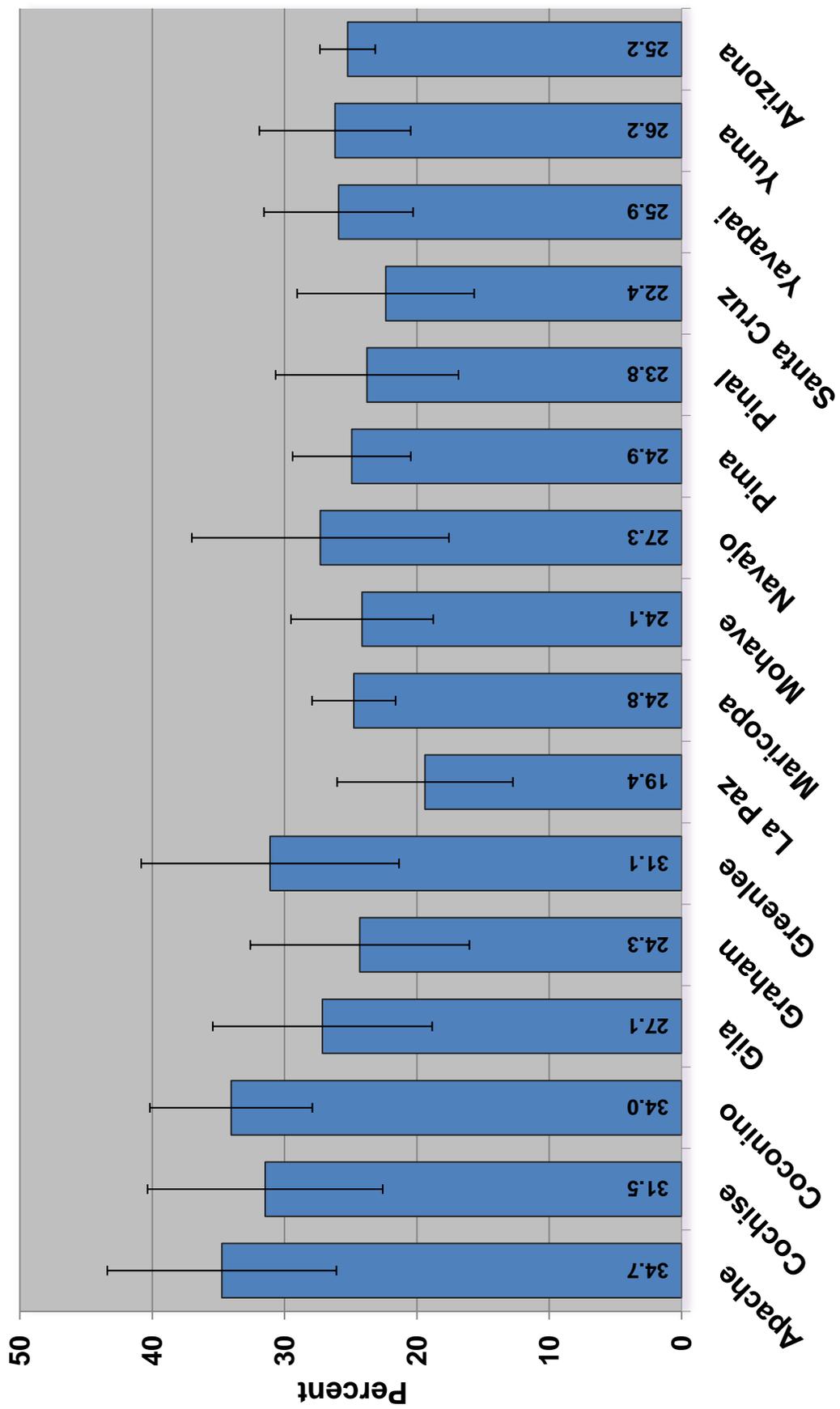
One of the most important dietary habits is the consumption of at least five servings of fruits and vegetables per day. Analysis of the 2010 Arizona BRFSS showed that 25.2% percent of respondents reported that they consume five servings of fruits and vegetables per day (Figure 15). This falls short of *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.²

- Adults aged 65+ were more likely than other age groups to consume five or more servings per day, at 30.9%.
- Adults with a household Income greater than \$75,000 were most likely to consume the five recommended servings, at 28.8%.

Arizona 2010 BRFSS: Consuming Five Servings Of Fruit And Vegetables Per Day					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	25.2	1524	EMPLOYMENT		
SEX			Employed for wages	23.7	452
Male	20.9	459	Self-employed	26.0	147
Female	29.5	1065	Out of work	18.1	74
AGE			Homemaker	33.4	163
18-24	23.1	34	Student	24.8	17
25-34	30.3	108	Retired	29.2	579
35-44	21.8	139	Unable to work	21.6	82
45-54	21.8	222	INCOME		
55-64	26.5	338	<\$25,000	22.7	394
65+	30.9	683	\$25,000-\$34,999	24.4	157
MARITAL STATUS			\$35,000-\$49,999	25.0	224
Married	25.5	874	\$50,000-\$74,999	20.9	193
Divorced	23.6	221	\$75,000 or more	28.8	362
Widowed	29.4	252	RACE/ ETHNICITY		
Separated	26.9	30	White, Non-Hispanic	25.2	1164
Never married	24.0	113	Black	31.1	17
Unmarried couple	22.2	30	Asian/ PI	34.9	19
EDUCATION			American Indian	30.1	72
Less than High School	17.9	127	Other	23.0	32
High School Graduate/GED	20.6	313	Hispanic	21.4	197
Some College/Tech School	24.9	435			
College Grad	29.1	647			

Table 15. Arizona 2010 BRFSS survey results: Respondents who reported consuming five servings of fruits and vegetables per day. *N is unweighted.

Percent of Arizonans Consuming 5 or More Fruits and Vegetables, 2010



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FOLIC ACID AWARENESS

Each year in the United States, approximately 3,000 pregnancies are affected by neural tube defects (NTDs). Studies have shown that up to 70 percent of neural tube defects (NTDs) such as spina bifida and anencephaly may be preventable through adequate intake of folic acid.¹

Folic acid is a B vitamin that helps form red blood cells and has been found to reduce the risks of certain types of birth defects, cancer, and cardiovascular disease. While folic acid is important for everyone's health, it is especially vital for women of childbearing age. The United States Public Health Service recommends that all women of childbearing age in the United States who are capable of becoming pregnant should consume 400 micrograms (mcg) of folic acid per day for the purpose of reducing their risk of having a pregnancy affected with a neural tube defect.²

Survey Question:

Some health experts recommend that women take 400 micrograms of the B-vitamin folic acid every day. They recommend this for which one of the following reasons?

Healthy Arizona 2010 has set an objective of increasing to 80 percent the proportion of pregnancies begun with an optimum folic acid intake (400 mcg).

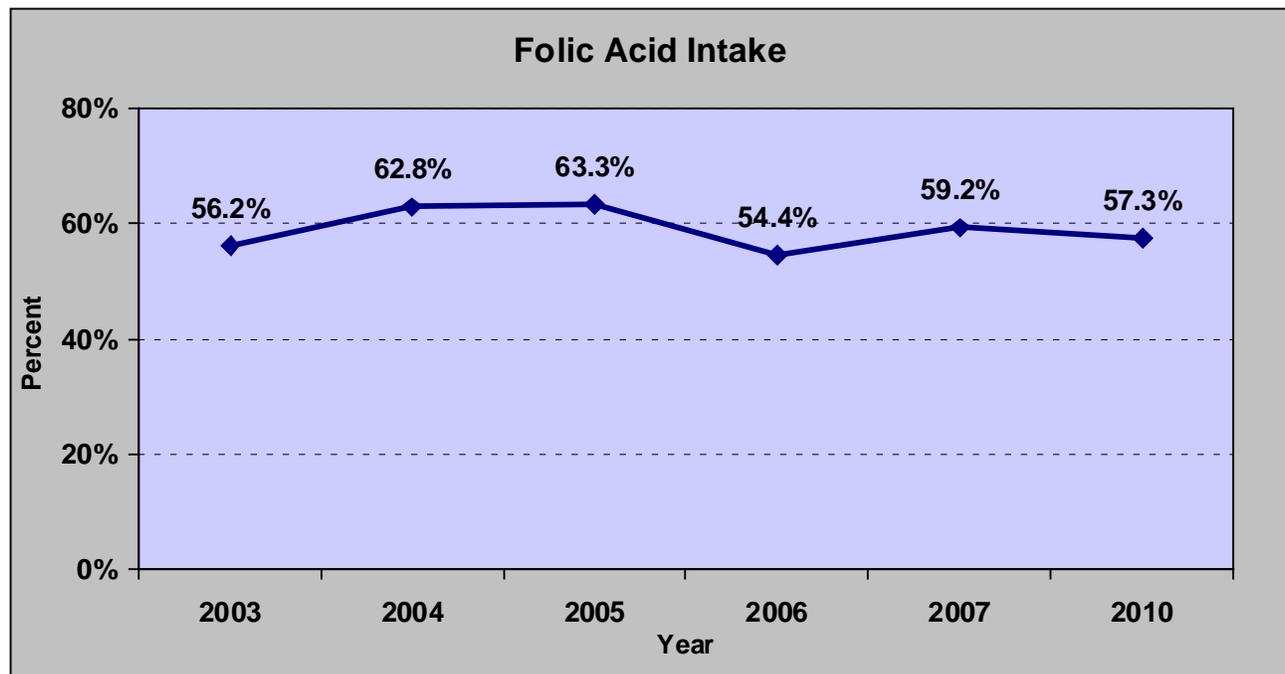


Figure 16. Percentage of Arizona 2010 BRFSS female respondents (18-44 years old) who reported that folic acid prevents birth defects in 2003-2010. Note: No data is available for the years 2008 or 2009.

¹ Retrieved from the Internet June 12, 2007. http://www.marchofdimes.com/pnhec/173_769.asp.

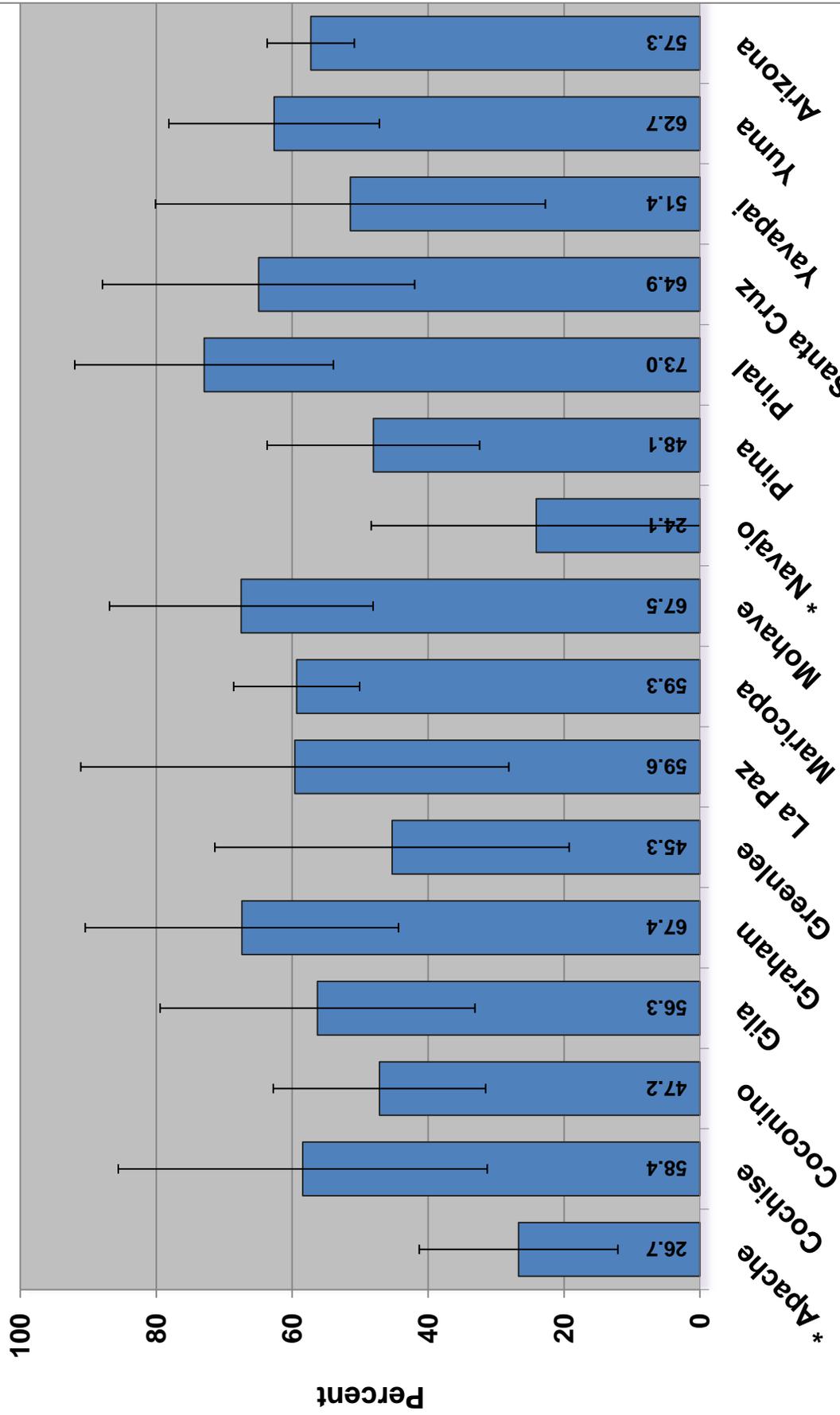
² Centers for Disease Control and Prevention. CDC Surveillance Summaries, April 30, 1999. MMWR 1999; 48

Results from the 2010 BRFSS report showed that 57.3% of women between the ages (18-44) answered that folic acid might prevent birth defects (Figure16).

Arizona 2010 BRFSS: Prevalence of Women (18-44) who recognize that Folic Acid prevents Birth Defects					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	57.3	283	EMPLOYMENT		
SEX			Employed for wages	61.1	139
Female	57.3	283	Self-employed	36.5	24
AGE			Out of work	44.6	21
18-24	57.9	22	Homemaker	57.8	70
25-34	58.4	102	Student	70.5	23
35-44	56.5	159	Retired	100	1
MARITAL STATUS			Unable to work	47.3	4
Married	63.6	197	INCOME		
Divorced	48.3	28	<\$25,000	43.2	66
Widowed	93.3	6	\$25,000-\$34,999	50.9	21
Separated	24.7	3	\$35,000-\$49,999	51.1	39
Never married	50.9	40	\$50,000-\$74,999	52.8	42
Unmarried couple	28.2	9	\$75,000 or more	72.2	94
EDUCATION			RACE/ ETHNICITY		
Less than High School	30.8	25	White, Non-Hispanic	61.7	166
High School Graduate/GED	42.2	42	Black	87.5	10
Some College/Tech School	56.7	80	Asian/PI	44.5	4
College Grad	70.2	136	American Indian	26.0	14
			Other	12.2	3
			Hispanic	54.6	82

Table 16. Arizona 2010 BRFSS Prevalence of Women (18-44) who recognize that folic acid prevents Birth defects. N* is unweighted.

Percentage of Women Who Recognize That Folic Acid Prevents Birth Defects



* Significantly lower than Arizona percentage

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INFLUENZA VACCINATION

Influenza is a significant cause of morbidity. Elderly persons with chronic diseases are at high risk for influenza morbidity and mortality.¹ “Influenza A and B are the two types of influenza viruses that cause epidemic human disease.”² 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 contract influenza. Health care professionals should continue to advise or recommend to 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?

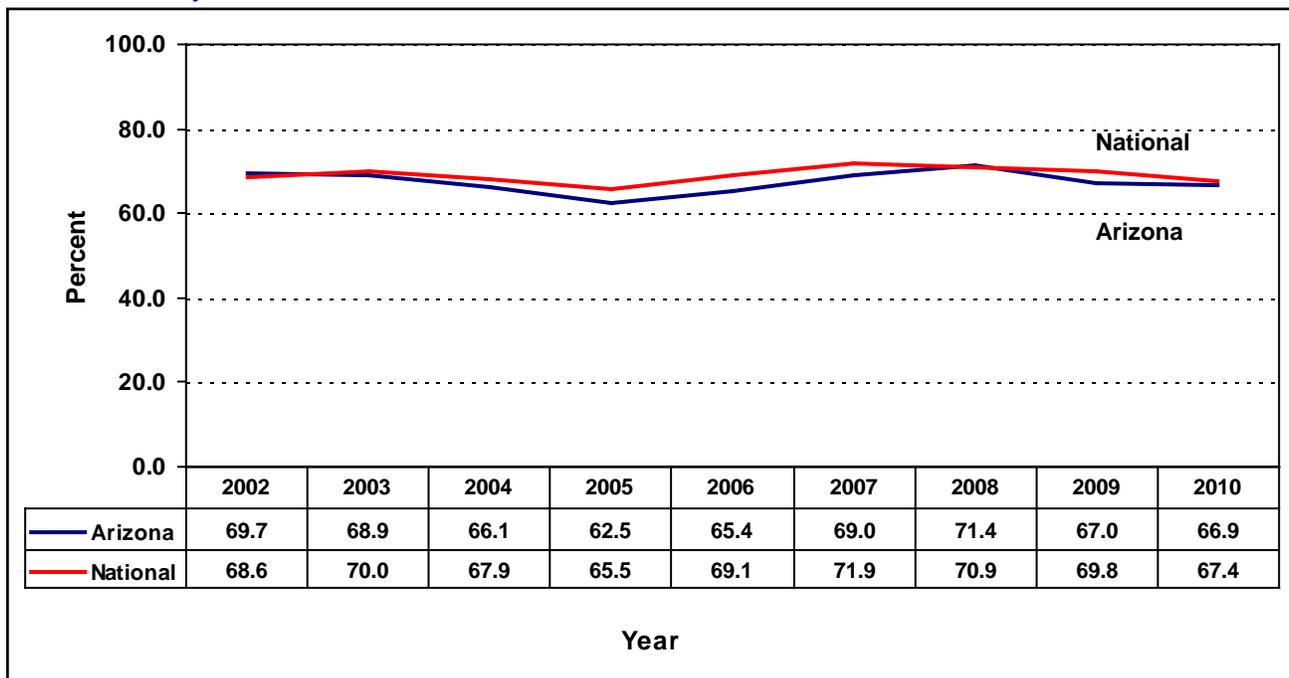


Figure 17. Percentage of Arizona BRFSS respondents 65+ years old reporting they had an influenza vaccination in the last 12 months, 2002-2010.

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

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

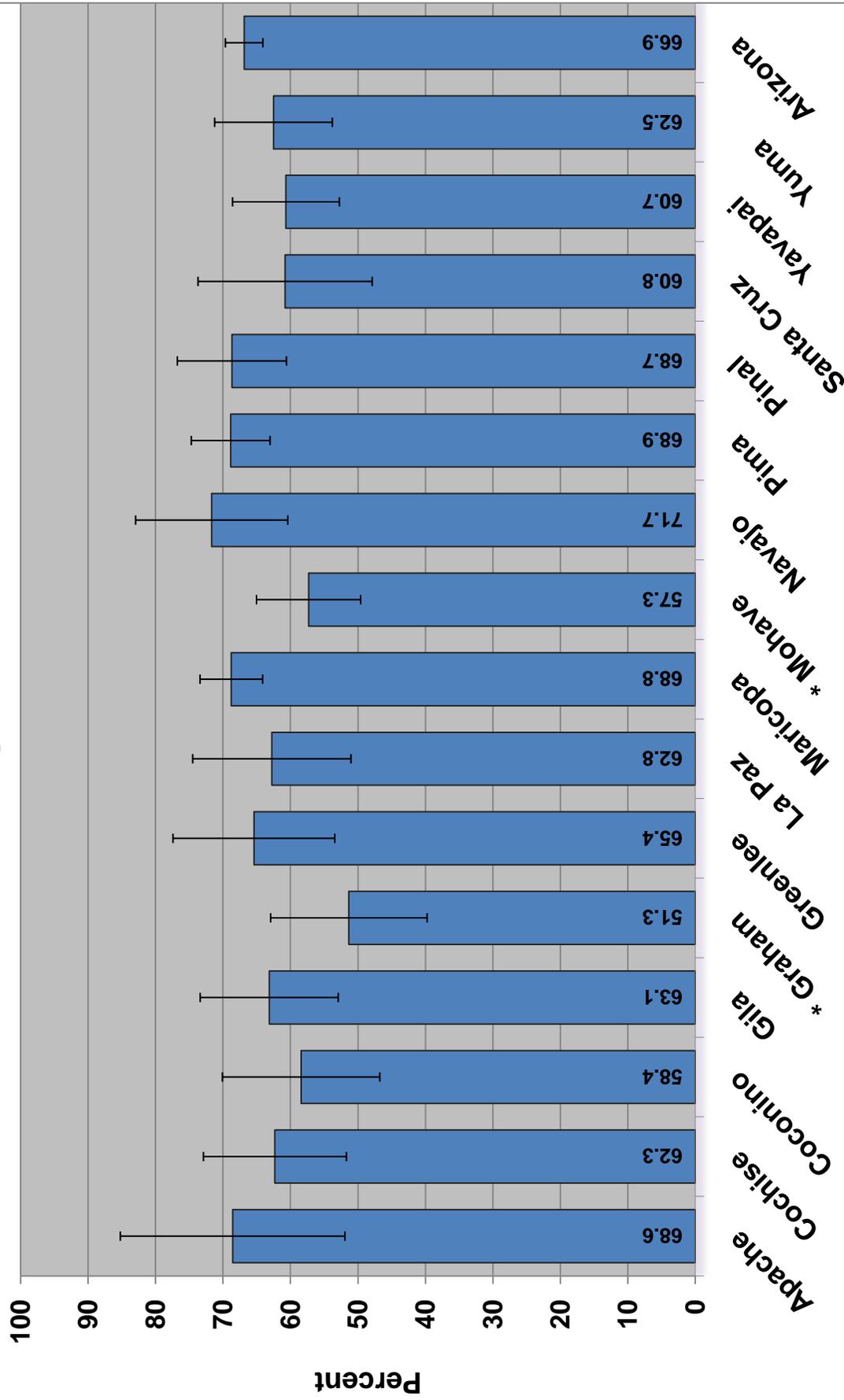
According to the 2010 BRFSS, 66.9% of Arizonans 65+ years of age reported that they received an influenza vaccine during the past 12 months. The following respondent groups have had an influenza vaccination in the past 12 months:

- Adult females were more likely than adult males to receive an influenza vaccination, at 67.9% and 65.6%, respectively.
- Respondents with a marital status of widowed were more likely to receive an influenza vaccine, at 71.2%.
- Adults who were high school graduates or with some College/ Tech school education were more likely to receive an influenza vaccine, at 68.9%.

Arizona 2010 BRFSS: Characteristics of Persons 65+ received an Influenza Vaccination					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	66.9	1546	EMPLOYMENT		
SEX			Employed for wages	54.7	98
Male	65.6	539	Self-employed	53.7	52
Female	67.9	1007	Out of work	72.7	32
AGE			Homemaker	66.2	139
18-24	N/A	N/A	Student	77.0	2
25-34	N/A	N/A	Retired	68.7	1148
35-44	N/A	N/A	Unable to work	67.9	67
45-54	N/A	N/A	INCOME		
55-64	N/A	N/A	<\$25,000	61.9	439
65+	66.9	1546	\$25,000-\$34,999	65.3	216
MARITAL STATUS			\$35,000-\$49,999	76.2	252
Married	67.5	814	\$50,000-\$74,999	62.4	163
Divorced	55.7	163	\$75,000 or more	68.7	186
Widowed	71.2	511	RACE/ ETHNICITY		
Separated	54.2	8	White, Non-Hispanic	68.1	1332
Never married	56.7	32	Black	68.8	8
Unmarried couple	67.1	13	Asian/PI	51.3	6
EDUCATION			American Indian	60.4	31
Less than High School	60.2	162	Other	61.8	24
High School Graduate/GED	68.5	440	Hispanic	57.2	130
Some College/Tech School	68.9	477			
College Grad	65.3	463			

Table 17. Arizona 2010 BRFSS survey results: Characteristics of persons 65+ reporting that they received an Influenza vaccination in the past 12 months. *N is unweighted.

Percent of Arizonans 65+ Reporting Having a Flu Shot



* Significantly lower than Arizona percentage

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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.¹

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.² Regular exercise also can contribute to the functional independence of the elderly and improves the quality of life for people of all ages.³

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?

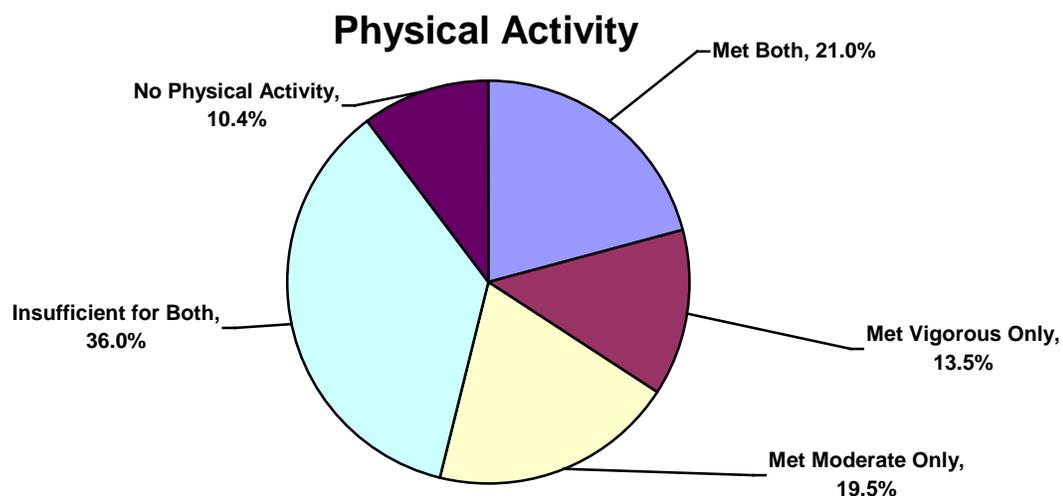


Figure 18. Arizona 2010 BRFSS respondents' physical activity levels.

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

² 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.

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

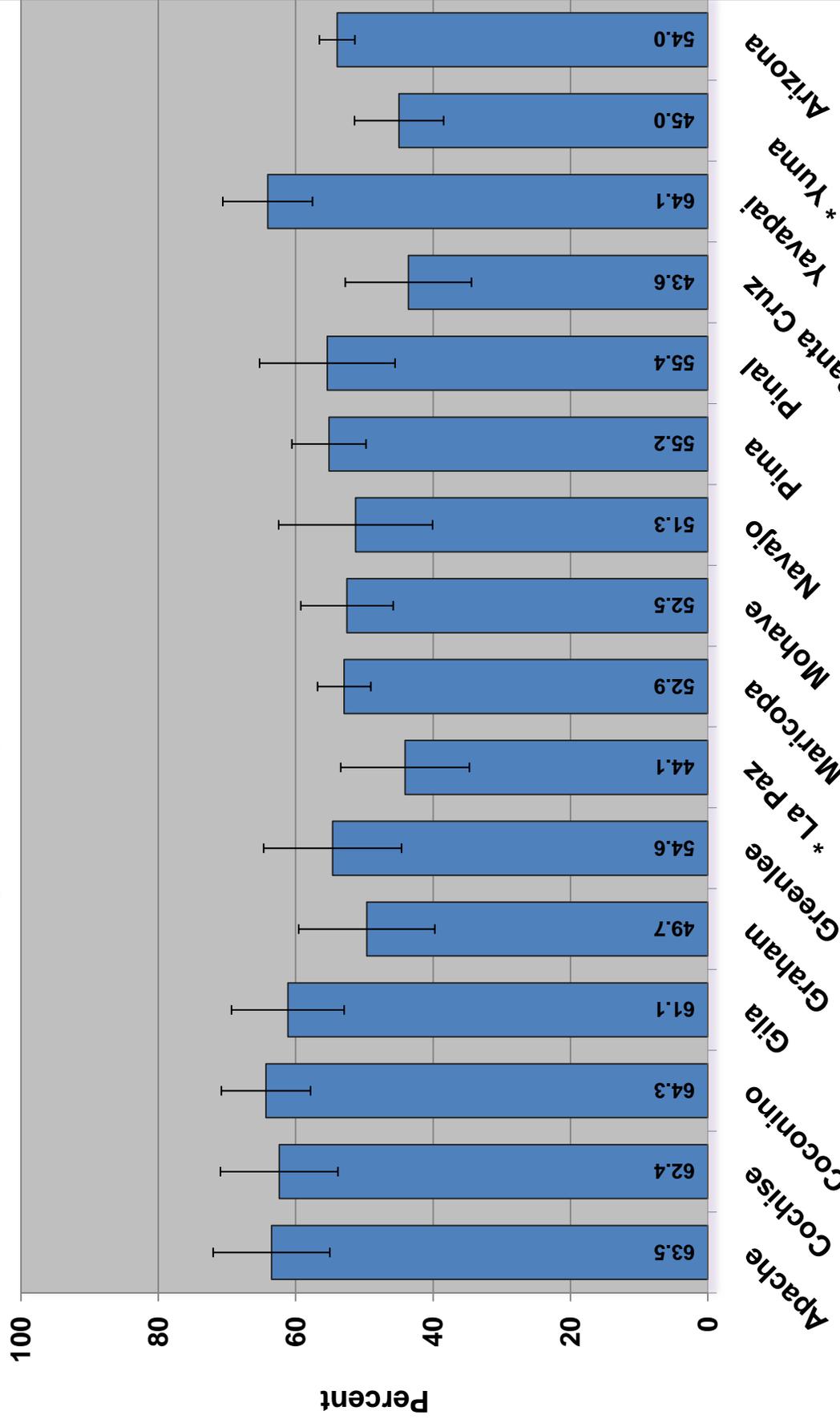
People are considered at risk if they reported insufficient or no physical activity. Analysis of the 2010 Arizona BRFSS data, as indicated on the pie chart on the previous page, indicated that 46.4% respondents reported insufficient physical activity in the vigorous or moderate categories.

- Women were less likely than men to meet minimum requirements for physical activity, at 51.7% versus 56.2% respectively.
- Adults who never married were most likely to participate in physical activity, at 64.1%.
- College graduate respondents participate in physical activity at a greater percentage than the other education subgroups, at 57.3%.

Arizona 2010 BRFSS: Respondents who meet Physical Activity Requirements					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	54.0	2627	EMPLOYMENT		
SEX			Employed for wages	53.3	871
Male	56.2	1036	Self-employed	61.7	246
Female	51.7	1591	Out of work	63.2	170
AGE			Homemaker	53.9	235
18-24	69.3	90	Student	70.5	62
25-34	66.2	206	Retired	51.7	942
35-44	50.7	277	Unable to work	24.6	90
45-54	53.1	418	INCOME		
55-64	52.3	637	<\$25,000	44.8	633
65+	47.5	999	\$25,000-\$34,999	51.6	291
MARITAL STATUS			\$35,000-\$49,999	49.9	359
Married	53.1	1559	\$50,000-\$74,999	58.5	400
Divorced	51.3	368	\$75,000 or more	60.1	650
Widowed	45.5	343	RACE/ ETHNICITY		
Separated	50.6	43	White, Non-Hispanic	53.0	1997
Never married	64.1	243	Black	64.8	37
Unmarried couple	50.0	59	Asian/PI	72.4	31
EDUCATION			American Indian	62.8	115
Less than High School	45.9	195	Other	64.7	65
High School Graduate/GED	51.8	577	Hispanic	51.1	349
Some College/Tech School	53.1	804			
College Grad	57.3	1046			

Table 18. Arizona 2010 BRFSS survey results: Respondents who meet physical activity requirements. * *N is unweighted.

Percent of Arizonans Meeting Physical Activity Requirements, 2010



* Significantly lower than Arizona percentage

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SHINGLES

Shingles is an often-painful outbreak of rash or blisters on the skin which is caused by the chickenpox virus. 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.¹

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 chickenpox 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?

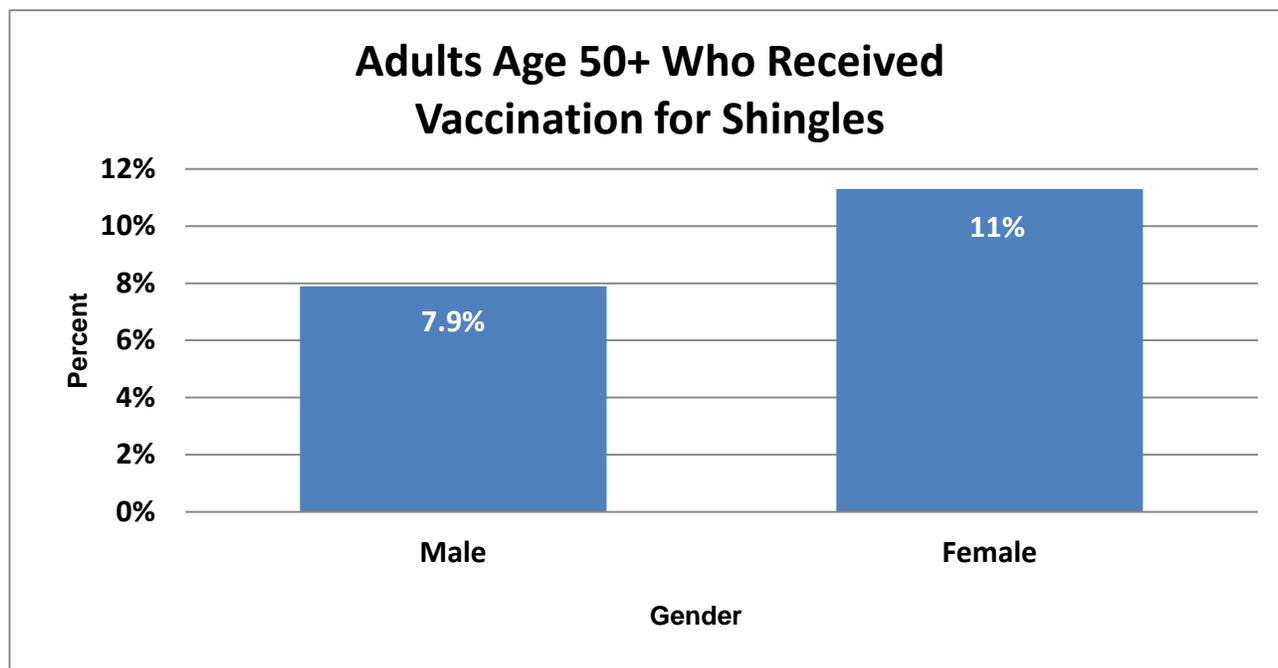


Figure 19. Percentage of Arizona BRFSS respondents age 50+ by Gender who reported that they had a shingles vaccination in the last 5 years (2006-2010).

¹ 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>

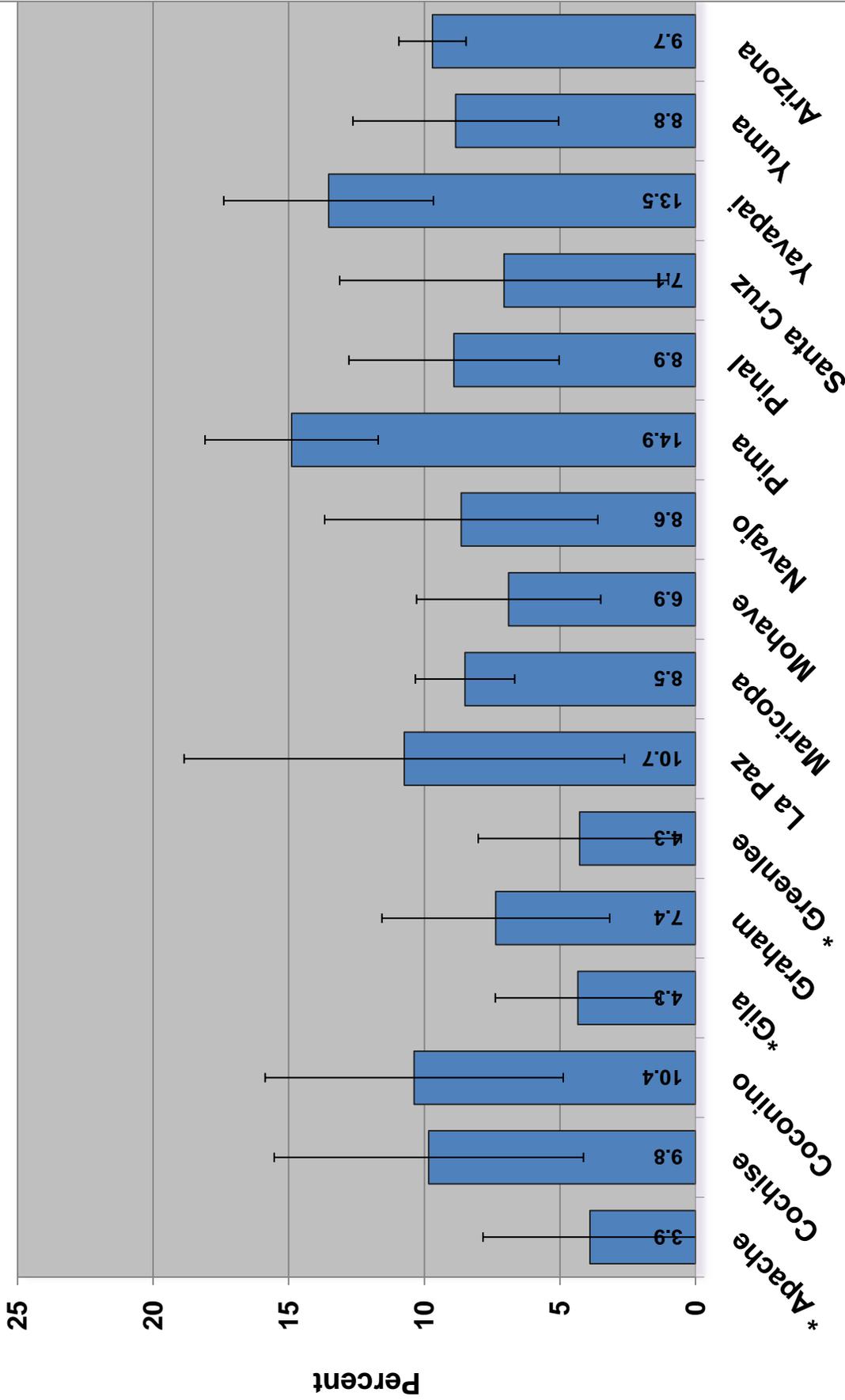
According to the 2010 BRFSS, 9.7% of Arizonans 50+ years of age reported that they received a shingles (herpes zoster) vaccine during the past 5 years. The following respondent groups have had a shingles vaccination within the past 5 years.

- Female adults were more likely than male adults to receive a shingles vaccination, at 11.3% and 7.9%, respectively.
- Respondents with a marital status of “Widowed” were more likely have received a shingles vaccination, at 14.8%.
- Adults with at least some college education were more likely to have received a shingles vaccination, at 11.4%.

Arizona 2010 BRFSS: Characteristics of Persons 50+ who received a Shingles Vaccination					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	9.7	476	EMPLOYMENT		
SEX			Employed for wages	2.1	40
Male	7.9	156	Self-employed	4.4	23
Female	11.3	320	Out of work	6.6	13
AGE			Homemaker	9.8	36
45-54	0.9	5	Student	0	0
55-64	6.5	82	Retired	19.7	353
65+	20.2	389	Unable to work	6.6	11
MARITAL STATUS			INCOME		
Married	10.5	288	<\$25,000	7.0	89
Divorced	4.8	42	\$25,000-\$34,999	13.6	61
Widowed	14.8	127	\$35,000-\$49,999	11.5	76
Separated	2.4	3	\$50,000-\$74,999	10.1	78
Never married	2.8	4	\$75,000 or more	8.2	97
Unmarried couple	7.3	9	RACE/ ETHNICITY		
EDUCATION			White, Non-Hispanic	10.9	427
Less than High School	3.0	23	Black	7.0	4
High School Graduate/ GED	7.0	84	Asian/PI	1.8	1
Some College/ Tech School	11.4	160	American Indian	2.8	8
College Grad	11.0	208	Other	6.0	8
			Hispanic	3.4	26

Table 19. Arizona 2010 BRFSS survey results: Characteristics of persons 50+ who reported that they received a shingles **vaccination** within the past 5 years. *N is unweighted.

Arizona Residents Reporting Having Received a Vaccination for Shingles, 2010



* Significantly lower than Arizona percentage

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SCREENINGS

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COLORECTAL CANCER SCREENING (SIGMOIDOSCOPY & COLONOSCOPY)

Colorectal cancer is the second leading cause of cancer-related deaths in the United States, accounting for 10 percent of all cancer deaths. According to estimates from the American Cancer Society 51,370 Americans died from colorectal cancer in 2010.¹

With age comes an increasing risk of developing colorectal cancer. People at least 50 years old, those who suffer from inflammatory bowel disease, are overweight or physically inactive, and those who have a personal or family history of colorectal polyps or colorectal cancer have a higher risk. Additionally, low fruit and vegetable consumption, a diet low in fiber, alcohol consumption and tobacco use may contribute to the risk for colorectal cancer.²

Survey Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

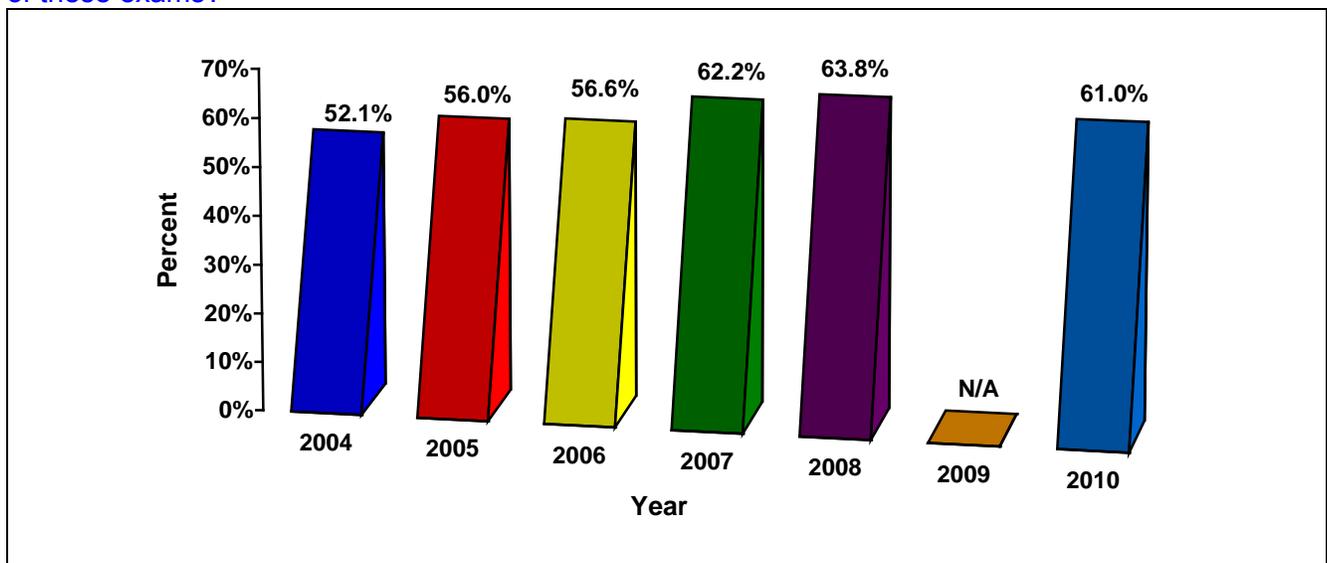


Figure 20. Percentage of Arizona BRFSS respondents 50 years of age or older who reported having had a sigmoidoscopy or colonoscopy.

Respondents who were at least 50 years of age were surveyed on whether they had ever had a sigmoidoscopy and colonoscopy. In 2010, 61% reported they had a sigmoidoscopy or colonoscopy.

¹ American Cancer Society. Cancer Facts & Figures 2010. Accessed online at <http://www.cancer.org/Research/CancerFactsFigures/Cancer>

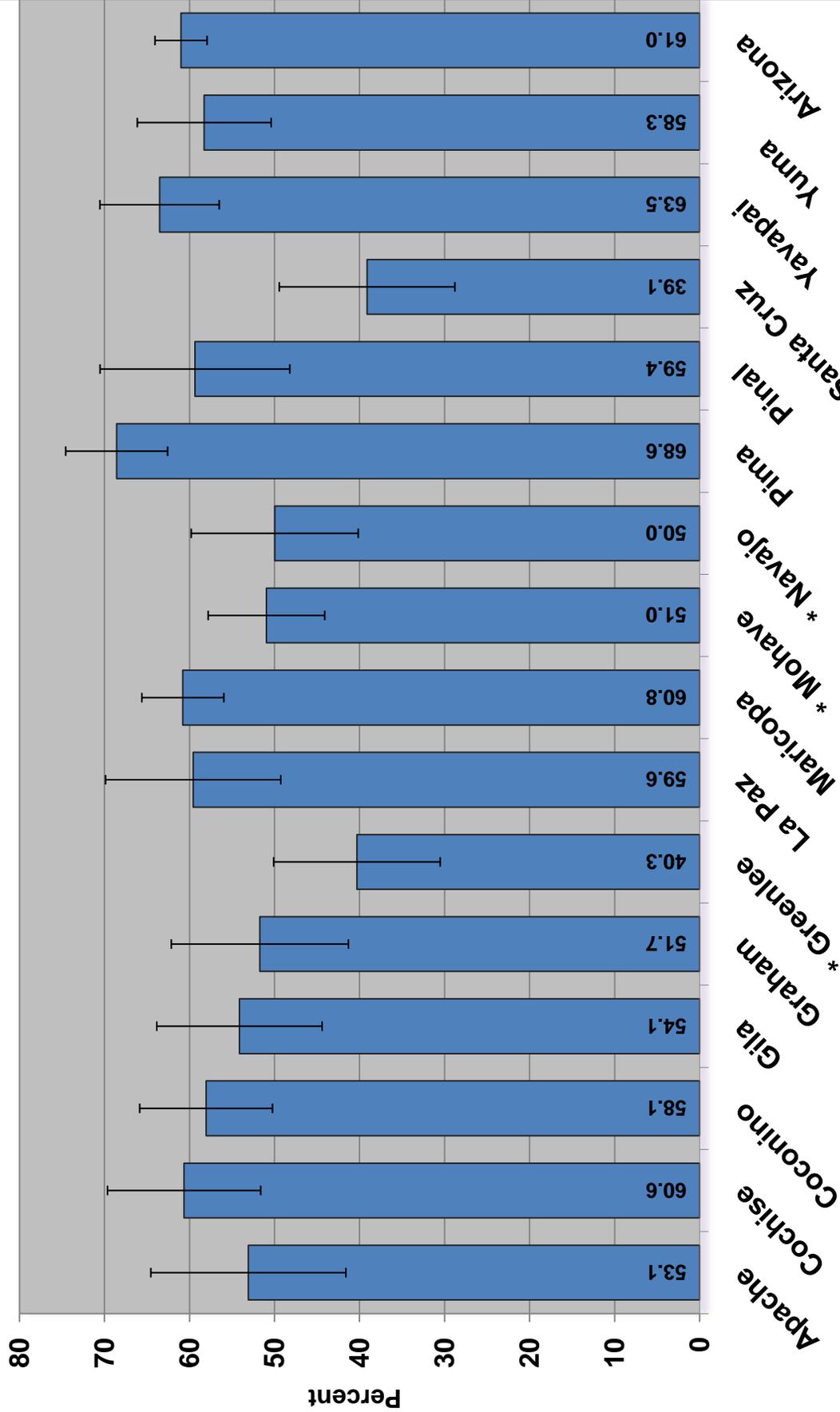
² U.S. Department of Health and Human Services. Center for Diseases Control and Prevention, the Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC.2004.

- Men and women were equally likely to have had a sigmoidoscopy or colonoscopy, at 60.1% and 61.8%.
- Adults aged 65 and older were most likely to have had a sigmoidoscopy or colonoscopy, at 74.5%.
- In the marital status category: Unmarried couples were most likely to have had sigmoidoscopy or colonoscopy, at 76.2%.
- Adults with a college education were most likely to have had a sigmoidoscopy or colonoscopy, at 66.6%.

Arizona 2010 BRFSS: Arizona Respondents who have had a Sigmoidoscopy or Colonoscopy					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	61.0	2605	EMPLOYMENT		
SEX			Employed for wages	51.2	495
Male	60.1	955	Self-employed	58.5	174
Female	61.8	1650	Out of work	49.7	96
AGE			Homemaker	60.2	207
45-54*	42.2	186	Student	49.9	5
55-64	65.9	770	Retired	76.0	1445
65+	74.5	1649	Unable to work	48.1	180
MARITAL STATUS			INCOME		
Married	63.8	1517	<\$25,000	46.6	648
Divorced	51.6	371	\$25,000-\$34,999	61.2	304
Widowed	68.4	554	\$35,000-\$49,999	68.9	403
Separated	33.1	26	\$50,000-\$74,999	61.4	363
Never married	35.0	91	\$75,000 or more	67.3	506
Unmarried couple	76.2	39	RACE/ ETHNICITY		
EDUCATION			White, Non-Hispanic	64.2	2203
Less than High School	42.0	206	Black	71.6	22
High School Graduate/GED	56.5	591	Asian/PI	45.9	13
Some College/Tech School	61.6	837	American Indian	19.7	49
College Grad	66.6	969	Other	60.8	52
			Hispanic	46.2	238

Table 20. Arizona 2010 BRFSS survey results: Respondents over age 50 who have had a sigmoidoscopy or colonoscopy. *N is unweighted.

Percent of Arizonans Who Had a Sigmoidoscopy & Colonoscopy, 2010



* Significantly Lower than Arizona percentage

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COLORECTAL CANCER SCREENING (FECAL OCCULT BLOOD TEST)

The Fecal occult blood test, flexible sigmoidoscopy and colonoscopy are utilized regularly to detect colorectal cancer in its earliest stages, when treatment is most likely to be effective. Regular colorectal cancer screening, as recommended by the U.S. Preventive Services Task Force, can reduce the number of deaths from this disease by at least 30 percent.

Survey Question: A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

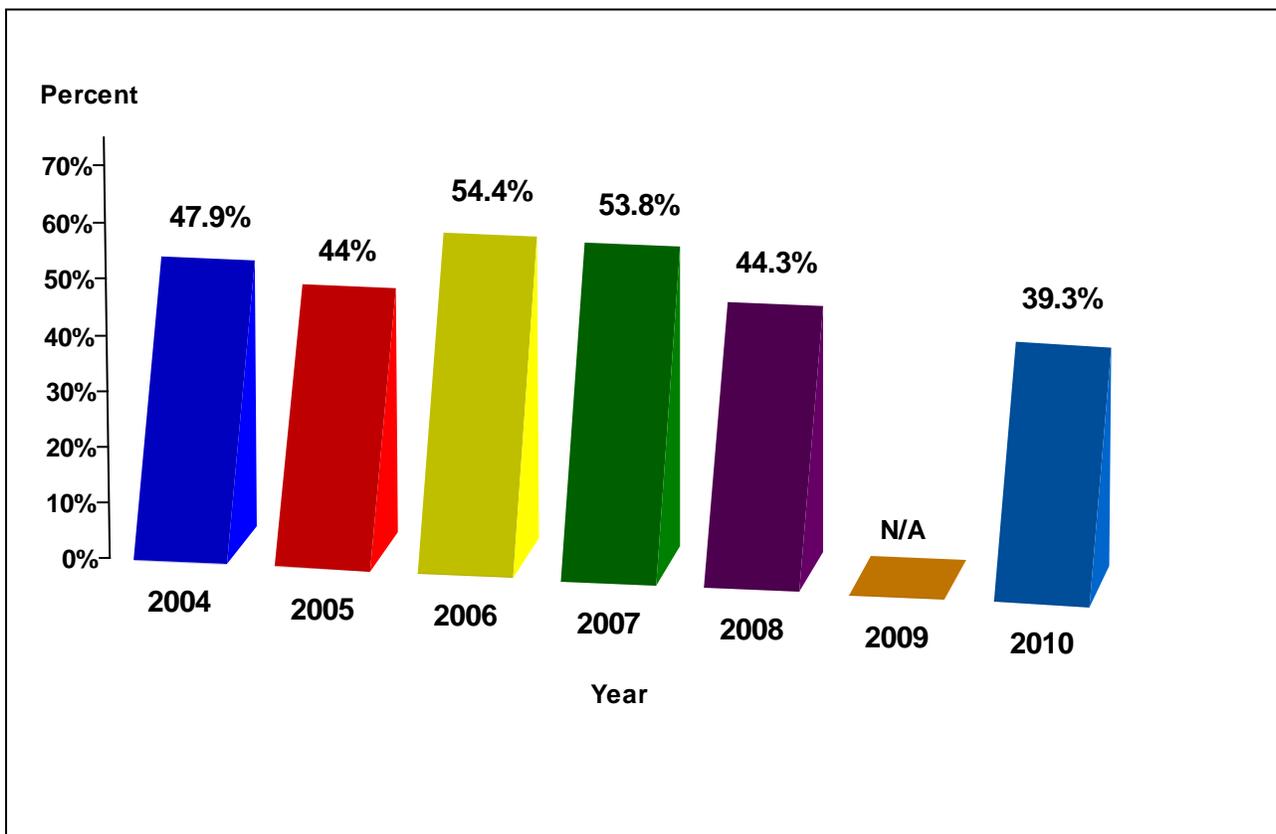


Figure 21. Percentage of Arizona 2010 BRFSS respondents 50 years of age or older who reported they have had a blood stool test.

Respondents who were at least 50 years of age were surveyed on whether they had ever had a blood stool test. Nearly forty percent responded that they have had a blood stool test. The following respondent groups reported they have had a blood stool test:

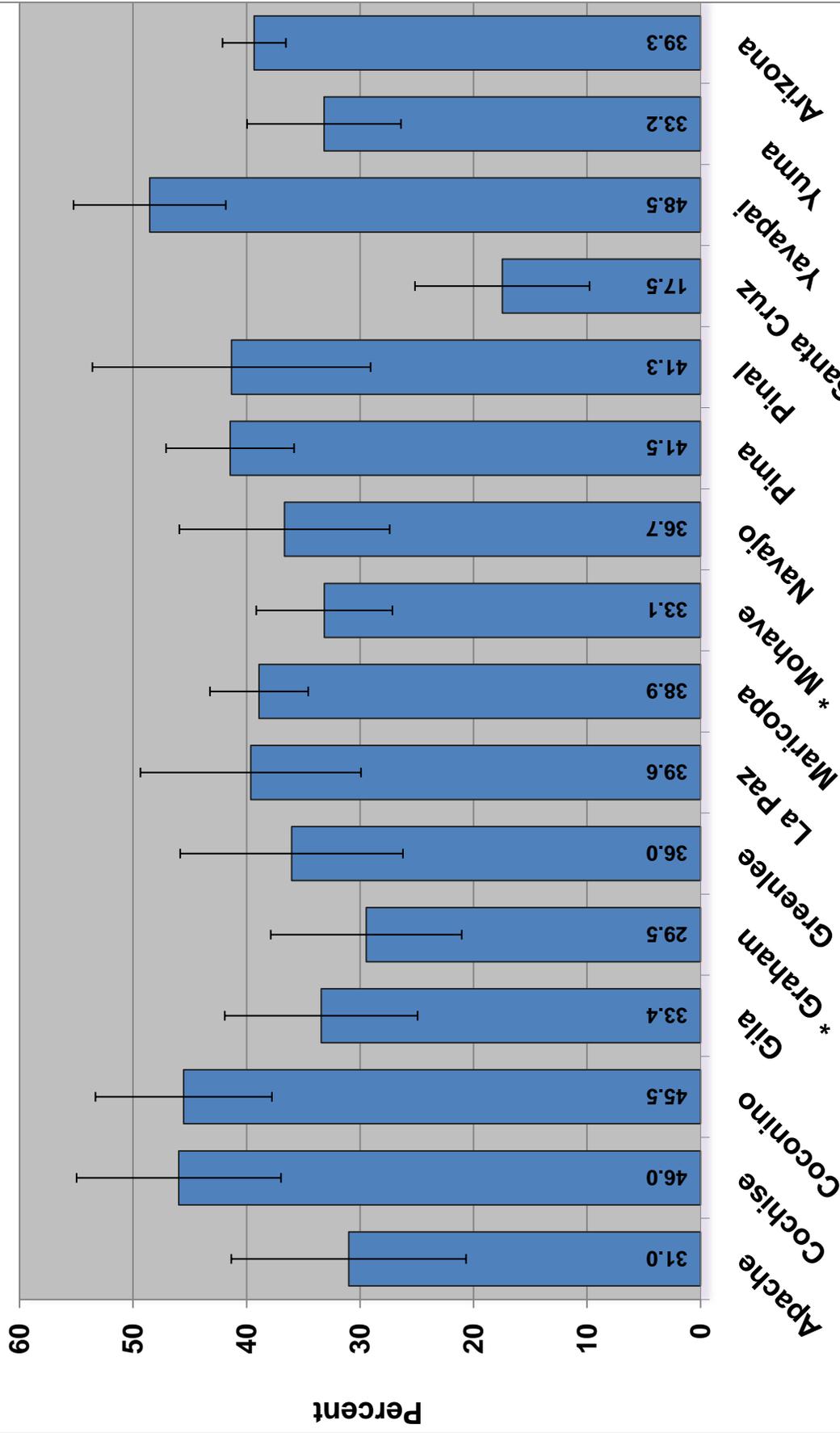
- Females were more likely than males have had a fecal occult blood test at 42.5% versus 35.9% respectively.

- Adults aged 65 years and older were most likely to have had a fecal occult blood test, at 55.7%.
- Adults with some college/tech school were more likely to have had a fecal occult blood test, at 43.7%.
- Retired Adults were more likely to have had a fecal occult blood test, at 56.1%.

Arizona 2010 BRFSS: Arizona Respondents who have had a Fecal Occult Blood Test					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	39.3	1766	EMPLOYMENT		
SEX			Employed for wages	27.8	307
Male	35.9	634	Self-employed	33.1	112
Female	42.5	1132	Out of work	33.3	63
AGE			Homemaker	34.7	123
45-54*	20.9	111	Student	27.3	4
55-64	39.9	468	Retired	56.1	1039
65+	55.7	1187	Unable to work	28.7	114
MARITAL STATUS			INCOME		
Married	40.5	1018	<\$25,000	29.4	441
Divorced	35.7	259	\$25,000-\$34,999	44.7	216
Widowed	49.1	389	\$35,000-\$49,999	44.9	279
Separated	13.5	19	\$50,000-\$74,999	42.6	232
Never married	22.0	53	\$75,000 or more	38.6	334
Unmarried couple	30.5	21	RACE/ ETHNICITY		
EDUCATION			White, Non-Hispanic	43.1	1553
Less than High School	18.2	111	Black	18.2	9
High School Graduate/GED	37.2	400	Asian/PI	49.9	11
Some College/Tech School	43.7	599	American Indian	14.2	29
College Grad	41.2	653	Other	36.4	35
			Hispanic	17.9	108

Table 21. Arizona 2010 BRFSS survey results: Respondents over age 50 who have had a fecal occult blood test. *N is unweighted.

Arizonans Reporting Using a Blood Stool Test, 2010



* Significantly lower than Arizona percentage

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ROUTINE MAMMOGRAPHY

Mammography is the best method available to detect breast cancer in its earliest, most treatable stage. Women 40 years of age and over should routinely have mammograms every 1 to 2 years. Timely mammography screening among women aged 40 or older could prevent 15 – 30 percent of all deaths from breast cancer.¹ The key to reduction in breast cancer mortality is dependent upon successful treatments and early detection. Routine mammography is a critical tool for breast cancer detection.

Currently, the American Cancer Society recommends mammography for women 40-years of age, while the National Cancer Institute recommends that women discuss mammography with their physician. The benefit of obtaining routine mammograms is the ability of this test to detect tumors smaller than would be detectable using a breast self-exam. Small tumors are more likely to be associated with an early stage of breast cancer and therefore respond better to treatment.

Survey Question:

A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

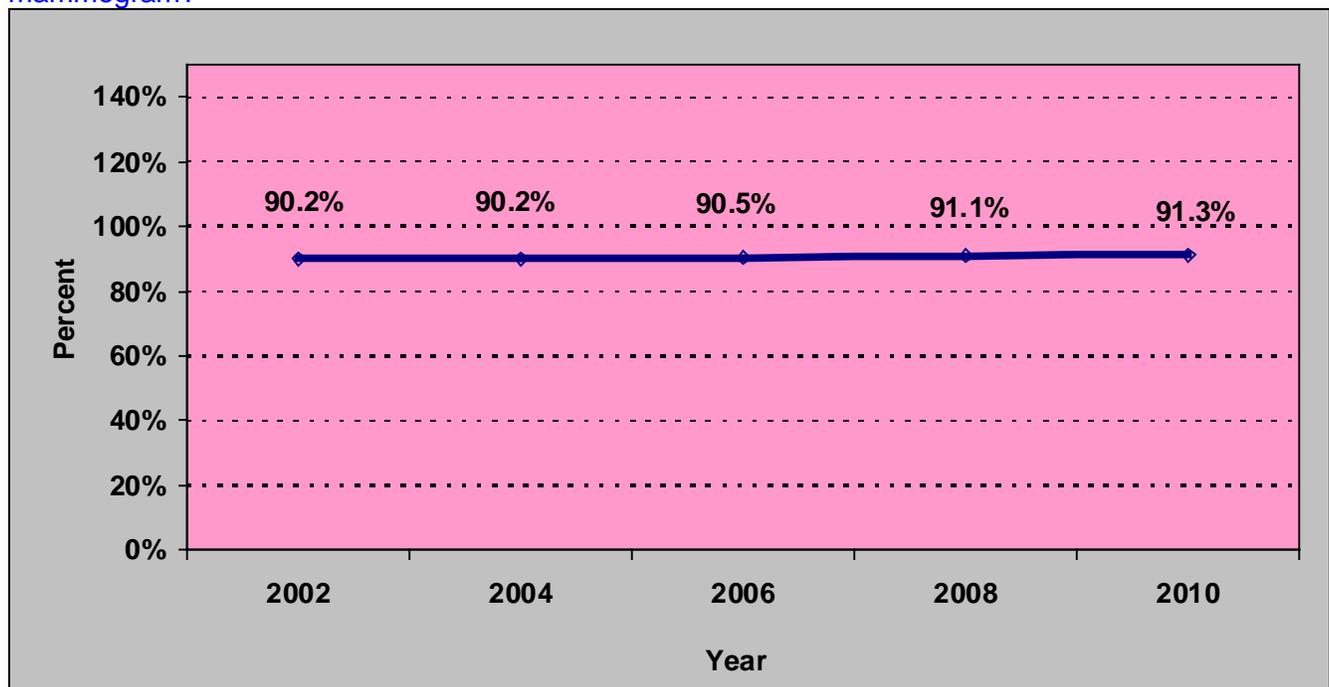


Figure 22. Percentage of Arizona 2010 BRFSS female respondents 40+ years of age or older who reported they had a mammogram. Healthy People 2010 Objective 3.14 is 70% of women 40+ years of age having a mammogram.

¹U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, D.C.; U.S. Government Printing Office, November 2000. Arizona Department of Health Services. Healthy Arizona 2010: Collaborating For a Healthier Future. March 2001.

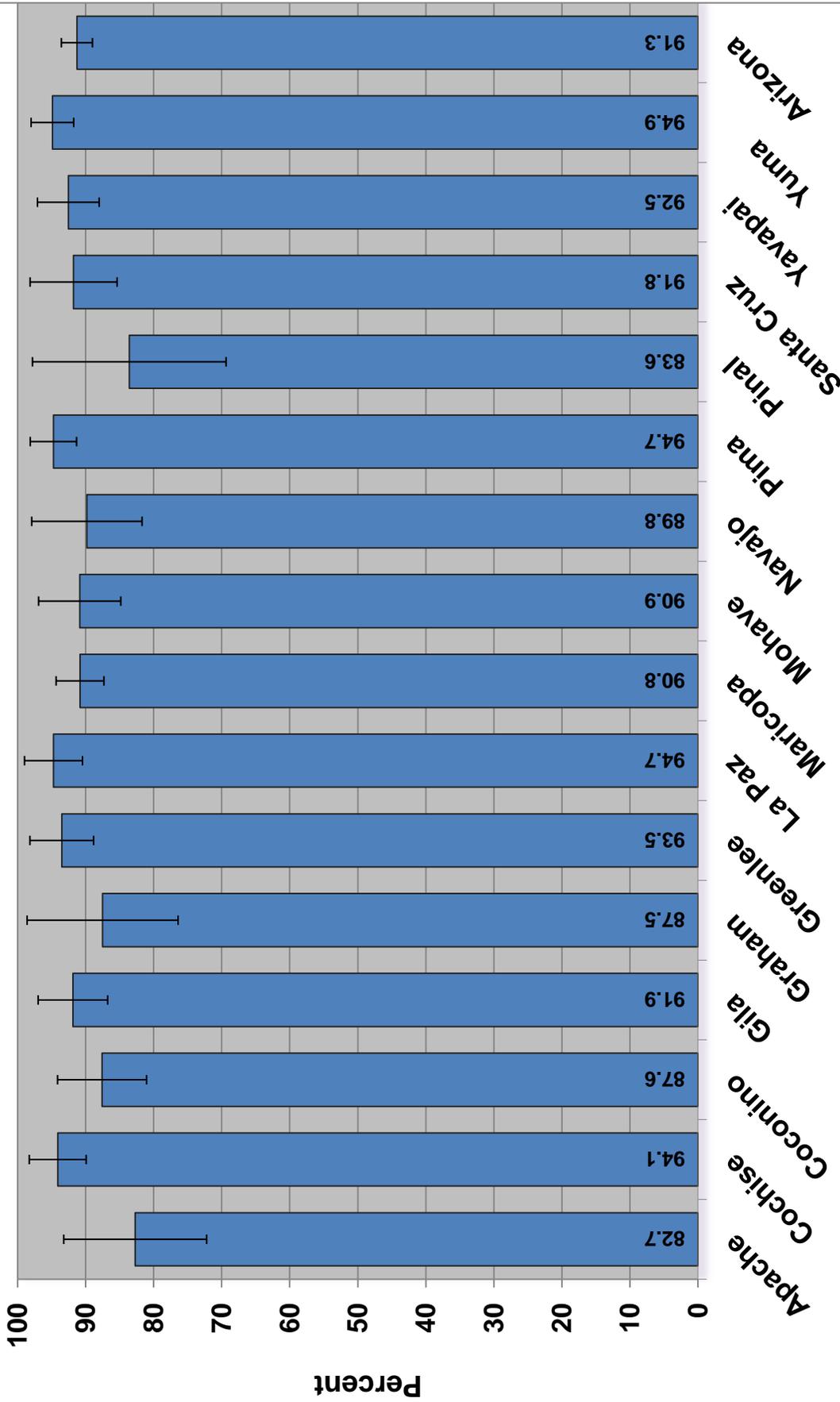
This question was not used in 2003, 2005, 2007 and 2009, therefore no data is available. Analysis of the 2010 Arizona BRFSS showed that 8.7% of females 40 years of age or older responded that they had never had a mammogram. The following respondent groups had a mammogram:

- Students were least likely to get a mammogram. Only 74.4% have ever had a mammogram.
- By race/ethnicity, American Indians were least likely to get a mammogram, at 55.3%.

Arizona 2010 BRFSS: Arizona Female Respondents Age 40+ who have had a Mammogram					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	91.3	2822	EMPLOYMENT		
SEX			Employed for wages	89.7	766
Female	91.3	2822	Self-employed	94.7	185
AGE			Out of work	88.6	121
35-44	72.8	144	Homemaker	86.8	372
45-54	92.7	521	Student	74.4	12
55-64	96.1	733	Retired	96.5	1151
65+	95.4	1424	Unable to work	89.3	203
MARITAL STATUS			INCOME		
Married	92.6	1435	<\$25,000	85.3	836
Divorced	89.8	483	\$25,000-\$34,999	91.3	321
Widowed	95.8	658	\$35,000-\$49,999	89.2	355
Separated	70.4	45	\$50,000-\$74,999	96.8	371
Never married	79.2	143	\$75,000 or more	92.6	461
Unmarried couple	94.9	49	RACE/ ETHNICITY		
EDUCATION			White, Non-Hispanic	94.1	2200
Less than High School	81.8	290	Black	55.7	24
High School Graduate/GED	91.8	735	Asian/PI	74.9	18
Some College/Tech School	90.6	918	American Indian	55.3	94
College Grad	93.7	874	Other	90.2	56
			Hispanic	91.3	406

Table 22. Arizona 2010 BRFSS results: Female respondents 40+ years of age who reported that they have had a mammogram. *N is unweighted.

Arizona Respondents Age 40+ Who Had a Mammogram



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ROUTINE PAP SMEAR

A Pap smear (Pap test) is a test of a sample of cells taken from a woman's cervix. The test is used to look for changes in the cells of the cervix that show cervical cancer or conditions that may develop into cancer. Cervical cancer screening using the Pap test detects not only cancer but precancerous lesions. Women should begin getting a Pap test no later than 18 years of age.¹ The most effective method of diagnosing pre-cancerous conditions (cervical dysplasia) and localized early stage cervical cancer is effective routine screening of all women using Pap smear testing. Routine screening programs using Pap smear testing can reduce incidence, and thus, mortality of cervical cancer by 93%.²

The Human Papilloma Virus (HPV), a sexually transmitted disease associated with cervical cancer, can also be detected with a Pap smear test.³ Increased awareness of the importance of receiving annual Pap smear tests is essential for all women, but especially for women who might be at increased risk for HPV.

Survey Question: Have you ever had a Pap test?

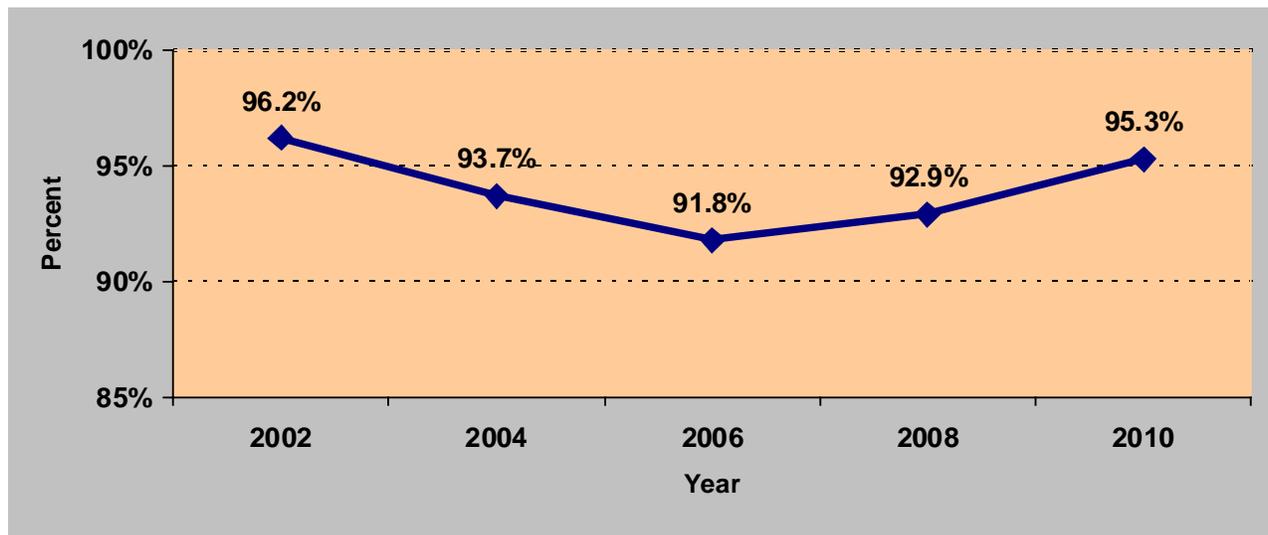


Figure 23. Percentage of Arizona women age 18 and older who reported having a Pap smear test, 2002 – 2010.

This question was not used in 2003, 2005, 2007 and 2009 and therefore data is not available.

¹ Fact Sheet - The National Breast and Cervical Cancer Early Detection Program. Centers for Disease Control and Prevention, 2002.

² Eddy DM. Screening for Cervical Cancer. *Annals Internal Medicine* 1990, vol.113, pgs. 214-226.

³ Cervical Cancer Resource Center, American Cancer Society, Atlanta, GA, 2000.

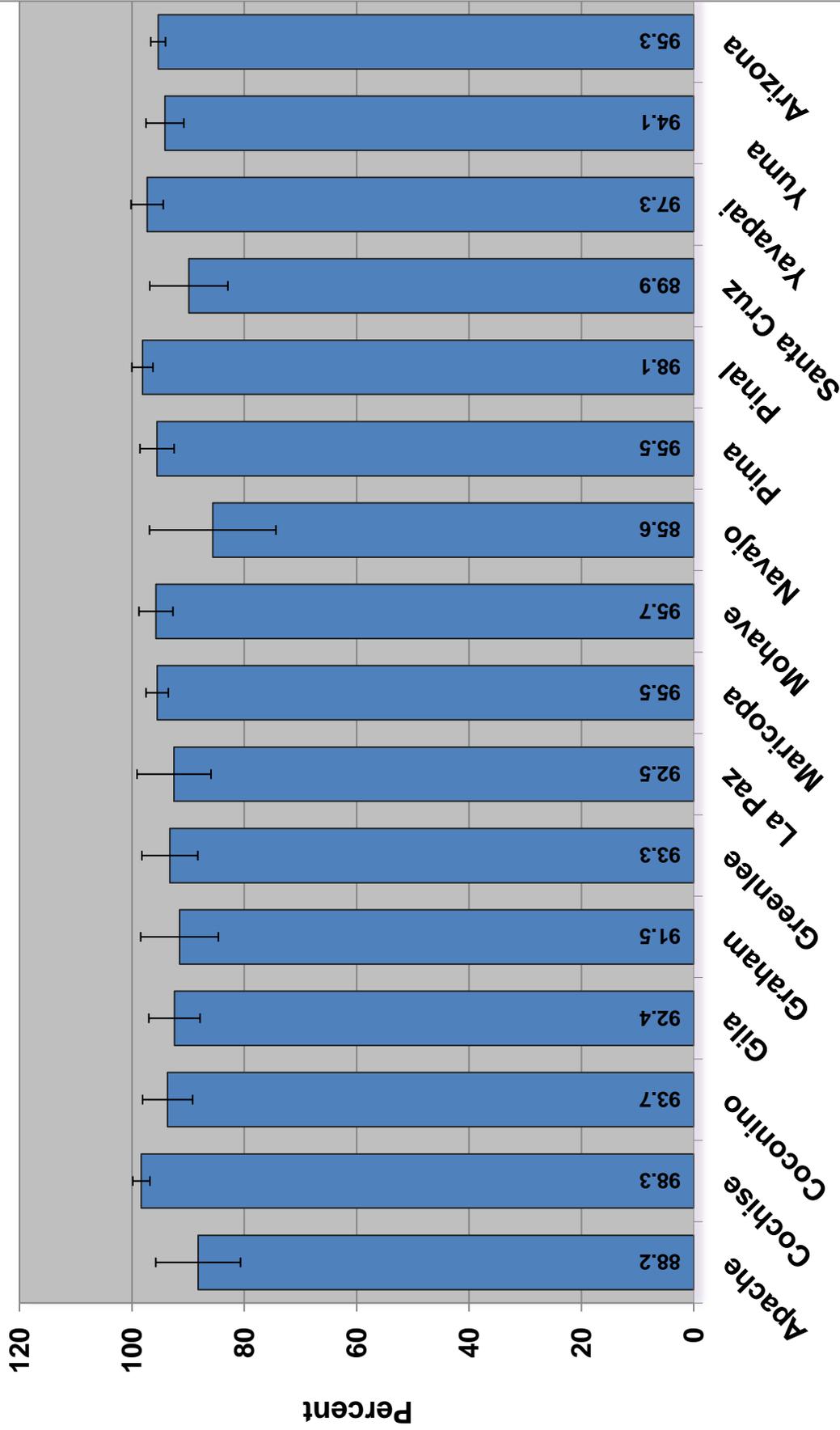
The following respondent groups have had a Pap test:

- In 2010, 95.3% of Arizona female respondents who EVER had a Pap Smear Test.
- Women ages 55-64 were most likely to have reported having a pap smear, 98.6%.
- Females whose household income exceeded \$35,000 were more likely to have a pap smear, at 98%.

Arizona 2010 BRFSS: Arizona Female Respondents who had a Pap Smear Test					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	95.3	3312	EMPLOYMENT		
SEX			Employed for wages	98.4	1020
Female	95.3	3312	Self-employed	96.1	229
AGE			Out of work	89.8	162
18-24	65.5	49	Homemaker	96.1	499
25-34	95.9	212	Student	70.8	45
35-44	97.1	349	Retired	94.6	1126
45-54	98.1	542	Unable to work	95.0	219
55-64	98.6	780	INCOME		
65+	93.1	1380	<\$25,000	92.6	995
MARITAL STATUS			\$25,000-\$34,999	96.7	371
Married	97.8	1753	\$35,000-\$49,999	98.3	436
Divorced	99.0	550	\$50,000-\$74,999	98.8	433
Widowed	88.9	628	\$75,000 or more	98.5	565
Separated	87.9	65	RACE/ ETHNICITY		
Never married	83.6	227	White, Non-Hispanic	97.2	2455
Unmarried couple	93.3	77	Black	100	39
EDUCATION			Asian/PI	76.3	27
Less than High School	85.6	334	American Indian	88.4	149
High School Graduate/GED	94.8	837	Other	97.3	69
Some College/Tech School	96.8	1077	Hispanic	91.6	542
College Grad	96.8	1061			

Table 23. Arizona 2010 BRFSS results: Female respondents who reported that they had a Pap smear. *N is unweighted.

Arizona Respondents Age 40+ Who Reporting Having a Pap Test



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PROSTATE CANCER SCREENING

The two most common tests used by doctors are the digital rectal exam and the prostate-specific antigen test (PSA). The Digital Rectal Exam (DRE) has been recommended for years as a screening test for prostate cancer, yet it is limited in its ability to detect prostate cancer, or distinguish a cancer from something else. The Prostate-Specific Antigen (PSA) is a blood test that measures the PSA enzyme. The PSA test is limited in its ability to distinguish between a benign and cancerous tumor and other conditions, e.g., prostatitis (inflammation of the prostate).¹

Survey Question: Have you ever had a PSA test?

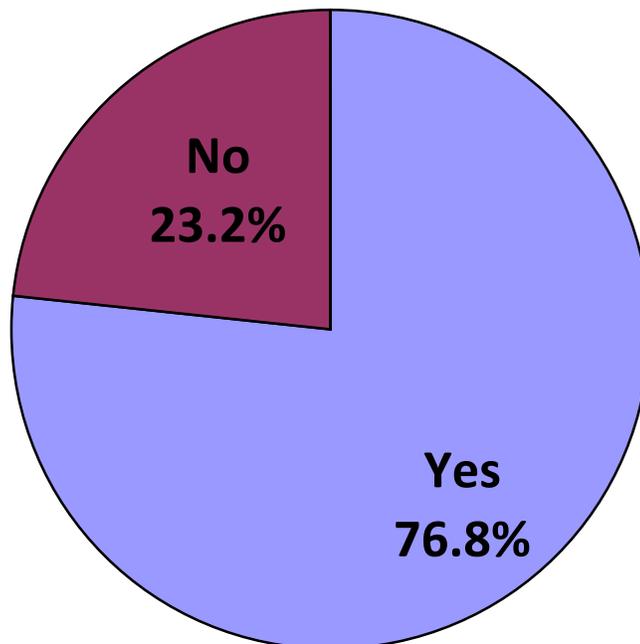


Figure 24. Responses of males ages 40+ to the 2010 Arizona BRFSS question: Have you ever had a PSA blood test?

Male respondents who were at least 40 years of age were surveyed on whether they had a Prostate-Specific Antigen (PSA) blood test. Three-fourths responded that they have had a PSA blood test.

¹ Prostate Cancer: The Public Health Perspective, Centers for Disease Control and Prevention, 2002
02) 542-7333

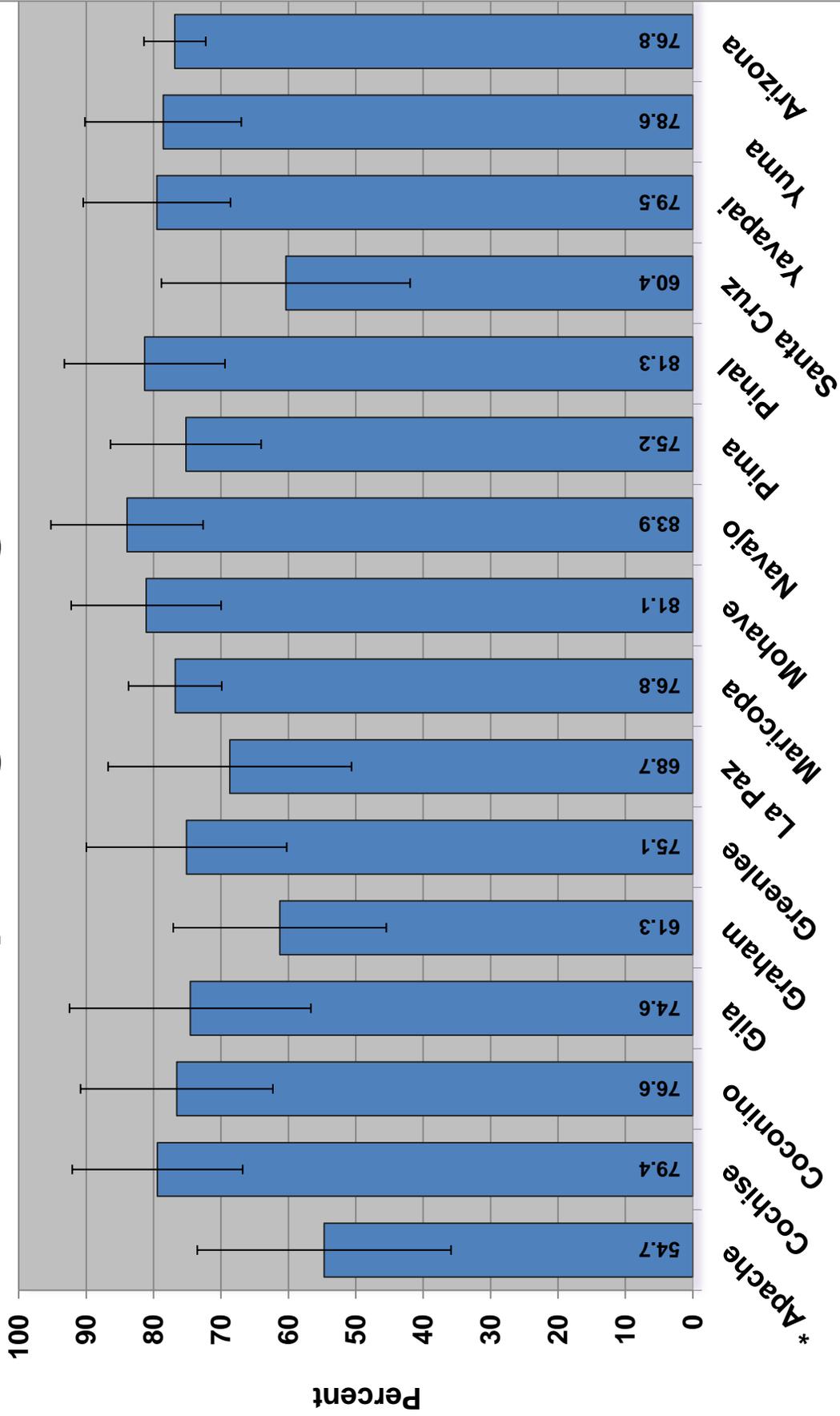
The following respondent groups have had a PSA test:

- Adult males 65+ of age were more likely to get a PSA test, at 91.3%.
- Unmarried males were more likely to have a PSA test, at 98.1%.
- Males whose household income ranges from \$35,000-\$49,999 were most likely to get a PSA test, at 84.1%.

Arizona 2010 BRFSS: Arizona Male Respondents who have had a PSA Test					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	76.8	1181	EMPLOYMENT		
SEX			Employed for wages	66.2	246
Male	76.8	1181	Self-employed	77.1	98
AGE			Out of work	58.5	49
45-54	61.2	94	Homemaker	99.2	3
55-64	79.4	358	Student	100	2
65+	91.3	729	Retired	90.8	706
MARITAL STATUS			Unable to work	73.7	74
Married	80.0	823	INCOME		
Divorced	63.8	156	<\$25,000	56.0	255
Widowed	68.0	118	\$25,000-\$34,999	79.9	137
Separated	36.7	8	\$35,000-\$49,999	84.1	204
Never married	63.7	51	\$50,000-\$74,999	82.2	186
Unmarried	98.1	21	\$75,000 or more	82.2	288
EDUCATION			RACE/ ETHNICITY		
Less than High School	48.5	93	White, Non-Hispanic	80.5	1005
High School Graduate/GED	70.1	227	Black	77.2	13
Some College/Tech School	83.7	345	Asian/PI	89.9	10
College Grad	80.7	514	American Indian	19.2	15
			Other	92.9	27
			Hispanic	53.8	91

Table 24. Arizona 2010 BRFSS survey results: Male respondents over age 45 that have had a PSA blood test. *N is unweighted.

Arizona Respondents Who Reporting Having a PSA Test



* Significantly lower than Arizona percentage

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**HEALTH CARE COVERAGE
AND
HEALTH CARE UTILIZATION**

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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.¹

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?

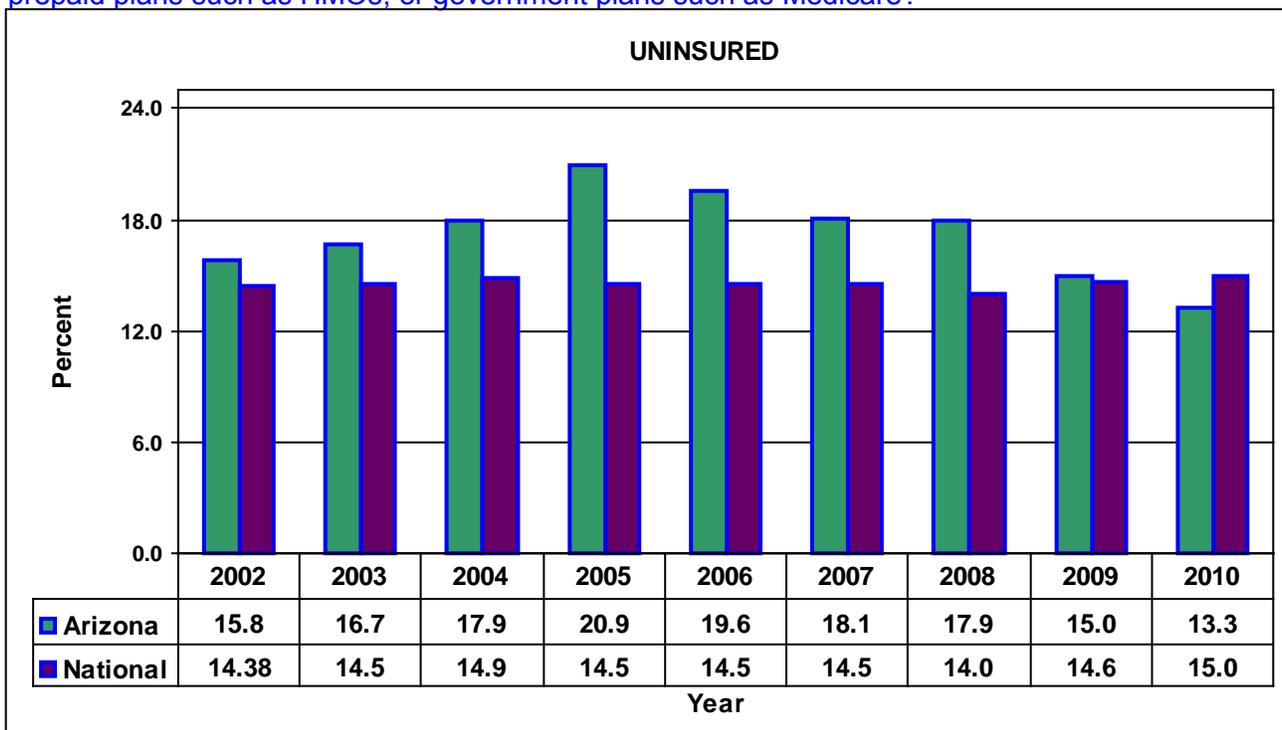


Figure 25. Percentage of BRFSS respondents who reported they were uninsured in 2002-2010.

In 2010, 13.3% 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.² There is also a *Healthy Arizona 2010* objective, with a goal of reducing the percentage of uninsured persons to 10%.³

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

²U.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.

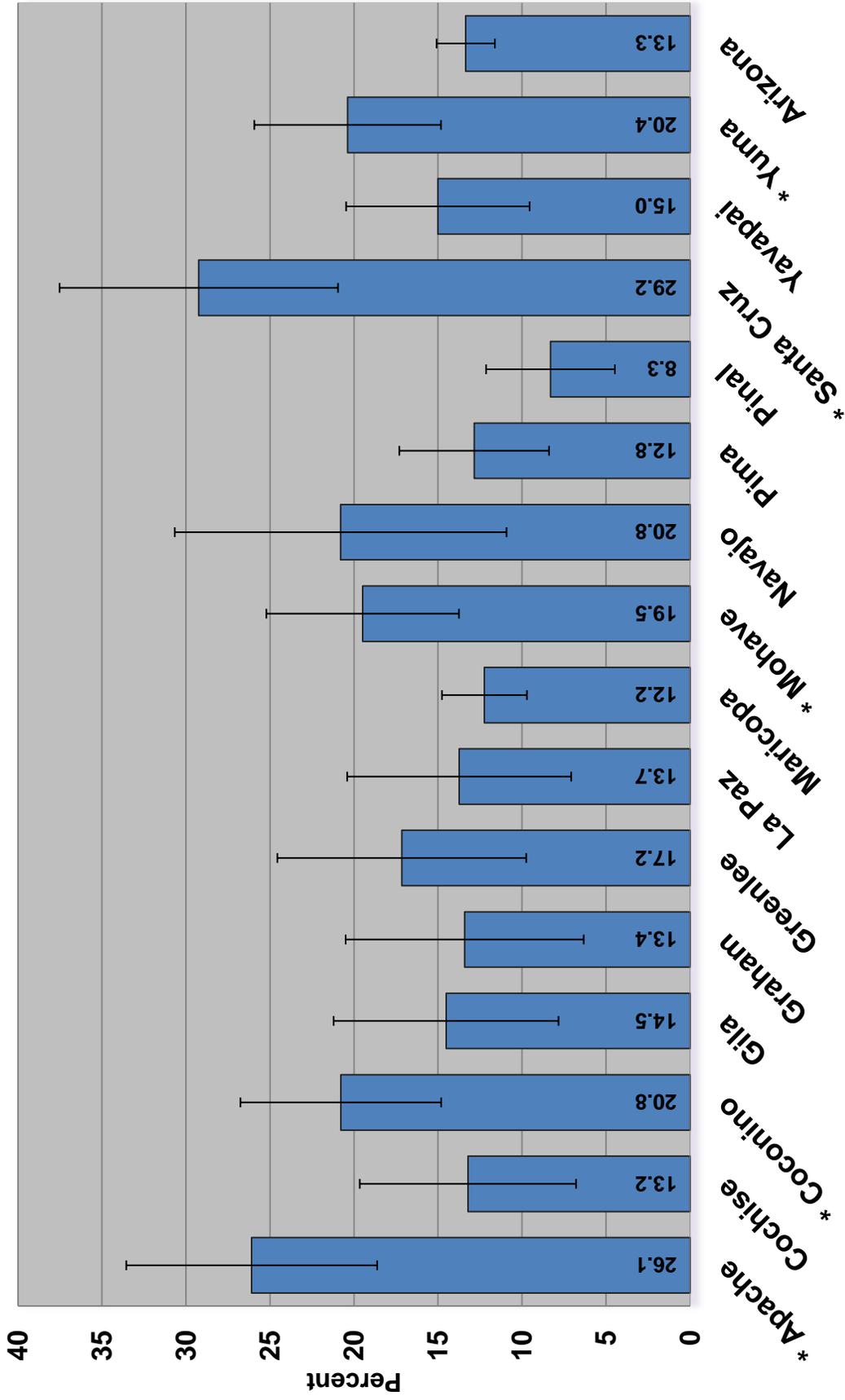
³U.S. Department of Health and Human Services. Center for Disease Control and Prevention, Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington DC: U.S. Government Printing Office, November 2000.

- Couples who were separated or never married were more likely to be uninsured at 28.9% and 23.8%.
- Adults with less than a high school education were more likely to be uninsured, at 30.4%.
- Adults who reported their employment status as “Out of work” were more likely to be uninsured, at 25.2%.
- Hispanics were more likely to be uninsured, at 28.8%.

2010 Arizona BRFSS: Uninsured Arizona Respondents					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	13.3	619	EMPLOYMENT		
SEX			Employed for wages	12.2	242
Male	13.6	224	Self-employed	19.6	87
Female	13.0	395	Out of work	25.2	85
AGE			Homemaker	21.6	88
18-24	25.0	48	Student	16.9	23
25-34	17.5	82	Retired	3.1	55
35-44	20.8	127	Unable to work	13.0	35
45-54	13.0	143	INCOME		
55-64	11.6	191	<\$25,000	28.7	322
65+	0.7	28	\$25,000-\$34,999	17.6	81
MARITAL STATUS			\$35,000-\$49,999	15.4	70
Married	10.5	300	\$50,000-\$74,999	9.9	46
Divorced	20.0	122	\$75,000 or more	2.5	28
Widowed	3.7	36	RACE/ ETHNICITY		
Separated	28.9	23	White, Non-Hispanic	9.6	305
Never married	23.8	106	Black	12.6	10
Unmarried couple	17.7	27	Asian/PI	13.4	7
EDUCATION			American Indian	19.6	63
Less than High School	30.4	137	Other	9.6	11
High School Graduate/GED	20.9	198	Hispanic	28.8	218
Some College/Tech School	12.6	173			
College Grad	6.0	110			

Table 25. Arizona 2010 BRFSS results: Uninsured Arizona Respondents. *N is unweighted.

Percent of Arizonans Who Were Uninsured, 2010



* Significantly higher than Arizona percentage

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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.¹

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.²

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

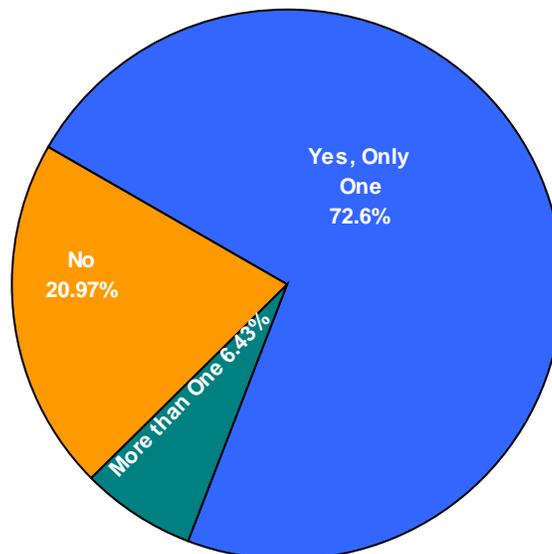


Figure 26. Percentage of Arizona 2010 BRFSS respondents reporting having multiple health care professionals.

¹U.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.

²U.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.

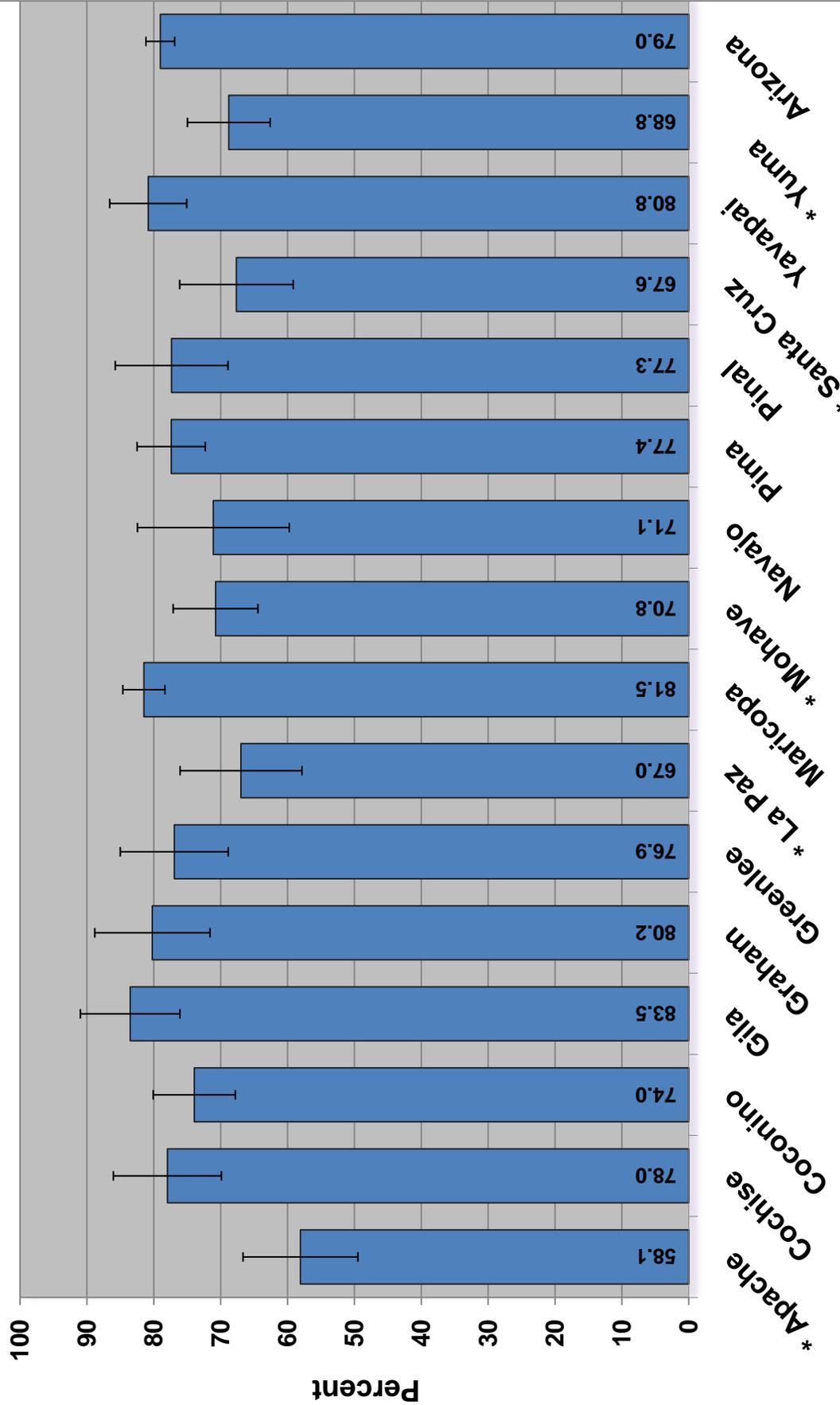
According to the 2010 BRFSS, 79% of all respondents reported having a usual source of health care.

- Adults 65+ years old reported they were more likely to have a personal health care professional, at 93.5%.
- Marital Status: widowed and married were more likely to have a personal health care professional, at 92.5% and 82.8%.
- Employment status: Retired were more likely to have a personal health care professional, at 93.3%.
- Household incomes of more than \$75,000 were more likely to have a personal health care professional, at 87.4%.

Arizona 2010 BRFSS: Arizona Respondents reported having a personal Health Care Provider					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	79.0	4754	EMPLOYMENT		
SEX			Employed for wages	75.5	1417
Male	74.1	1669	Self-employed	82.2	352
Female	83.9	3085	Out of work	64.5	244
AGE			Homemaker	79.6	446
18-24	55.5	86	Student	62.6	62
25-34	65.6	244	Retired	93.3	1890
35-44	74.6	409	Unable to work	89.3	326
45-54	80.1	704	INCOME		
55-64	85.5	1114	<\$25,000	67.0	1255
65+	93.5	2197	\$25,000-\$34,999	75.7	522
MARITAL STATUS			\$35,000-\$49,999	77.7	648
Married	82.8	2706	\$50,000-\$74,999	82.5	660
Divorced	75.4	694	\$75,000 or more	87.4	983
Widowed	92.5	817	RACE/ ETHNICITY		
Separated	71.1	74	White, Non-Hispanic	83.6	3674
Never married	59.1	345	Black	87.2	59
Unmarried couple	74.0	99	Asian/PI	77.3	53
EDUCATION			American Indian	61.8	167
Less than High School	58.9	441	Other	66.5	97
High School Graduate/GED	72.7	1140	Hispanic	63.1	643
Some College/Tech School	81.8	1490			
College Grad	85.0	1674			

Table 26. Arizona 2010 BRFSS results: Respondents with usual source of health care. *N is unweighted.

Percent of Arizonans Reporting They Have a Personal Doctor, 2010



* Significantly lower than Arizona percentage

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TIME SINCE LAST ROUTINE CHECKUP

Figure 27 below, contains information on the health care needs of Arizona population, 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?

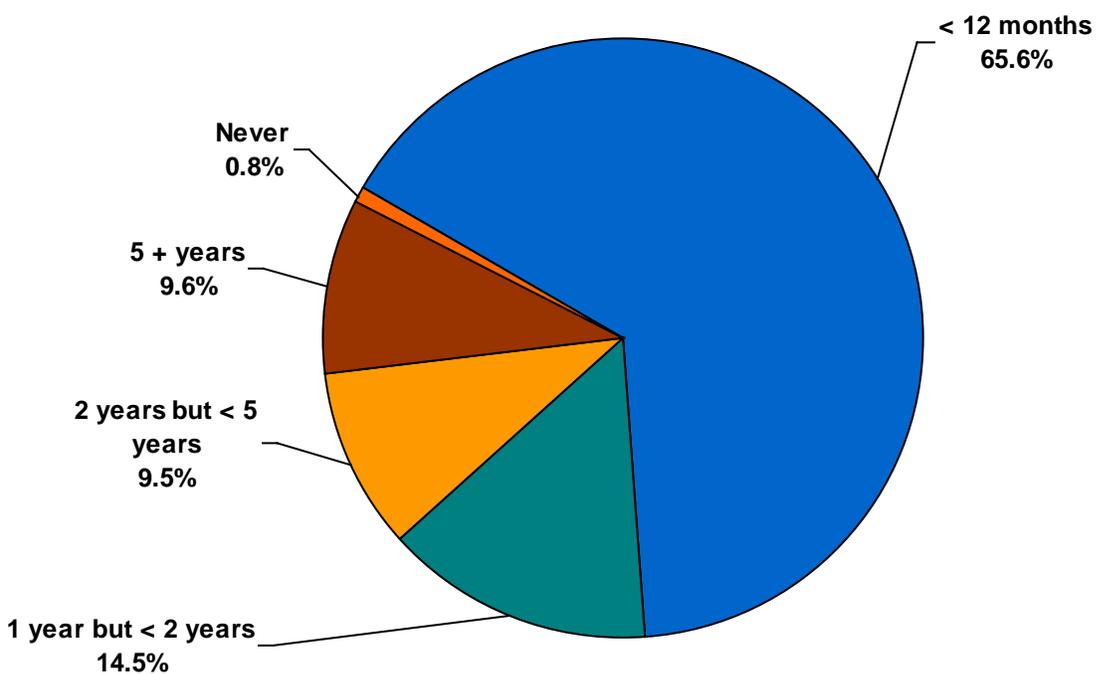


Figure 27. Percentage of Arizona BRFSS respondents who reported how long since their last routine checkup in 2010.

In 2010, an estimated 65.6% percent of Arizona adults had a routine checkup in the past year.

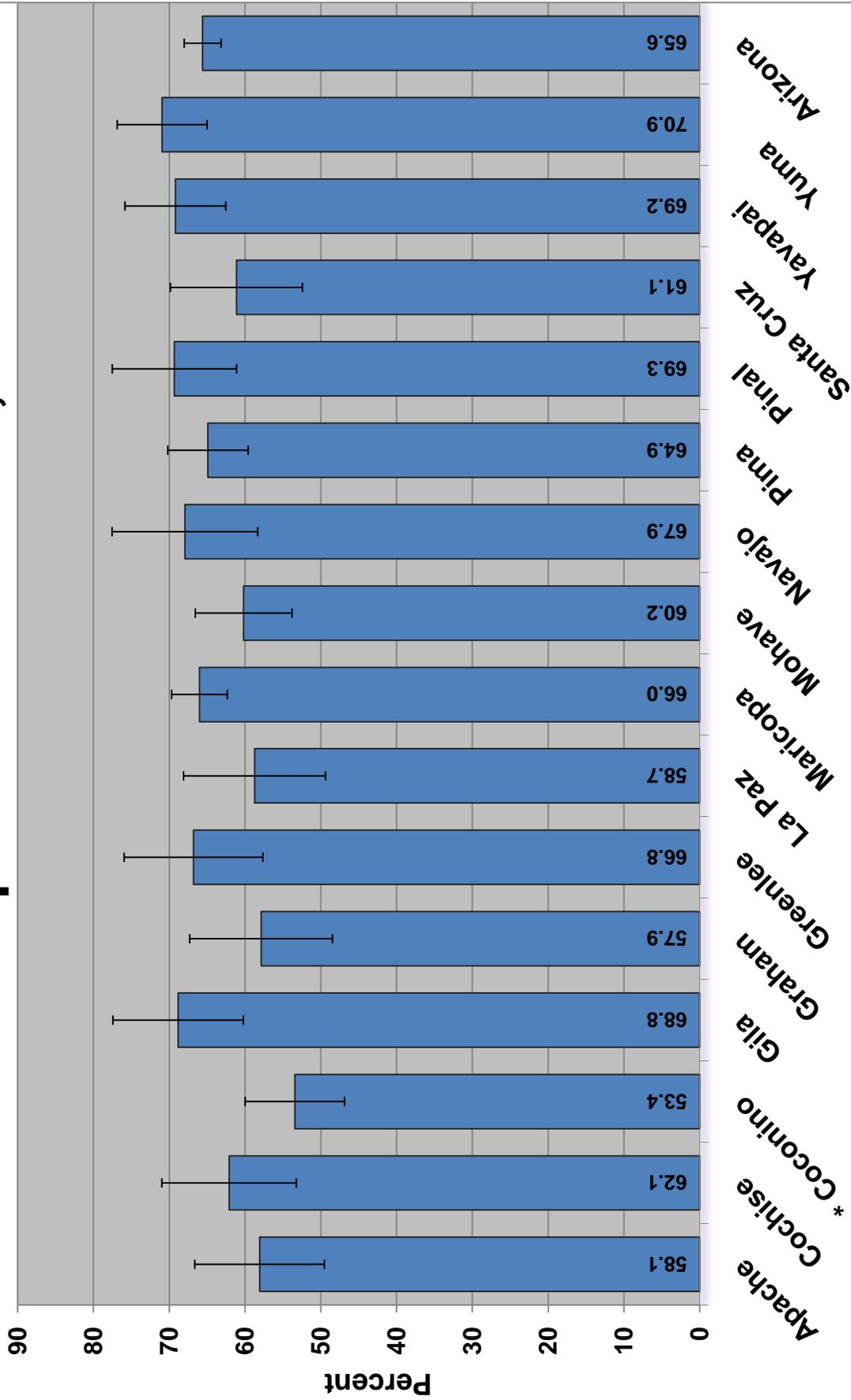
- Females were more likely than males to have had a routine checkup, at 71.3 % versus 59.7% respectively.
- Adults 65 + years old were more likely to have had a routine checkup, at 82.8 %.
- Marital status: Widowed were more likely to have had a routine checkup, at 79.1%.

- Those adults with a college education were more likely to have a routine checkup, at 67%.
- Adults' employment status: "Unable to work" and "Retired" were more likely to have a routine checkup in the past year, at 83.1% and 80.9% respectively.
- Adults with a household income of \$25,000-\$34,999 were more likely to have a routine checkup in the past year, at 67.9%.

Arizona 2010 BRFSS: Arizona Respondents who had a Routine Checkup in the past year					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	65.6	4001	EMPLOYMENT		
SEX			Employed for wages	61.8	1161
Male	59.7	1413	Self-employed	55.7	255
Female	71.3	2588	Out of work	53.0	189
AGE			Homemaker	68.7	402
18-24	54.8	87	Student	59.9	56
25-34	60.8	205	Retired	80.9	1640
35-44	59.4	354	Unable to work	83.1	284
45-54	61.5	550	INCOME		
55-64	68.7	911	<\$25,000	59.2	1100
65+	82.8	1894	\$25,000-\$34,999	67.9	443
MARITAL STATUS			\$35,000-\$49,999	67.0	547
Married	67.1	2294	\$50,000-\$74,999	63.8	518
Divorced	61.8	558	\$75,000 or more	67.7	784
Widowed	79.1	674	RACE/ ETHNICITY		
Separated	66.2	66	White, Non-Hispanic	65.8	2974
Never married	57.8	303	Black	72.9	55
Unmarried couple	55.4	88	Asian/PI	63.2	47
EDUCATION			American Indian	62.5	168
Less than High School	56.9	415	Other	71.1	91
High School Graduate/GED	66.1	977	Hispanic	62.5	608
Some College/Tech School	66.1	1212			
College Grad	67.0	1389			

Table 27. Arizona 2010BRFSS results: Respondents who had a routine checkup in the past year. *N is unweighted.

Percent of Arizonans Reporting Having a Checkup in the Last Year, 2010



* Significantly lower than Arizona percentage

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COULD NOT AFFORD NEEDED HEALTH CARE

Either a lack of 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, 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?

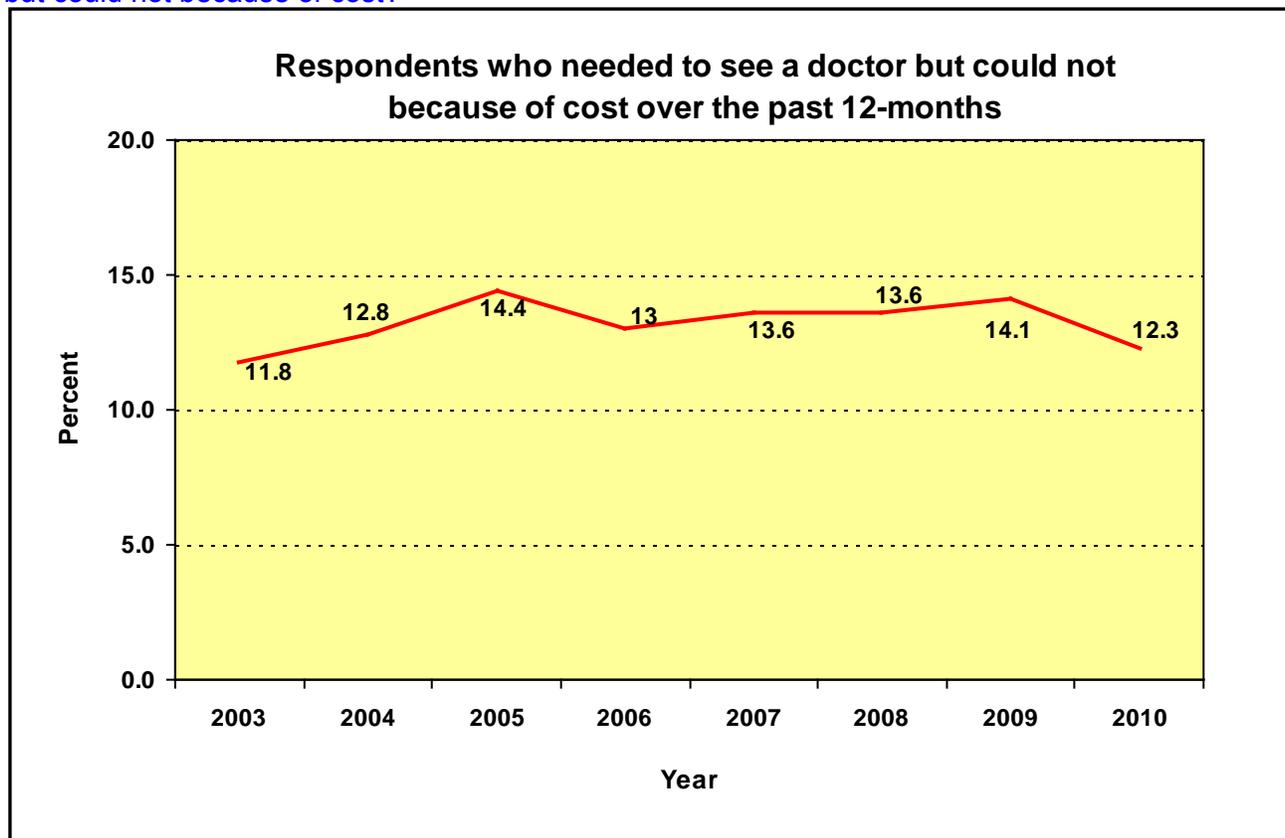


Figure 28. Percentage of Arizona 2010 BRFSS respondents who could not afford needed health care.

According to the 2010 BRFSS, 12.3% of all respondents reported they could not afford needed health care.

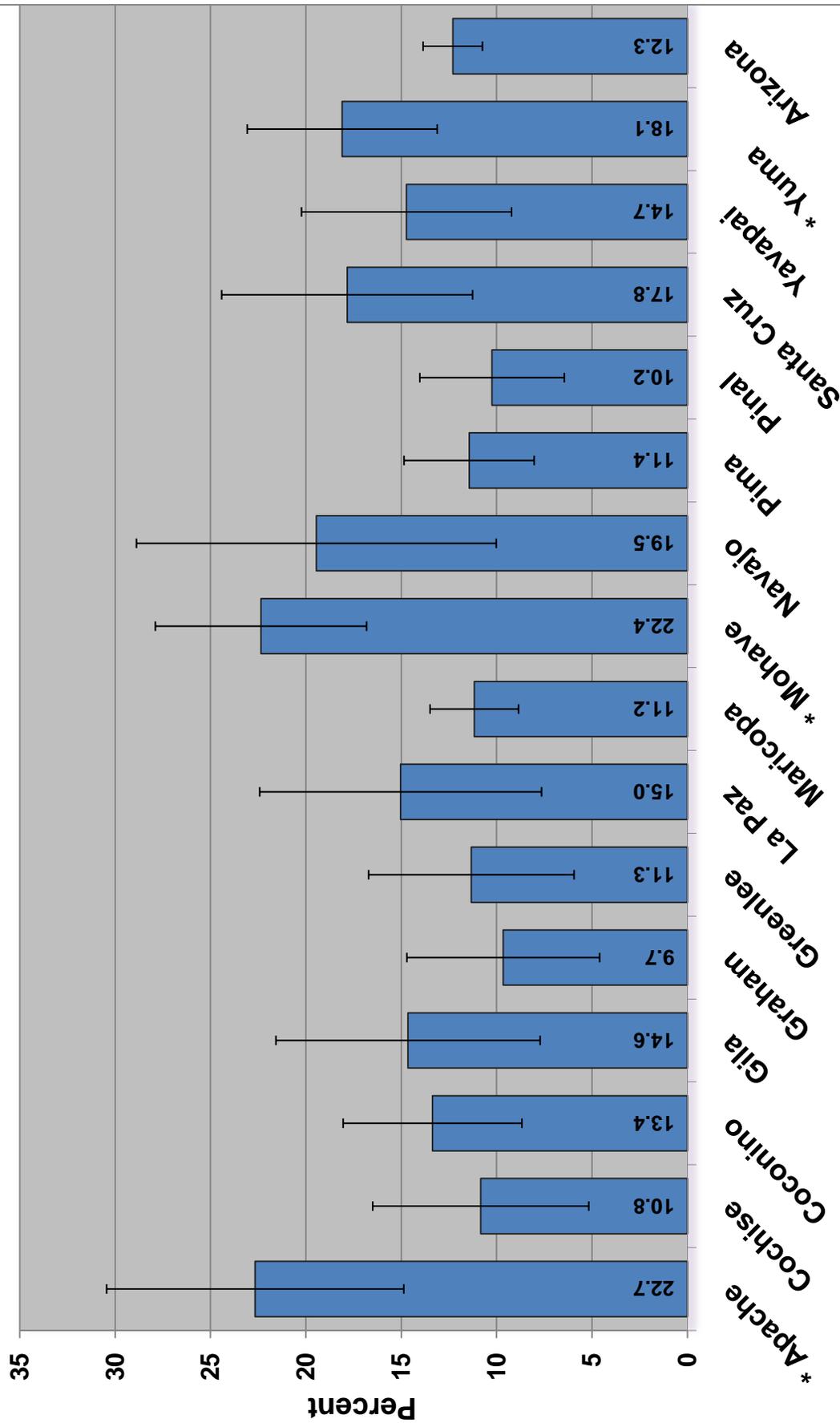
- A substantially higher percentage of female respondents than male respondents reported that they could not afford needed health care (15.6% versus 9.0% respectively).

- In 2010, adults between 18 and 24 years old could not afford needed health care, at 15.5%.
- Respondents who were separated or divorced were more likely to be unable to afford needed health care. (37.2 %, 23.1 %)
- Adults with less than a high school education were more likely to be unable to afford needed health care, at 28.1 %.
- Those adults with a household income of less than \$25,000 were more likely not to be able to afford needed health care, at 29.4 %.

Arizona 2010 BRFSS: Arizona Respondents who could not afford needed Health Care					
GROUPS	WEIGHTED PERCENT	N*	GROUPS	WEIGHTED PERCENT	N*
TOTAL	12.3	693	EMPLOYMENT		
SEX			Employed for wages	8.9	226
Male	9.0	202	Self-employed	14.6	64
Female	15.6	491	Out of work	30.1	97
AGE			Homemaker	16.7	78
18-24	15.5	27	Student	13.4	18
25-34	11.4	56	Retired	4.7	112
35-44	16.1	101	Unable to work	27.7	94
45-54	13.7	161	INCOME		
55-64	12.8	210	<\$25,000	29.4	382
65+	5.2	138	\$25,000-\$34,999	16.7	87
MARITAL STATUS			\$35,000-\$49,999	9.0	60
Married	9.2	317	\$50,000-\$74,999	7.0	56
Divorced	23.1	157	\$75,000 or more	3.2	41
Widowed	8.4	80	RACE/ ETHNICITY		
Separated	37.2	23	White, Non-Hispanic	9.6	409
Never married	15.4	84	Black	27.4	16
Unmarried couple	20.4	26	Asian/PI	8.2	5
EDUCATION			American Indian	11.2	43
Less than High School	28.1	135	Other	9.0	18
High School Graduate/GED	14.8	185	Hispanic	23.1	192
Some College/Tech School	14.1	238			
College Grad	6.1	134			

Table 28. Arizona 2010 BRFSS results: Respondents who could not afford needed health care. *N is unweighted.

Percent of Arizonans Who Reported That They Could Not Afford Needed Healthcare, 2010



* Significantly higher than Arizona percentage

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APPENDICES

ARIZONA RESPONDENT PROFILE – 2010

ARIZONA RESPONDENT PROFILE BY YEAR 2002 – 2010

RESPONDENT PROFILE BY COUNTIES IN 2010

ADDITIONAL SELECTED INDICATORS LISTING

Data for 2010 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 2010 QUESTIONS LISTING

ARIZONA 2010 QUESTIONNAIRE

BRFSS 2010 WEIGHTING FORMULA

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2010 ARIZONA RESPONDENT PROFILE

2010 ARIZONA RESPONDENT PROFILE					
GROUPS	PERCENT	N*	GROUPS	PERCENT	N*
TOTAL	100	5756	EMPLOYMENT		
SEX			Employed for wages	46.0	1817
Male	49.5	2129	Self-employed	9.6	443
Female	50.4	3627	Out of work	8.6	346
AGE			Homemaker	8.4	560
18-24	6.3	163	Student	3.7	99
25-34	11.9	378	Retired	18.2	2098
35-44	19.3	575	Unable to work	5.1	370
45-54	29.4	885	INCOME		
55-64	14.5	1332	<\$25,000	21.2	1672
65+	18.4	2423	\$25,000-\$34,999	8.9	642
MARITAL STATUS			\$35,000-\$49,999	12.4	755
Married	65.6	3202	\$50,000-\$74,999	15.0	755
Divorced	10.3	861	\$75,000 or more	30.7	1105
Widowed	5.4	916	RACE/ ETHNICITY		
Separated	1.6	98	White, Non-Hispanic	71.1	4251
Never married	13.0	511	Black	2.6	73
Unmarried couple	3.4	142	Asian	3.1	65
EDUCATION			American Indian	2.8	256
Less than High School	9.6	639	Other	1.9	123
High School Graduate/GED	21.0	1425	Hispanic	17.2	908
Some College/Tech School	27.9	1745			
College Grad	41.1	1936			

Source: 2010 Arizona BRFSS Sample. Weighted percent is percent of weighted sample.

*N is unweighted.

2002-2010 ARIZONA RESPONDENT PROFILE BY YEAR

GROUPS	2002	2003	2004	2005	2006	2007	2008	2009	2010
SEX									
Male	49.3	49.4	49.5	49.5	49.5	49.6	49.5	49.5	49.5
Female	50.7	50.6	50.5	50.5	50.5	50.4	50.4	50.5	50.4
AGE									
18-24	13.8	12.7	13.6	13.5	12.4	8.8	12.2	11.3	6.3
25-34	19.1	19.2	19.1	19.4	20.4	22.7	20.1	20.6	11.9
35-44	19.7	19.6	19.3	19.1	18.8	19.7	18.5	18.3	19.3
45-54	17.2	16.5	17.4	17.3	17.3	17.4	17.5	17.6	29.4
55-64	12.5	12.7	12.8	13.1	13.4	13.7	14.0	14.3	14.5
65+	17.6	18.4	17.7	17.7	17.7	17.7	17.7	17.9	18.4
EDUCATION									
Less than High School	8.2	9.9	14.0	12.4	11.8	11.9	12.9	9.3	9.6
High School Graduate or GED	28.4	27.1	26.7	26.5	24.7	25.0	24.9	26.0	21.0
Some College or Tech School	32.4	31.7	27.6	30.2	28.9	28.8	29.9	28.9	27.9
College Graduate	30.9	31.0	21.6	30.8	33.9	33.8	29.8	35.5	41.1
INCOME									
<\$15,000	7.3	9.2	7.8	8.8	8.3	6.7	8.4	10.4	9.1
\$15,000-\$24,999	15.6	16.0	17.2	15.6	13.2	13.2	16.0	15.3	21.2
\$25,000-\$34,999	13.0	11.3	12.0	10.9	10.5	9.9	11.6	8.3	8.9
\$35,000-\$49,999	15.5	16.8	16.0	15.2	12.6	14.4	15.3	15.6	12.4
≥\$50,000	34.8	35.3	32.5	35.1	40.8	43.4	48.7	50.4	45.0
RACE									
White	75.3	70.6	69.5	68.9	68.4	67.1	79.3	82.4	71.1
ETHNICITY									
Hispanic	14.3	20.7	22.3	23.7	23.3	20.9	22.3	20.4	17.2
TOTAL	3,227	3,235	4,719	4,710	4,814	4,733	6,165	5,475	5,756

2010 RESPONDENT PROFILE BY COUNTY (UNWEIGHTED N)

AZ COUNTIES	1	3	5	7	9	11	12	13	15	17	19	21	23	25	27
Total	235	224	419	225	212	190	229	1301	443	187	698	387	213	393	400
SEX															
Male	92	82	145	81	89	68	90	503	161	68	242	133	65	169	141
Female	143	142	274	144	123	122	139	798	282	119	456	254	148	224	259
AGE															
18-24	15	6	12	7	8	8	9	31	14	14	14	4	7	5	9
25-34	33	15	38	12	19	11	9	100	13	11	39	22	12	14	30
35-44	33	15	59	16	18	21	11	160	35	12	54	44	23	20	54
45-54	38	37	87	33	21	29	25	227	57	35	111	45	36	42	62
55-65	64	54	116	46	53	43	48	287	109	44	161	83	53	96	75
65+	52	97	107	111	93	78	127	496	215	71	319	189	82	216	170
MARITAL STATUS															
Married	119	128	248	121	132	108	122	737	231	95	352	231	119	214	245
Divorced	32	32	59	41	22	28	38	200	70	34	113	54	20	74	44
Widowed	28	39	35	41	40	30	40	176	91	20	130	66	40	73	67
Separated	5	7	9	2	2	2	5	18	7	2	9	5	5	7	13
Never Married	40	13	48	15	12	15	18	130	33	30	69	24	22	18	24
Unmarried Couple	10	3	16	3	3	7	6	31	8	6	24	5	6	7	7
EDUCATION															
Less than High School	21	23	34	39	30	27	45	84	57	26	51	46	50	25	81
High School Graduate/GED	76	57	68	53	45	74	81	274	163	45	123	99	63	86	118
Some College/Tech School	70	74	102	81	72	50	74	373	147	61	218	137	44	139	103
College Grad	67	69	215	52	65	39	29	567	75	55	303	105	56	143	96
Total	235	224	419	225	212	190	2729	1301	443	187	698	387	213	393	400
EMPLOYMENT															
Employed for wages	109	66	180	60	73	66	58	452	97	62	209	107	60	86	132
Self employed	13	18	44	13	12	6	14	117	29	14	51	25	29	36	22
Out of work	24	11	26	11	10	10	7	88	38	13	27	23	11	22	25
Homemaker	23	26	25	30	30	27	20	103	36	22	60	37	46	24	51
Student	5	3	14		6	2	4	25	9	3	12	4	4	4	4
Retired	44	78	109	93	64	59	107	448	194	56	284	165	54	206	137
INCOME															
<\$25,000	83	76	100	79	72	53	93	263	183	58	169	101	86	117	139
\$25,000-\$34,999	21	17	39	34	25	25	30	130	59	22	74	45	25	49	47
\$35,000-\$49,999	37	35	52	27	25	28	33	161	60	29	96	54	18	58	42
\$50,000-\$74,999	22	32	67	27	34	25	24	182	45	18	98	60	19	54	48
\$75,000+	40	38	116	23	29	29	18	372	38	26	159	77	19	62	59
RACE															
White Non-Hispanic	103	167	329	164	157	103	173	1028	381	130	562	308	65	349	232
Black	2	1	4		2	2	1	35	2	1	10	7	1	1	4
Asian/PI	1	2	3		1	1		33	2	4	8	4	1	2	3
American Indian	106	3	35	18	10	1	14	11	7	33	5	5	1	5	2
Other	4	3	10	7	4	5	8	25	10	1	16	9	4	7	10
Hispanic	19	45	34	31	36	74	27	155	37	13	89	46	139	23	140

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.

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2010 ADDITIONAL SELECTED INDICATORS

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\(STOPSMK2\)](#)

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\(DIABETE2\)](#)

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

[CORE\(FLUSHTMY1\)](#)

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\(FLUSPRMY1\)](#)

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 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\(HIVRDTST\)](#)

2010 ADDITIONAL SELECTED INDICATORS (CONT.,)

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\(HIVRISK2\)](#)

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\(CHKHEMO3\)](#)

2010 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: Oral Health
- 8: Cardiovascular Disease Prevalence
- 9: Asthma
- 10: Disability
- 11: Tobacco Use
- 12: Demographics
- 13: Alcohol Consumption
- 14: Immunization
- 15: Falls
- 16: Seatbelt Use
- 17: Drinking and Driving
- 18: Women's Health
- 19: Prostate Cancer Screening
- 20: Colorectal Cancer Screening
- 21: HIV/AIDS
- 22: Emotional Support and Life Satisfaction
- 23: H1N1 Adult ILI Questions

OPTIONAL MODULES

- 1: PreDiabetes
- 2: Diabetes
- 11: Shingles
- 17: Anxiety and Depression
- 23: Random Child Selection
- 24: Childhood Asthma Prevalence
- 27: Child ILI
- 28: Novel H1N1 Adult Immunization
- 30: Novel Child H1N1

STATE ADDED QUESTIONS

1. Tobacco
2. Food Assistance Program Participation
3. Fruits and Vegetables
4. Physical Activity
5. Intimate Partner Violence
6. Folic Acid
7. COPD
8. Family Planning
9. Excess Sun Exposure

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2010 ARIZONA QUESTIONNAIRE

<p>Section 1: Health Status</p> <p>1.1 Would you say that in general your health is:</p> <p>1 Excellent 2 Very good 3 Good 4 Fair 5 Poor 7 Don't know/ Not sure 9 Refused</p>	<p>3.2 Do you have one person you think of as your personal doctor or health care provider?</p> <p>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?"</p> <p>1 Yes 2 More than one 3 No 7 Don't know/ Not sure 9 Refused</p>
<p>Section 2: Healthy Days- Health Related Quality of Life</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> <p>__ Number of day 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>3.3 Was there a time in the past 12 months when when you needed to see a doctor but could not because of the cost?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<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> <p>__ Number of days 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>3.4 About how long has it been since you last visited a doctor for a routine checkup is a general physical exam, not an exam for a specific injury, illness or condition.</p> <p>1 Within past yr (Anytime less than 12 months) 2 Within past 2 yrs (1-2 yrs ago) 3 Within past 5 yrs (2-5 yrs ago) 4 5 or more years ago 7 Don't know/ Not sure 8 Never 9 Refused</p>
<p>2.3 During the past 30 days, for about how many did poor physical or mental health keep you from doing your usual activities, such as self- care, work, or recreation?</p> <p>__ Number of days 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>Section 4: Sleep</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> <p>__ Number of days 88 None 77 Don't know/ Not sure 99 Refused</p>
<p>Section 3: Health Care Access</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> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>Section 5: Exercise</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> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>

2010 ARIZONA QUESTIONNAIRE

<p>Section 6: Diabetes</p> <p>6.1 Have you ever been told by a doctor that you have diabetes?</p> <p>1 Yes 2 Yes, female told only during pregnancy 3 No 4 No, pre-diabetes or borderline diabetes 7 Don't know/ Not sure 9 Refused</p>	<p>8.2 Has a doctor, nurse, or other health professional ever told you had angina or coronary heart disease?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>Section 7: Oral Health</p> <p>7.1 How long has it been since you last visited a Dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.</p> <p>1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1yr but less than 2 yrs ago) 3 Within the past 5 yrs (2 yrs but less than 5 yrs ago) 4 5 or more years ago 7 Don't know/ Not sure 8 Never 9 Refused</p>	<p>8.3 Has a doctor, nurse, or other health professional ever told you had a stroke?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>7.2 How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.</p> <p>1 1 to 5 2 6 or more but not all 3 All 8 None 7 Don't know/ Not sure 9 Refused</p>	<p>Section 9: Asthma</p> <p>9.1 Have you ever been told by a doctor, nurse or other health professional that you had asthma?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>7.3 How long has it been since you had your teeth cleaned by a dentist or dental hygienist?</p> <p>1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yr but less than 2 yrs ago) 3 Within the past 5 yrs (2 yrs but less than 5 yrs ago) 4 5 or more years ago 7 Don't know/ Not sure 8 Never 9 Refused</p>	<p>9.2 Do you still have asthma?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>Section 8: Cardiovascular Disease Prevalence</p> <p>8.1 Has a doctor, nurse, or other health professional ever told you had a heart attack, also called a myocardial infarction?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>Section 10: Disability</p> <p>10.1 Are you limited in any way in any activities because of physical, mental, or emotional problems?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>

2010 ARIZONA QUESTIONNAIRE

<p>10.2 Do you now have any health problems that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>11.5 Do you currently use chewing tobacco, snuff, Or snus every day, some days, or not at all?</p> <p>NOTE: Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in a small pouches that are placed under the lip against the gum.</p> <p>1 Every day 2 Some days 3 Not at all 7 Don't know/ Not sure 9 Refused</p>
<p>Section 11: Tobacco Use</p> <p>11.1 Have you smoked at least 100 cigarettes in your in entire life?</p> <p>Note: 5 packs = 100 cigarettes</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>Section 12: Demographics</p> <p>12.1 What is your age?</p> <p>__ Code age in years 07 Don't know/ Not sure 09 Refused</p>
<p>11.2 Do you now smoke cigarettes every day, some days, or not at all?</p> <p>1 Every day 2 Some days 3 Not at all 7 Don't know/ Not sure 9 Refused</p>	<p>12.2 Are you Hispanic or Latino?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<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> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>12.3 Which one or more of the following would you say is your race?</p> <p>1 White 2 Black/ African American 3 Asian 4 Native Hawaiian/ Other Pacific Islander 5 American Indian, Alaska Native 6 Other 7 Don't know/ Not sure 9 Refused</p>
<p>11.4 How long has it been since you last smoked cigarettes regularly?</p> <p>1 Within past month (less than 1 month ago) 2 Within the past 3 months (1 month < 3 months ago) 3 Within the past 6 months (3 months < 6 months ago) 4 Within the past year (6 months but < 1 yr ago) 5 Within the past 5 years (1 yr but < 5 yrs ago) 6 Within the past 10 years (5 yrs but < 10 yrs ago) 7 10 years or more 8 Never smoked regularly 77 Don't know/ Not sure 88 Refused</p>	<p>12.4 Which one of these groups would you say best represents your race?</p> <p>1 White 2 Black/ African American 3 Asian 4 Native Hawaiian/ Other Pacific Islander 5 American Indian or Alaska Native 6 Other 7 Don't know/ Not sure 9 Refused</p>

2010 ARIZONA QUESTIONNAIRE

<p>12.15 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 machines.</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>12.18 d. Thinking about all the phone calls that you receive on your landline and cell phone, what percent, between 0 and 100, are received on your cell phone?</p> <p>___ Enter percent (1 to 100) 888 Zero 777 Don't know/ Not sure 999 Refused</p>
<p>12.16 How many of these telephone numbers are residential numbers?</p> <p>___ Residential telephone numbers 7 Don't know/ Not sure 9 Refused</p>	<p>12.19 Indicate sex of respondent. Ask only if necessary.</p> <p>1 Male 2 Female</p>
<p>12.17 During the past 12 months, has your household been without landline telephone service for 1 week or more? Do not include interruptions of landline telephone service because of weather or natural disasters.</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>12.20 To your knowledge, are you now pregnant?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>12.18 a. Do you have a cell phone for personal use? please include cell used for both business and personal use.</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>Section 13: Alcohol Consumption</p> <p>13.1 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> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>12.18 b. Do you share a cell phone for personal use (at least one-third of the time) with other adults?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>13.2 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> <p>1 ___ Days per week 2 ___ Days in past 30 days 888 No drinks in past 30 days 777 Don't know/ Not sure 999 Refused</p>
<p>12.18 c. Do you usually share this cell phone (at least one-third of the time) with any other adults?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>13.3 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 on the average?</p> <p>___ Number of drinks 77 Don't know/ Not sure 99 Refused</p>

2010 ARIZONA QUESTIONNAIRE

<p>13.4 Considering all types of alcoholic beverages, how many times during the past 30 days did you have X[X=5 for men, X=4 for women] or more drinks on an occasion?</p> <p style="margin-left: 20px;">__ Number of times 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>14.5 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?</p> <p style="margin-left: 20px;">1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>13.5 During the past 30 days, what is the largest number of drinks you had on any occasion?</p> <p style="margin-left: 20px;">__ Number of drinks 77 Don't know/ Not sure 99 Refused</p>	<p>Section 15: Falls</p> <p>15.1 In the past 3 months, how many times have you fallen?</p> <p style="margin-left: 20px;">__ Number of times 88 None 77 Don't know/ Not sure 99 Refused</p>
<p>Section 14: Immunization</p> <p>14.1 A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a seasonal flu shot?</p> <p style="margin-left: 20px;">1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>15.2 By an injury, we mean the fall caused you to limit your regular activities for a least a day or to go see a doctor?</p> <p style="margin-left: 20px;">__ Number of falls 88 None 77 Don't know/ Not sure 99 Refused</p>
<p>14.2 During what month and year did you receive your most recent seasonal flu shot?</p> <p style="margin-left: 20px;">_/_/____ Month/Year 77/7777 Don't know/ Not sure 99/9999 Refused</p>	<p>Section 16: Seatbelt Use</p> <p>16.1 How often do you use seat belts when you drive or ride in a car? Would you say- -</p> <p style="margin-left: 20px;">1 Always 2 Nearly always 3 Sometimes 4 Seldom 5 Never 7 Don't know/ Not sure 8 Never drive or ride in a car 9 Refused</p>
<p>14.3 The seasonal flu vaccine sprayed in the nose nose is also called FluMist. During the past 12 months have you had a seasonal flu vaccine that was sprayed in your nose?</p> <p style="margin-left: 20px;">1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>Section 17: Drinking and Driving</p> <p>17.1 During the past 30 days, how many times have you driven when you've had perhaps too much to drink?</p> <p style="margin-left: 20px;">__ Number of times 88 None 77 Don't know/ Not sure 99 Refused</p>
<p>14.4 During what month and year did you receive your most recent flu vaccine that was sprayed in your nose?</p> <p style="margin-left: 20px;">_/_/____ Month/Year 77/7777 Don't know/ Not sure 99/9999 Refused</p>	<p>Section 18: Women's Health</p> <p>18.1 A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?</p> <p style="margin-left: 20px;">1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>

2010 ARIZONA QUESTIONNAIRE

<p>18.2 How long has it been since you had your last mammogram?</p> <ol style="list-style-type: none"> 1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yr but less than 2 yrs ago) 3 Within the past 3 yrs (2 yrs but less than 3 yrs ago) 4 Within the past 5 yrs (3 yrs but less than 5 yrs ago) 5 5 or more years ago 7 Don't know/ Not sure 9 Refused 	<p>18.7 Have you had a hysterectomy?</p> <ol style="list-style-type: none"> 1 Yes 2 No 7 Don't know/ Not sure 9 Refused
<p>18.3 A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps. Have you ever had a clinical breast exam?</p> <ol style="list-style-type: none"> 1 Yes 2 No 7 Don't know/ Not sure 9 Refused 	<p>Section 19: Prostate Cancer Screening</p> <p>19.1 A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?</p> <ol style="list-style-type: none"> 1 Yes 2 No 7 Don't know/ Not sure 9 Refused
<p>18.4 How long has it been since your last breast exam?</p> <ol style="list-style-type: none"> 1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yr but less than 2 yrs ago) 3 Within the past 3 yrs (2 yrs but less than 3 yrs ago) 4 Within the past 5 yrs (3 yrs but less than 5 yrs ago) 5 5 or more years ago 7 Don't know/ Not sure 9 Refused 	<p>19.2 How long has it been since you had your last PSA test?</p> <ol style="list-style-type: none"> 1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yr but less than 2 yrs ago) 3 Within the past 3 yrs (2 yrs but less than 3 yrs ago) 4 Within the past 5 yrs (3 yrs but less than 5 yrs ago) 5 5 or more years ago 7 Don't know/ Not sure 9 Refused
<p>18.5 A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?</p> <ol style="list-style-type: none"> 1 Yes 2 No 7 Don't know/ Not sure 9 Refused 	<p>19.3 A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?</p> <ol style="list-style-type: none"> 1 Yes 2 No 7 Don't know/ Not sure 9 Refused
<p>18.6 How long has it been since you had your last Pap test?</p> <ol style="list-style-type: none"> 1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yrs but less than 2 yrs ago) 3 Within the past 3 yrs (2 yrs but less than 3 yrs ago) 4 Within the past 5 yrs (3 yrs but less than 5 yrs ago) 5 5 or more years ago 7 Don't know/ Not sure 9 Refused 	<p>19.4 How long has it been since your last digital rectal exam?</p> <ol style="list-style-type: none"> 1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yr but less than 2 yrs ago) 3 Within the past 3 yrs (2 yrs but less than 3 yrs ago) 4 Within the past 5 yrs (3 yrs but less than 5 yrs ago) 5 5 or more years ago 7 Don't know/ Not sure 9 Refused

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<p>19.5 Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>20.4 For a SIGMOIDOSCOPY, a flexible tube is inserted into the rectum to look for problems. A COLONOSCOPY is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Was your MOST RECENT exam a sigmoidoscopy or a colonoscopy?</p> <p>1 Sigmoidoscopy 2 Colonoscopy 7 Don't know/ Not sure 9 Refused</p>
<p>Section 20: Colorectal Cancer Screening</p> <p>20.1 A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>20.5 How long has it been since you had your last Sigmoidoscopy or colonoscopy?</p> <p>1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yr but less than 2 yrs ago) 3 Within the past 3 yrs (2 yrs but less than 3 yrs ago) 4 Within the past 5 yrs (3 yrs but less than 5 yrs ago) 5 Within the past 10 yrs (5yrs but less than 10 yrs ago) 6 10 or more years ago 7 Don't know/ Not sure 9 Refused</p>
<p>20.2 How long has it been since you had your last blood stool test using a home kit?</p> <p>1 Within the past year (anytime less than 12 months ago) 2 Within the past 2 yrs (1 yr but less than 2 yrs ago) 3 Within the past 3 yrs(2 yrs but less than 3 yrs ago) 4 Within the past 5 yrs (3 yrs but less than 5 yrs ago) 5 5 or more years ago 7 Don't know/ Not sure 9 Refused</p>	<p>Section 21: HIV/AIDS</p> <p>21.1 Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>20.3 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>21.2 Not including blood donations, in what month and year was your last HIV test?</p> <p style="text-align: center;"> $\frac{\text{--}}{\text{77}} / \frac{\text{--}}{\text{7777}} \text{--}$ Month/ Year 77/ 7777 Don't know/ Not sure 99/ 9999 Refused </p>

2010 ARIZONA QUESTIONNAIRE

<p>21.3 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> <p>1 Private doctor or HMO office 2 Counseling and testing site 3 Hospital 4 Clinic 5 Jail or prison 6 Drug treatment facility 7 At home 8 Somewhere else 77 Don't know/ Not sure 99 Refused</p>	<p>Section 23: H1N1 Adult ILI Questions- Jan-March '10 We would like to ask you some questions about recent respiratory illness.</p> <p>23.1 During the past month, were you ill with a fever?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>21.4 Was it a rapid test where you could get your results within a couple of hours?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>23.2 Did you also have a cough and/or sore throat?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>21.5 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> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>23.3 When did you first become ill with fever, cough, or sore throat?</p> <p>1 Within the past week 2 2 weeks ago 3 3-4 weeks ago 7 Don't know 9 Refused</p>
<p>Section 22: Emotional Support and Life Satisfaction</p> <p>22.1 How often do you get the social and emotional support you need?</p> <p>1 Always 2 Usually 3 Sometimes 4 Rarely 5 Never 7 Don't know/ Not sure 9 Refused</p>	<p>23.4 Did you visit a doctor, nurse, or other health professional for this illness?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>22.2 In general, how satisfied are you with your life?</p> <p>1 Very Satisfied 2 Satisfied 3 Dissatisfied 4 Very Dissatisfied 7 Don't know/ Not sure 9 Refused</p>	<p>23.5 What did the doctor, nurse or other health professional tell you? Did they say...</p> <p>1 You had regular influenza or the flu 2 You had swine flu, also known as H1N1 or novel N1N1 3 You had some other illness, but not the flu 7 Don't know/ Not sure 9 Refused</p>

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<p>23.6 Did you have a flu test that was positive for this illness? Usually a swab from your nose or throat is tested. Would you say...</p> <p>1 Yes, had flu test and it was positive 2 No, had flu test but it was negative 3 No, flu test was not done 7 Don't know/ Not sure 9 Refused</p>	<p>1.2 Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>23.7 Did you receive Tamiflu® or oseltamivir [o sel TAMI veer] or an inhaled medicine called Relenza® or zanamivir [za NA mi veer] to treat this illness?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>Module 2: Diabetes</p> <p>2.1 How old were you when you were told you have diabetes?</p> <p>__ Code age in years (97=97 and older) 98 Don't know/ Not sure 99 Refused</p>
<p>23.8 Did any other members of your household have a fever with cough or sore throat during the past month?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>2.2 Are you now taking insulin?</p> <p>1 Yes 2 No 9 Refused</p>
<p>23.9 How many household members were ill during the past month?</p> <p>__ # persons 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>2.3 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>1 __ Times per day 2 __ Times per week 3 __ Times per month 4 __ Times per year 888 Never 777 Don't know/ Not sure 999 Refused</p>
<p>23.10 How many people in your household, including you, were hospitalized for flu during the past month?</p> <p>__ # persons 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>2.4 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>1 __ Times per day 2 __ Times per week 3 __ Times per month 4 __ Times per year 888 Never 777 Don't know/ Not sure 999 Refused</p>
<p>Optional Modules Module 1: Pre-Diabetes</p> <p>1.1 Have you had a test for high blood sugar or diabetes within the past three years?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>2.5 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) 88 None 77 Don't know/ Not sure 99 Refused</p>

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<p>2.6 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 88 None 98 Never heard of “A one C” test 77 Don’t know/ Not sure 99 Refused</p>	<p>Module 17: Anxiety and Depression 17.1 Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?</p> <p>__ 01-14 days 88 None 77 Don’t know / Not sure 99 Refused</p>
<p>2.7 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 88 None 77 Don’t know/ Not sure 99 Refused</p>	<p>Module 17: Anxiety and Depression 17.1 Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?</p> <p>__ 01-14 days 88 None 77 Don’t know / Not sure 99 Refused</p>
<p>2.8 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>1 Within the past month (anytime less than 1 month ago) 2 Within the past year (1 month but < than 12 months ago) 3 Within the past 2 yrs (1 yr but < 2 yrs ago) 4 2 or more years ago</p>	<p>17.2 Over the last 2 weeks, how many days have you felt down, depressed <u>or</u> hopeless?</p> <p>__ 01-14 days 88 None 77 Don’t know/ Not sure 99 Refused</p>
<p>2.9 Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?</p> <p>1 Yes 2 No 7 Don’t know/ Not sure 9 Refused</p>	<p>17.3 Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep <u>or</u> sleeping too much?</p> <p>__ 01-14 days 88 None 77 Don’t know/ Not sure 99 Refused</p>
<p>2.10 Have you ever taken a course or class in how to manage your diabetes yourself?</p> <p>1 Yes 2 No 7 Don’t know/ Not sure 9 Refused</p>	<p>17.4 Over the last 2 weeks, how many days have you felt tired <u>or</u> had little energy?</p> <p>__ 01-14 days 88 None 77 Don’t know/ Not sure 99 Refused</p>
<p>Module 11: Shingles (Zostavax or ZOS) 11.1 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 has this vaccine?</p> <p>1 Yes 2 No 7 Don’t know/ Not sure 9 Refused</p>	<p>17.5 Over the last 2 weeks, how many days have you had a poor appetite <u>or</u> eaten too much?</p> <p>__ 01-14 days 88 None 77 Don’t know/ Not sure 99 Refused</p>

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<p>17.6 Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?</p> <p>__ 01-14 days 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>23.2 Is the child a boy or a girl?</p> <p>1 Boy 2 Girl 9 Refused</p>
<p>17.7 Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?</p> <p>__ 01-14 days 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>23.3 Is the child Hispanic or Latino?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>17.8 Over the last 2 weeks, how many days have you moved or spoken so slowly that other people could have notices? <u>Or the opposite</u> – being so fidgety or restless that you were moving around a lot more than usual?</p> <p>__ 01-14 days 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>23.4 Which one or more of the following would you say is the race of the child?</p> <p>1 White 2 Black or African American 3 Asian 4 Native Hawaiian or Other Pacific Islander 5 American Indian, Alaska Native 6 Other 8 No additional choices 7 Don't know/ Not sure 9 Refused</p>
<p>17.9 Has a doctor or other healthcare provider EVER told you that you have an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive- compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>23.5 Which one of these groups would you say best represents the child's race?</p> <p>1 White 2 Black or African American 3 Asian 4 Native Hawaiian or Other Pacific Islander 5 American Indian, Alaska Native 6 Other 7 No additional choices 9 Refused</p>
<p>17.10 Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>23.6 How are you related to the child?</p> <p>1 Parent (include biologic, step or adoptive parent) 2 Grandparent 3 Foster parent or guardian 4 Sibling (include biologic, step, and adoptive sibling) 5 Other relative 6 Not related in any way 7 Don't know/ Not sure 9 Refused</p>
<p>Module 23: Random Child Selection 23.1 What is the birth month and year of the "Xth" child?</p> <p>__ / ____ Month/Year 77/7777 Don't know/ Not sure 99/9999 Refused</p>	<p>Module 24: Childhood Asthma Prevalence 24.1 Has a doctor, nurse or other health professional EVER said that the child has asthma?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>

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<p>24.2 Does the child still have asthma?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>30.4 Was this a shot or was it a vaccine sprayed in the nose?</p> <p>1 Flu Shot 2 Flu Nasal Spray (spray, mist or drop in the nose) 7 Don't know/ Not sure 9 Refused</p>
<p>Module 27: Child ILI Jan-March 2010 The next questions are about the "Xth" child.</p> <p>27.1 Has the child had a fever with cough and/or sore throat during the past month?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>30.5 During what month did [he/she] receive [his/her] second H1N1 flu vaccine?</p> <p>__ Month 77 Don't know/ Not sure 99 Refused</p>
<p>27.2 Did the child visit a doctor, nurse, or other health professional for this illness?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>30.6 Was this a shot or was it a vaccine sprayed in the nose?</p> <p>1 Flu shot 2 Flu Nasal Spray (spray, mist or drop in the nose) 7 Don't know/ Not sure 9 Refused</p>
<p>Module 30: Novel H1N1 Childhood Immunization</p> <p>30.1 The next questions are about this child's immunizations. I will first ask you questions about vaccination for H1N1 flu, which is sometimes called swine flu or pandemic flu, and then ask you questions about vaccination for seasonal flu. There are two ways to get the H1N1 flu vaccination. One is a shot in the arm and the other is a spray, mist or drop in the nose. Since September, 2009, has [he/she] been vaccinated either way for the H1N1 flu?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>State- Added 1: Tobacco Items Second- hand smoke</p> <p>AZ1_1. Which statement best describes the rules about smoking inside your home?</p> <p>1 Smoking is not allowed anywhere inside your home 2 Smoking is allowed in some places or at sometimes 3 Smoking is allowed anywhere inside your home 4 There are no rules about smoking inside your home 7 Don't know/ Not sure 9 Refused</p>
<p>30.2 Since September 2009, how many of these H1N1 vaccinations has [he/she] received?</p> <p>1 One vaccination or dose 2 Two or more vaccination doses 7 Don't know/ Not sure 9 Refused</p>	<p>AZ1_2. Do you allow smoking in your car or motor vehicle?</p> <p>1 Yes 2 No 3 I don't have a car or motor vehicle 7 Don't know/ Not sure 9 Refused</p>
<p>30.3 During what month did [he/she] receive [his/her] (CATI note: if child age < 10, "first H1N1 flu vaccine?"; otherwise, H1N1 flu vaccine?)</p> <p>__ Month 77 Don't know/ Not sure 99 Refused</p>	<p>AZ1_3. While working at your job, are you indoors most of the time?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>

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<p>AZ1_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>1 Not allowed in any public areas 2 Allowed in some public areas 3 Allowed in all public areas 4 No official policy 7 Don't know/ Not sure 9 Refused</p>	<p>Readiness to Quit_ Current smokers only AZ1_10. Are you seriously considering stopping smoking within the next six months?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>																														
<p>AZ1_5. Which of the following best describes your place of work's official smoking policy for work areas?</p> <p>1 Not allowed in any work areas 2 Allowed in some work areas 3 Allowed in all work areas 4 No official policy 7 Don't know/ Not sure 9 Refused</p>	<p>Interaction with Health Care Providers AZ1_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>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>																														
<p>Amount of smoking_ Current smokers only AZ1_6. Now I'd like you to think about the past 30 days, that is since [CATI: DATE FILL]. On how many of the past 30 days did you smoke cigarettes?</p> <p>__ Number of days 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>AZ1_12. In the past 12 months, did any doctor, nurse or other healthcare professional ask you if you smoke?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>																														
<p>AZ1_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 88 None 77 Don't know/ Not sure 99 Refused</p>	<p>AZ1_13. In the past 12 months, did any doctor, nurse or other healthcare professional advise you not to smoke?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>																														
<p>Purchase Pattern_ Current smokers only AZ1_8. In the past 6 months, have you bought cigarettes:</p> <table style="width: 100%; border: none;"> <thead> <tr> <th>Yes</th> <th>No</th> <th>DK</th> <th>Ref</th> <th></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>In Neighboring States</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>On Indian Reservations</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>In Mexico</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>On a military base</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>Over the internet</td> </tr> </tbody> </table>	Yes	No	DK	Ref		1	2	7	9	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	<p>Quit Assistance _ Current/ former smokers only, and have stopped smoking for 1 day or longer in the past 12- months. AZ1_14. How long you actually stay off cigarettes after your last quit attempt?</p> <p>1 ___ Days 2 ___ Weeks 3 ___ Months 7777 Don't know/ Not sure 8888 I have not tired 9999 Refused</p>
Yes	No	DK	Ref																												
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<p>Tax Increase_ Current smokers only AZ1_9. Because of the tax increase in Dec. 2006, have you done any of the following:</p> <table style="width: 100%; border: none;"> <thead> <tr> <th>Yes</th> <th>No</th> <th>DK</th> <th>Ref</th> <th></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>Bought a cheaper brand of cigarettes</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>Smokes roll-your own cigarettes</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>Smoked less</td> </tr> </tbody> </table>	Yes	No	DK	Ref		1	2	7	9	Bought a cheaper brand of cigarettes	1	2	7	9	Smokes roll-your own cigarettes	1	2	7	9	Smoked less	<p>AZ1_15. Did you use the nicotine patch, nicotine gum, or any other medication to help you quit?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>										
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<p>AZ1_16. Did you use?</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Yes</th> <th style="text-align: left;">No</th> <th style="text-align: left;">DK</th> <th style="text-align: left;">Ref</th> <th></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>A nicotine gum</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>A patch</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>A nasal spray</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>An inhaler</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>Zyban or Bupropion</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>Wellbutrin</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>Chanix</td> </tr> </tbody> </table>	Yes	No	DK	Ref		1	2	7	9	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	Chanix	<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%; border-collapse: collapse;"> <tbody> <tr> <td>1</td> <td>Yes</td> </tr> <tr> <td>2</td> <td>No</td> </tr> <tr> <td>7</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>9</td> <td>Refused</td> </tr> </tbody> </table>	1	Yes	2	No	7	Don't know/ Not sure	9	Refused						
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<p>AZ1_17. 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-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Yes</th> <th style="text-align: left;">No</th> <th style="text-align: left;">DK</th> <th style="text-align: left;">Ref</th> <th></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>a. A stop smoking clinic or class</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>b. A telephone help line</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>c. One-on One counseling from a doctor nurse, or other professional</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>d. Self- help material, books or videos</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>e. Acupuncture</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>f. Hypnosis</td> </tr> <tr> <td>1</td> <td>2</td> <td>7</td> <td>9</td> <td>g. Internet counseling</td> </tr> </tbody> </table>	Yes	No	DK	Ref		1	2	7	9	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	<p>State-added 3: Fruits and Vegetables</p> <p>AZ3_1. How often do you drink fruit juices such as orange, grapefruit, or tomato?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>1__</td> <td>Per Day</td> </tr> <tr> <td>2__</td> <td>Per Week</td> </tr> <tr> <td>3__</td> <td>Per Month</td> </tr> <tr> <td>4__</td> <td>Per Year</td> </tr> <tr> <td>555</td> <td>Never</td> </tr> <tr> <td>777</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>999</td> <td>Refused</td> </tr> </tbody> </table>	1__	Per Day	2__	Per Week	3__	Per Month	4__	Per Year	555	Never	777	Don't know/ Not sure	999	Refused
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<p>Sexual Orientation</p> <p>AZ1_18. Now I'm going to ask you a question about Sexual orientation. Do you consider yourself to be:</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>1</td> <td>Heterosexual, that is, straight;</td> </tr> <tr> <td>2</td> <td>Homosexual, that is gay or lesbian;</td> </tr> <tr> <td>3</td> <td>Bisexual, or</td> </tr> <tr> <td>4</td> <td>Other</td> </tr> <tr> <td>7</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>9</td> <td>Refused</td> </tr> </tbody> </table>	1	Heterosexual, that is, straight;	2	Homosexual, that is gay or lesbian;	3	Bisexual, or	4	Other	7	Don't know/ Not sure	9	Refused	<p>AZ2_2. Not counting juice, how often do you eat fruit?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>1__</td> <td>Per Day</td> </tr> <tr> <td>2__</td> <td>Per Week</td> </tr> <tr> <td>3__</td> <td>Per Month</td> </tr> <tr> <td>4__</td> <td>Per Year</td> </tr> <tr> <td>555</td> <td>Never</td> </tr> <tr> <td>777</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>999</td> <td>Refused</td> </tr> </tbody> </table>	1__	Per Day	2__	Per Week	3__	Per Month	4__	Per Year	555	Never	777	Don't know/ Not sure	999	Refused																												
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<p>State- Added 2: Food Assistance Program Participation</p> <p>AZ2_1. In the past 12 months, did you or anyone your household get food stamps or a food stamp benefit card?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>1</td> <td>Yes</td> </tr> <tr> <td>2</td> <td>No</td> </tr> <tr> <td>7</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>9</td> <td>Refused</td> </tr> </tbody> </table>	1	Yes	2	No	7	Don't know/ Not sure	9	Refused	<p>AZ3_3. How often do you eat green salad?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>1__</td> <td>Per Day</td> </tr> <tr> <td>2__</td> <td>Per Week</td> </tr> <tr> <td>3__</td> <td>Per Month</td> </tr> <tr> <td>4__</td> <td>Per Year</td> </tr> <tr> <td>555</td> <td>Never</td> </tr> <tr> <td>777</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>999</td> <td>Refused</td> </tr> </tbody> </table>	1__	Per Day	2__	Per Week	3__	Per Month	4__	Per Year	555	Never	777	Don't know/ Not sure	999	Refused																																
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<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%; border-collapse: collapse;"> <tbody> <tr> <td>1</td> <td>Yes</td> </tr> <tr> <td>2</td> <td>No</td> </tr> <tr> <td>7</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>9</td> <td>Refused</td> </tr> </tbody> </table>	1	Yes	2	No	7	Don't know/ Not sure	9	Refused	<p>AZ3_4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?</p> <table style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>1__</td> <td>Per Day</td> </tr> <tr> <td>2__</td> <td>Per Week</td> </tr> <tr> <td>3__</td> <td>Per Month</td> </tr> <tr> <td>4__</td> <td>Per Year</td> </tr> <tr> <td>555</td> <td>Never</td> </tr> <tr> <td>777</td> <td>Don't know/ Not sure</td> </tr> <tr> <td>999</td> <td>Refused</td> </tr> </tbody> </table>	1__	Per Day	2__	Per Week	3__	Per Month	4__	Per Year	555	Never	777	Don't know/ Not sure	999	Refused																																
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2010 ARIZONA QUESTIONNAIRE

<p>AZ3_5. How often do you eat carrots?</p> <p>1__ Per Day 2__ Per Week 3__ Per Month 4__ Per Year 555 Never 777 Don't know/ Not sure 999 Refused</p>	<p>AZ4_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>__ __ Hours and minutes per day 777 Don't know/ Not sure 999 Refused</p>
<p>AZ3_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>1__ Per Day 2__ Per Week 3__ Per Month 4__ Per Year 555 Never 777 Don't know/ Not sure 999 Refused</p>	<p>AZ4_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>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>State-Added 4: Physical Activity</p> <p>AZ4_1. When you are at work, which of the following best describes what you do? Would you say-</p> <p>1 Mostly sitting or standing 2 Mostly walking 3 Mostly heavy labor or physically demanding work 7 Don't know/ Not sure 9 Refused</p>	<p>AZ4_6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?</p> <p>__ Days per week 88 Do not do any vigorous physical activity for at least 10 minutes at a time 77 Don't know/ Not sure 99 Refused</p>
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2010 ARIZONA QUESTIONNAIRE

<p>AZ5_1. Has anyone EVER had sex with you after you said or showed that you didn't want them to or without your consent?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>State- Added 7: COPD AZ7_1. Have you EVER been told by a doctor or other health professional that you had emphysema?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>AZ5_2. Has an intimate partner EVER hit, slapped, pushed, kicked, or hurt you in any way?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>AZ7_2. Have you EVER been told by a doctor or other health professional that you had chronic bronchitis?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>
<p>State- Added 6: Folic Acid AZ6_1. Do you currently take any multivitamins or supplements that contain folic acid?</p> <p>1 Yes 2 No 7 Don't know/ Not sure 9 Refused</p>	<p>State-Added 8: Family Planning AZ8_1. Are you or your [if female insert "husband/partner," if male, insert "wife/partner"] doing anything now to keep ["if female, insert "you," if male, insert "her"] from getting pregnant?</p> <p>1 Yes 2 No 3 No partner/not sexually active 4 Same sex partner 7 Don't know/ Not sure 9 Refused</p>
<p>AZ6_2. How often do you take this multivitamin or supplement?</p> <p>1__ Times per day 2__ Times per week 3__ Times per month 777 Don't know/ Not sure 999 Refused</p>	<p>AZ8_2. What are you or your [if female, insert "husband/partner," if male, insert "wife/partner"] doing <u>now</u> to keep [if female, insert "you," if male, insert "her"] from getting pregnant?</p> <p>01 Tubes tied (or female sterilization) 02 Vasectomy (or male sterilization) 03 Birth control pills, any kind 04 Male condoms 05 Female condoms 77 Don't know/ Not sure 99 Refused</p>
<p>AZ6_3. Some health experts recommend that women take 400 micrograms of the B-vitamin folic acid every day. They recommend this for which one of the following reasons?</p> <p>1 To make strong bones 2 To prevent birth defects 3 To prevent high blood pressure 4 Some other reason 7 Don't know/ Not sure 9 Refused</p>	<p>State- Added 9: Excess Sun Exposure AZ9_1. How often do you protect your skin with clothing or sunscreen to avoid skin cancer?</p> <p>1 Every time I go outdoors 2 Often 3 Only during the summer 4 Never 7 Don't know/ Not sure 9 Refused</p>

2010 ARIZONA QUESTIONNAIRE

<p>AZ3_5. How often do you eat carrots?</p> <p>1__ Per Day 2__ Per Week 3__ Per Month 4__ Per Year 555 Never 777 Don't know/ Not sure 999 Refused</p>	<p>AZ4_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>__ __ Hours and minutes per day 777 Don't know/ Not sure 999 Refused</p>
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2010 ARIZONA QUESTIONNAIRE

Asthma call-back screener

Ast1. We would like to call you again within the next 2 weeks to talk in more detail about **(your/your child's)** experiences with asthma. The information will be used to help develop and improve the asthma programs in Arizona.

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 one file, separate from the answers collected today. Even if you agree now, you may refuse to participate in the future.

Would it be okay if we called you back to ask additional asthma-related questions at a later time?

- 1 Yes
- 2 No

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2010 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 18th Avenue, Suite 550
Phoenix, Arizona 85007
(602) 542-7333**