



**2002 BEHAVIORAL RISK FACTORS
OF ARIZONA ADULTS**

SEPTEMBER 2003



Janet Napolitano, Governor
State of Arizona

Catherine R. Eden, Director
Arizona Department of Health Services

Rose Conner, Assistant Director
Division of Public Health Services

Author:
Brian A. Bender, MBA, Manager
Survey Center

ACKNOWLEDGMENTS

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

Richard S. Porter, Chief
Bureau of Public Health Statistics

Opinion Research Corporation, Macro International
BRFSS Contractor

Centers for Disease Control and Prevention
Gloria Colclough
Bill Garvin

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

Notice

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

If you need this publication in an alternative format, please contact the ADHS Office of Epidemiology and Statistics at (602) 542-1216 or E-mail: bbender@hs.state.az.us or <http://www.hs.state.az.us>.

Funded by the Centers for Disease Control Cooperative Agreement No. U58/CCU900587-18

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

TABLE OF CONTENTS

<i>EXECUTIVE SUMMARY</i>	1
<i>RISK FACTORS/CHRONIC DISEASE TERM USAGE</i>	3
<i>INTRODUCTION</i>	5
<i>METHODOLOGY</i>	6
<i>I. ANALYSIS OF CORE RISK FACTORS</i>	8
A. HEALTH CARE COVERAGE.....	9
B. LEISURE-TIME ACTIVITY	11
C. FRUIT AND VEGETABLE CONSUMPTION.....	13
D. DIABETES	15
E. ORAL HEALTH.....	17
F. CIGARETTE SMOKING	19
G. ALCOHOL CONSUMPTION	21
H. SEATBELT USE	23
I. ROUTINE MAMMOGRAPHY	25
J. ROUTINE PAP SMEAR	27
K. PROSTATE CANCER SCREENING.....	29
<i>II. ANALYSIS OF OPTIONAL MODULE QUESTIONS</i>	32
A. ARTHRITIS AND QUALITY OF LIFE.....	33
B. OBESITY AND OVERWEIGHT (BMI).....	35
<i>III. ANALYSIS OF STATE-ADDED QUESTIONS</i>	37
A. FAMILY PLANNING.....	38
B. DIABETES	38
C. ANTIBIOTIC RESISTANCE & HEPATITIS C RISK.....	39
D. HEPATITIS C RISK.....	39
E. DEPRESSION.....	40
F. PHYSICAL ACTIVITY - WALKING.....	40
G. PHYSICAL ACTIVITY – STRENGTH BUILDING	41
<i>APPENDIX I: ARIZONA RESPONDENT PROFILE</i>	42
<i>APPENDIX II: 2002 ARIZONA BRFSS QUESTIONS LISTING</i>	43
<i>APPENDIX III: 2002 ARIZONA QUESTIONNAIRE</i>	44
<i>APPENDIX IV: 2002 BRFSS WEIGHTING FORMULA</i>	61

EXECUTIVE SUMMARY

This report examines specific behavioral risk factors and chronic diseases for adults 18 years and older in Arizona during 2002. The Annual Survey Results section contains information on high-risk behaviors and chronic diseases surveyed each year. The Module Survey Results portion contains information that may not be surveyed each year. The State-Added Questions Survey Results portion contains information on high-risk behaviors added by suggestion by the Arizona Department of Health Services and that may not be surveyed each year. The Behavioral Risk Factor Surveillance System (BRFSS) program is a rich source of state-level public health data; these data have become essential for health promotion, disease prevention, and intervention programs in Arizona.

Highlights of the 2002 Behavioral Risk Factors Survey:

- *Healthy People 2010's* goal is 100% of people should have health insurance. Arizona fell short in 2002, with only 83.9% reported having health insurance. This rate has been stable since 2000. The groups least likely to have health insurance were young (18-24 years of age) at 70.4% and low-income (<\$15,000) at 70.1%.
- 22.6% of respondents are at risk for no leisure-time physical activity. This did not meet the goal set by *Healthy People 2010* of 20.0%. Respondents with income <\$15,000 (44.0%) and Hispanics (33.4%) were the least likely to participate in leisure-time physical activity.
- *Healthy Arizona 2010's* goal is to increase the proportion of Arizonans that eat \geq two servings of fruit and \geq three servings of vegetables daily to \geq 50%. Most respondents (77.3%) did not eat \geq five daily servings of fruits and vegetables. Males (83.4%), 25-34 years of age (83.6%), and Non-White (81.2%) were least likely to \geq eat five daily servings of fruits and vegetables.
- With 6.4% of respondents reporting that a doctor told them they had diabetes, Arizona fell short of the *Healthy People 2010* objective for diabetes incidence of 4.0%. Respondents aged 65+ (14.1%), with incomes <\$15,000 (15.3%), and Hispanics (10.0%) were most likely to report that a doctor told them they had diabetes.
- Arizona (31.3%) exceeded the *Healthy Arizona 2010* goal of \leq 45% of adults not having a regular dental visit within the past year. The groups not meeting that goal were respondents with less than a high school education (55.6%) and incomes <\$15,000 (52.3%).
- With 23.4% of residents at risk for smoking, Arizona fell short of the *Healthy People 2010* target of \leq 12% current smokers 18+ years old. Groups at greatest risk included ages 18-24 years (29.8%), less than a high school education (37.7%), and White (24.6%).
- *Healthy People 2010* has a goal to reduce the percentage of the population engaging in binge drinking of alcoholic beverages to \leq 6% for adults. Respondents who were male (25.9%) and 18-24 years old (32.6%) were at highest risk for binge drinking.

Highlights of the 2002 Behavioral Risk Factors Survey Cont.):

- In Arizona, 11.2% of respondents were at risk for not using seatbelts, which did not meet the *Healthy People 2010* goal of 8.0%. Respondents who are male (15.6%), 18-24 years old (17.6%), and having incomes <\$15,000 (20.6%) were at greatest risk for this behavior.
- Arizona (90.2%) exceeded the *Healthy People 2010* goal of 70.0% for women 40+ years old having a mammogram. Women with incomes \$15,000-\$24,999 (17.7%) and Non-White (18.7%) were least likely to have had a routine mammogram.
- With 96.2% of women reporting they have had a Pap test Arizona was just short of the *Healthy People 2010* goal of 97%. Respondents least likely to have had a Pap test were 18-24 years old (86.7%), had incomes <\$15,000 (93.1%), and Non-White (94.5%).
- Of males at least 40 years old 36.7% did not have a PSA blood test. These males with an income of <\$15,000 (54.3%), Non-White (58.6%), and Hispanic (60.5%) were least likely to have had a PSA blood test.
- The rate of Arizona residents who reported being told by a doctor they have arthritis has increased since 2000 (20.2%) to 2002 (27.7%). The groups most likely to be told they have arthritis were: age 65+ (55.3%), income \$25,000-\$34,999 (35.0%), and White (31.7%).
- *Healthy People 2010* set a goal of reducing obese body mass index (BMI) to a prevalence of <15% among adults 20+ years old. Respondents 55-64 years of age (28.2%) and those having an income \$15,000-\$24,999 (24.3%) were at greatest risk for being obese.
- Regarding family planning 41.2% of respondents said that they or their partner have never been pregnant.
- 67.3 % of respondents with diabetes reported no limitation in reading print.
- The majority of Arizonans (57.9%) take prescribed antibiotics until they are gone.
- Less than half of respondents (44.3%) believe their risk for Hepatitis C was low.
- Almost two-thirds of Arizonans (62.6%) stated they were not depressed in the past two weeks.
- More than three-quarters (79.9%) of respondents said they walk for at least 10 minutes at a time for recreation, exercise, to get to and from places, or for any other reason?, in a usual week.
- Over half (54.9%) of Arizona respondents reported performing activities designed to increase muscle strength or tone in a usual week.

RISK FACTORS/CHRONIC DISEASE TERM USAGE

Arthritis	Respondents who reported a doctor told them they had arthritis.
Binge Drinking	Respondents who reported having five or more drinks on an occasion, one or more times in the past month.
Current Smoking	Respondents who reported smoking 100 cigarettes during their lifetime and who smoke now (regularly or irregularly).
Dental Visit	Respondents who reported they had not had a dental visit in the past year.
Diabetes	Respondents who reported a doctor told them they had diabetes.
Five A Day	Respondents who reported they had not heard of the program “Five A Day for Better Health.”
Flu Shot	Respondents who reported not receiving a flu shot in the past 12 months.
Folic Acid	Respondents 18-44 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 Plan	Respondents who reported that they did not have health care coverage.
HIV/AIDS Testing	Respondents 18-64 years of age who reported that they have not been tested for HIV.
Limited Activities	Respondents who reported they were limited in any activities due to any impairment or health problems.
Mammography	Female respondents 40 years of age and older who reported that they had never had a mammogram.
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.
Pap Smear	Female respondents who reported that they never had a Pap Smear test.
Pneumonia Vaccination	Respondents who reported not never receiving a pneumonia vaccination.

PSA Blood Test	Male respondents aged 50 years and older who reported that they had not had a Prostate Specific Antigen (PSA) blood test.
Respondent	Arizona residents 18 years of age or older. In some cases various subset(s) of this group may be used.
Seatbelt	Respondents who reported that they "sometimes", "seldom", or "never" wear seat belts when driving or riding in a car.

INTRODUCTION

In 2001, 40,851 residents of Arizona died. The table below lists the top 10 causes of death of Arizona residents in 2001.¹

Seven of ten deaths in the U.S. are due to chronic diseases. Preventable risk factors are often the underlying causes of these deaths. A few changeable risk behaviors, alone or in combination, bring excessive suffering and premature death to millions. Three such behaviors—tobacco use, poor nutrition, and lack of physical activity—are major contributors to this country’s leading killers, cardiovascular disease and cancer. These behaviors also exacerbate the devastating complications of diabetes and increase the risk for other serious chronic illnesses such as chronic lung disease, arthritis, and osteoporosis.²

Since 1982, through a cooperative agreement with the Centers for Disease Control and Prevention (CDC), the Arizona Department of Health Services (ADHS) has implemented the Behavioral Risk Factor Surveillance System (BRFSS) is an on-going 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.

LEADING CAUSES OF DEATH, ARIZONA 2001

RANK	CAUSE OF DEATH	NUMBER OF DEATHS	AGE ADJUSTED MORTALITY RATE	PERCENTAGE OF TOTAL DEATHS
1	Heart Disease	10,312	201.7	25.2
2	Malignant Neoplasms - Cancer	8,914	169.2	21.8
3	Chronic Lower Respiratory Disease	2,463	47.7	6.0
4	Unintentional Injury	2,430	46.9	5.9
5	Cerebrovascular Disease	2,416	46.6	5.9
6	Alzheimer’s Disease	1,103	22.5	2.7
7	Influenza and Pneumonia	1,100	21.9	2.7
8	Diabetes Mellitus	1,040	19.9	2.5
9	Chronic Liver Disease & Cirrhosis	635	12.3	1.6
10	Nephritis, Nephrotic Syndrome, & Nephrosis	622	12.0	1.5

Source: Arizona health status and vital statistics, 2001. * All death rates are age-adjusted to the 2000 U.S. population.

References

1. Mrela, CK, ARIZONA HEALTH STATUS AND VITAL STATISTICS, 2001. Bureau of Public Health Statistics, Arizona Department of Health Services.
2. CDC. Unrealized Prevention Opportunities: Reducing The Health And Economic Burden Of Chronic Disease, November 2000.

METHODOLOGY

A. SAMPLING DESIGN

The Arizona BRFSS is a random sample telephone survey. Using disproportionate stratified sampling, random digit dialing, and a Computer Assisted Telephone Interviewing (CATI) system. The survey has the potential to represent 96.3% of all households in Arizona (i.e., those who have telephones according to Arizona Department of Economic Security data for the year 2000, the latest year available). A sample size of 3,200 interviews over a 12-month period was selected to achieve an acceptable 95% confidence interval of $\pm 3\%$ 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 is reported in Appendix I: 2002 Arizona Demographic Profile.

B. 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 contains questions on health risk behavior and demographic information; the next section contained optional modules: Diabetes, Physical Activity, Quality of Life, Weight Control, Tobacco Indicators, Other Tobacco Products, and Arthritis. The last section contained State-added questions consisting of: Family Planning, Diabetes, Antibiotic Resistance, Hepatitis C Risk, Depression, Physical Activity – Walking, and Physical Activity – Strength Building.

C. 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.– 9 P.M. weekdays, from 11 A.M.–7 P.M. Saturdays, and from 11 A.M.–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 evenings; 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 interviewing 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.

D. 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 Appendix IV: BRFSS Weighting Formula.

All analyses presented are based on 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% confidence that the categories described are different.

I. ANALYSIS OF CORE RISK FACTORS

A. HEALTH CARE COVERAGE

Uninsured people are less likely than people with health insurance to have a primary care provider; to have received appropriate preventive care, such as current mammograms; or to have had recent medical visits. Lack of insurance also affects access to care for relatively serious medical conditions. Evidence suggests that the risk of premature death increases considerably for people without health insurance over an extended period and that death rates of hospitalized patients without health insurance are significantly higher than among patients with insurance.¹

According to the 2002 Arizona BRFSS, 16.1%* of all respondents reported they did not currently have health care coverage (Figure I-A-1). This represents a slight continuing decrease from the percentage of Arizonans reporting lack of health care coverage since the year 2000. Improving access to health care is an objective of *Healthy People 2010*, an initiative which sets a goal of increasing the proportion of adults with health insurance to 100%.² This is also an objective of *Healthy Arizona 2010*, with a goal of increasing of persons with health care coverage to 90%.³

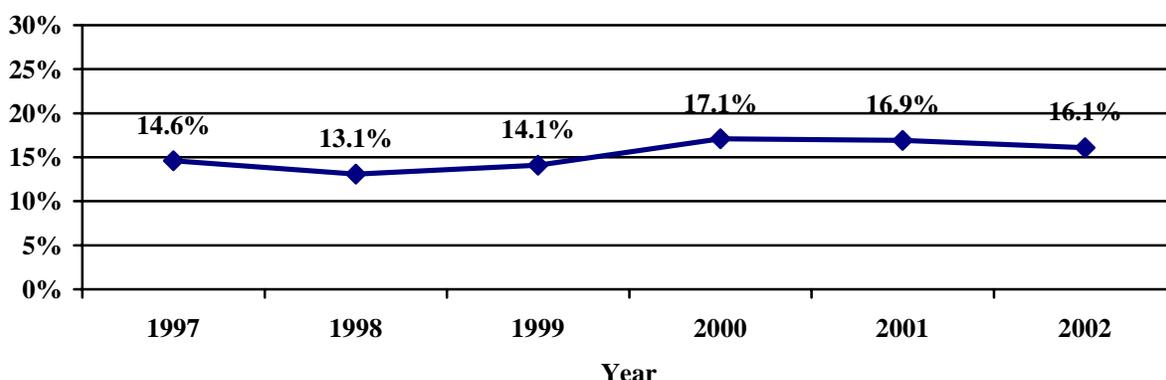


Figure I-A-1. Percentage of Arizona BRFSS respondents who reported they did not have health coverage in 1997-2002.

Males (17.3%) were more likely than females (15.1%) to lack health care coverage. Differences in coverage were also evident among age, education, income, and race categories (Table I-A-1). Respondents aged 18-24 (29.6%) and 35-44 (21.4%), were less likely to have coverage than other respondents. As age increased the percentage of respondents without health care coverage generally decreased.

In addition, Arizonans with less education and lower incomes were more likely to lack health care coverage. Respondents with less than a high school education (32.8%) were significantly less likely to have coverage than those with some college or technical training (12.7%) and college graduates (8.5%). Also, as with age and education, as income increased the percentage of respondents reporting they did not have health care coverage decreased. Respondents earning less than \$15,000 were the least likely to have health care coverage (29.9%) followed by those earning from \$15,000-\$24,999 (28.0%). Significant differences also appeared between race and

* 95% Confidence Interval: 14.2%-18.3%.

ethnic groups. While a little more than one-quarter (27.4%) of Non-Whites lacked health care coverage, only 12.5% of White respondents lacked coverage. Similarly, 32.2% of Hispanics were not covered by health care insurance while only 13.3% of Non-Hispanics lacked coverage.

Reference

1. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
3. Arizona Department of Health Services. *Healthy Arizona 2010: Collaborating For A Healthier Future*, March 2001.

2002 Arizona BRFSS: Respondents with No Health Care Coverage		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	17.3	210
Female	15.1	259
<u>Age</u>		
18-24	29.6	79
25-34	18.4	84
35-44	21.4	118
45-54	14.8	90
55-64	11.8	71
65+	1.9	26
<u>Education</u>		
Less than High School	32.8	77
High School Graduate/GED	23.7	180
Some College/Tech School	12.7	135
College Grad	8.5	76
<u>Income</u>		
<\$15,000	29.9	69
\$15,000-\$24,999	28.0	138
\$25,000-\$34,999	23.4	81
\$35,000-\$49,999	14.8	64
\$50,000-\$74,999	10.1	31
≥\$75,000	3.6	15
<u>Race</u>		
White	12.5	297
Non-White	27.4	165
<u>Ethnicity</u>		
Hispanic	32.2	107
Non-Hispanic	13.3	357

Table I-A-1. 2002 BRFSS results: Arizona respondents with no health care coverage.

B. LEISURE-TIME ACTIVITY

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

Physical activity and exercise are critical elements in the promotion of health. Age-appropriate exercise habits reduce the risk of hypertension, diabetes mellitus, colon cancer, osteoporosis, and immune system dysfunction.^{2,3} Regular exercise also can contribute to the functional independence of the elderly and improves the quality of life for people of all ages.⁴

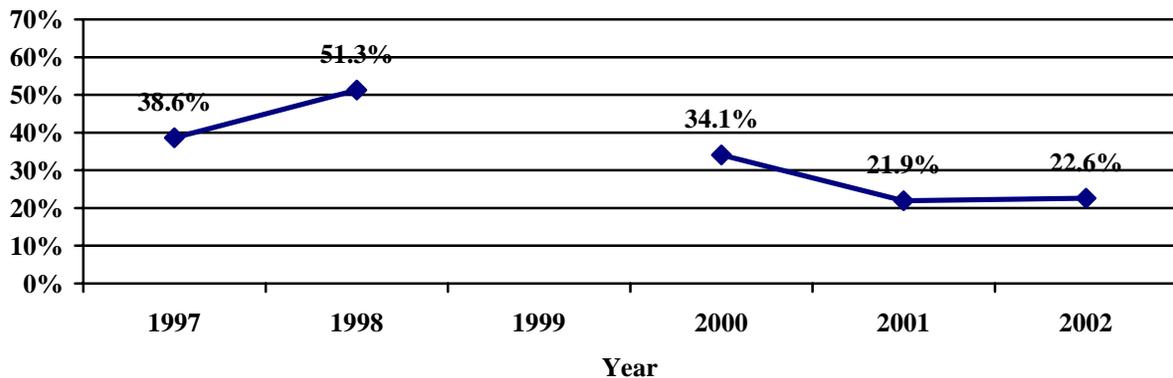


Figure I-B-1. Percentage of Arizona BRFSS respondents who reported no leisure-time physical activity in 1997-2002. *Healthy People 2010 Objective 22.1 is less than 20%.*

Analysis of the 2002 Arizona BRFSS data indicated that 22.6%* of all respondents reported no leisure-time physical activity within the past 30 days (Figure I-B-1). This percentage is a slight increase from 21.9% in 2001 it still falls short of the *Healthy People 2010* Objective of less than 20.0%.⁵

Females were more likely than males to report no physical activity (26.5% and 18.7% respectively). Arizonans aged 55-64 years were most likely to report no leisure-time activity (27.9%) and the next largest category were respondents 18-24 years (27.2%). The more significant differences between each subset within the various demographic groups occurred in education and income (Table I-B-1). Respondents with less than a high school education were about five times more likely to report no leisure-time physical activity than college graduates (49.3% vs. 9.7%). Arizonans with less than a high school education were more likely to be inactive during leisure time (32.0%) compared to those with some college (20.1%). There was an inverse relationship between income levels and respondents reporting they did not have leisure-time physical activity, i.e., as income increased the percentage of those stating they did

* 95% Confidence Interval: 20.4%-25.0%.

not have leisure-time activity decreased. Arizonans with incomes less than \$15,000 were the most likely to report no leisure-time activity (44.0%). The next highest group were those making \$15,000-\$24,999 (28.4%), followed by those making \$25,000-\$34,999 (25.2%). Non-White Arizonans were more likely to be inactive during leisure time (31.4%), compared to White respondents (19.9%). Regarding ethnicity, Hispanics were higher (33.4%) than Non-Hispanics (20.7%).

References

1. U.S. Department of Health and Human Services. Physical Activity Fundamental To Preventing Disease, June 2002.
2. Siscovick DS, et al., Disease Specific Benefits and Risks of Physical Activities and Exercise. Public Health Reports, 1985; 100(2): 180-188.
3. Venjatraman JT, Fernandes G., Exercise, Immunity and Aging. Aging, 1997; 9(1-2): 42-56.
4. Katz S, Branch LG, Branson MH, et al., Active Life Expectancy. N Engl J Med, 1983; 309: 1218-1224.
5. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

2002 Arizona BRFSS: Respondents With No Leisure-Time Activity		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	18.7	243
Female	26.5	516
<u>Age</u>		
18-24	27.2	52
25-34	14.9	69
35-44	21.8	114
45-54	20.8	133
55-64	27.9	144
65+	26.9	246
<u>Education</u>		
Less than High School	49.3	138
High School Graduate/GED	32.0	282
Some College/Tech School	20.1	214
College Grad	9.7	124
<u>Income</u>		
<\$15,000	44.0	130
\$15,000-\$24,999	28.4	150
\$25,000-\$34,999	25.2	119
\$35,000-\$49,999	24.3	116
\$50,000-\$74,999	12.1	63
≥\$75,000	7.3	40
<u>Race</u>		
White	19.9	555
Non-White	31.4	201
<u>Ethnicity</u>		
Hispanic	33.4	135
Non-Hispanic	20.7	621

Table I-B-1. 2002 BRFSS results: Arizona respondents who reported that they did not participate in physical activity during the past 30 days.

C. FRUIT AND VEGETABLE CONSUMPTION

Cancer is the second leading cause of death in the United States, killing more than half a million people a year. About one-third of all cancers are attributable to dietary factors, which may play a role in up to 80 percent of cancers of the large bowel, breast, and prostate. Given current trends, cancer will replace cardiovascular disease as the leading cause of death early in the 21st century.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.

One of the most important dietary habits is the consumption of at least five servings of fruits and vegetables per day. Analysis of the 2002 Arizona BRFSS showed that 77.3% of respondents reported that they consume less than five servings of fruits and vegetables per day (Figure I-C-1). This falls short of *Healthy Arizona 2010* Objective 2.1, which stresses the importance of vegetable consumption and 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%.²

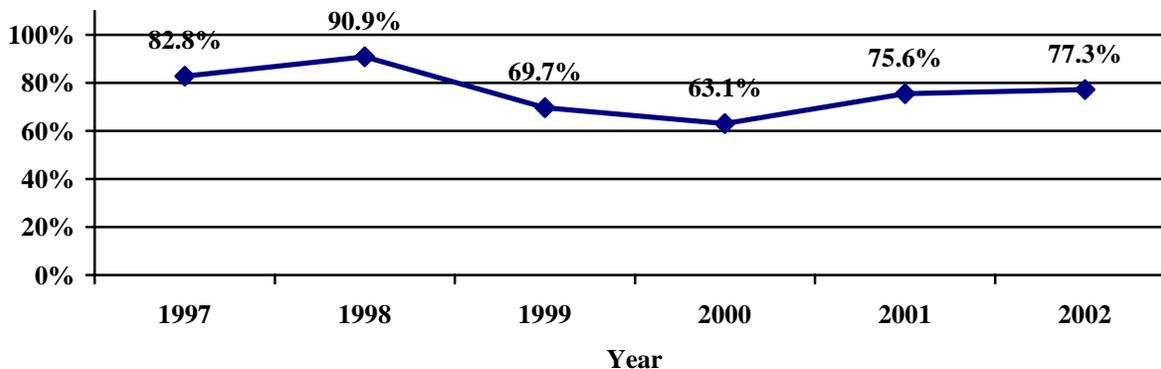


Figure I-C-1. Percentage of Arizona BRFSS respondents who reported that they consume less than five servings of fruits and vegetables per day in 1997-2002.

Males (83.4%) are much less likely to consume less than five servings of fruits and vegetables per day than females (71.6%) (Table I-C-1). Respondents aged 25-34 were least likely to eat five or more servings of fruits and vegetables (83.6%) followed by persons 18-24 years (81.0%). High school graduates were less likely (81.1%) to eat at least five servings of fruits and vegetables than the other categories followed by respondents with some college or technical school (79.6%). Arizonans earning \$25,000-\$34,999 had the highest percentage of people who did not eat five or more servings of fruits and vegetables (79.1%) followed by the \$50,000-\$74,999 category (78.8%). Non-white respondents were slightly less likely to eat five servings

each day (81.2%) than white respondents (76.1%). There was a small difference regarding ethnicity Hispanics (78.8%) and Non-Hispanics (77.1%). These results suggest that efforts at educating Arizonans about the importance of eating five servings of fruits and vegetables each day be targeted throughout the population, regardless of demographic categories.

References

1. 5 A Day for Better Health Program – Monograph, National Cancer Institute, 2001
2. Department of Health Services. Arizona 2010: Collaborating for a Healthier Future. 2001.

2002 Arizona BRFSS: Respondents Not Consuming At Least Five Servings Of Fruits And Vegetables Per Day		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	83.4	1,004
Female	71.6	1,374
<u>Age</u>		
18-24	81.0	200
25-34	83.6	324
35-44	80.5	434
45-54	77.3	458
55-64	77.4	406
65+	64.2	556
<u>Education</u>		
Less than High School	77.6	215
High School Graduate/GED	81.1	705
Some College/Tech School	79.6	795
College Grad	71.2	662
<u>Income</u>		
<\$15,000	78.6	230
\$15,000-\$24,999	75.2	392
\$25,000-\$34,999	79.1	352
\$35,000-\$49,999	76.7	396
\$50,000-\$74,999	78.8	352
≥\$75,000	76.4	304
<u>Race</u>		
White	76.1	1,841
Non-White	81.2	518
<u>Ethnicity</u>		
Hispanic	78.8	306
Non-Hispanic	77.1	2,064

Table I-C-1. 2002 BRFSS survey results: Proportion (as a percent) of respondents who reported that they did not consume at least five servings of fruits and vegetables per day.

D. DIABETES

Diabetes is a serious, costly disease and it is on the rise. Currently, 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

“Diabetes is associated with long-term complications that affect almost every major part of the body. The disease often leads to blindness, heart and blood vessel disease, strokes, kidney failure, amputations, and nerve damage. Uncontrolled diabetes can complicate pregnancy, and birth defects are more common in babies born to women with diabetes.”²

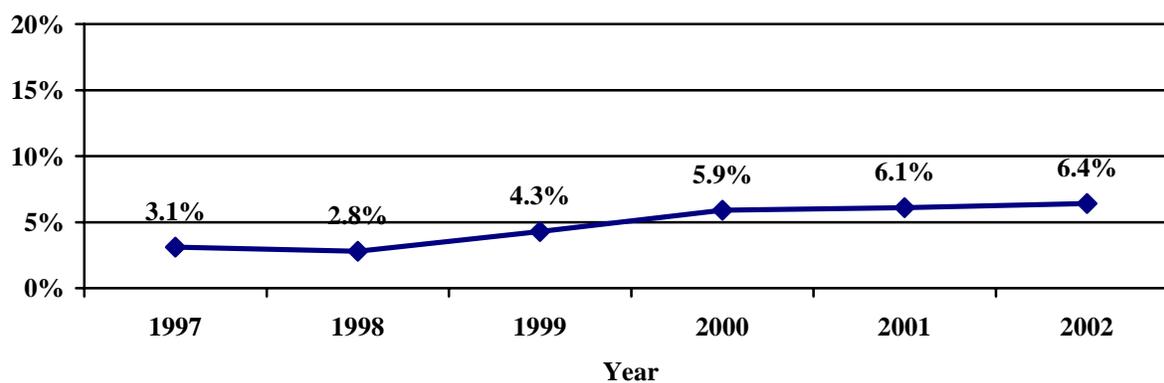


Figure I-D-1. Percentage of Arizona BRFSS respondents who reported that they were told they had diabetes in 1997-2002. *Healthy People 2010 Objective No. 5.3 is 4.0%.*

According to the 2002 BRFSS, 6.4%* of all respondents reported being told by a doctor they had diabetes. This percentage, shown in Figure I-D-1, represents a slight increase since 2001. The figure continues to exceed the *Healthy People 2010* objective for diabetes prevalence of 4.0%.³

Males were about as likely (6.5%) as females (6.3%) to be told they have diabetes. There is a direct relationship between age and the percentage of respondents being told they have diabetes: as age increases so does the percentage of respondents who report being told they have diabetes. The age group 65+ were most likely to be told they have diabetes (14.1%), followed by the 55-64 age group (10.7%). Regarding education, respondents with a high school education were most likely to be told they have diabetes (8.2%); the next highest group were respondents with some college or technical school (6.5%). Respondents earning less than \$15,000 had the highest percentage saying there were told they have diabetes (15.3%), followed by respondents earning \$25,000-\$34,999 (9.2%). Non-white respondents were more than 40 percent more likely to be told they have diabetes than White respondents (8.2% and 5.8% respectively). Hispanics were more than 72 percent more likely than Non-Hispanic respondents to be told they have diabetes

* 95% Confidence Interval: 5.4%-7.6%.

(10.0% and 5.8% respectively). As part of an optional module of the 2002 Arizona BRFSS, diabetics were asked an additional series of questions pertaining to the control of their condition. Of those responding, 23.4% reported that they take insulin.

Finally, the survey measured use of dilated eye exams among respondents with diabetes. *Healthy People 2010* Objective 5.13 set a goal of increasing to 75% the number of diabetics receiving an annual dilated eye examination². Arizona fell slightly short of that goal with 74.3% reported having an dilated eye exam in the past year.

References

1. Centers for Disease Control and Prevention. Diabetes: Disabling, Deadly, and on the Rise. 2002
2. Diabetes Overview. National Diabetes Information Clearinghouse. Retrieved from World Wide Web July 24, 2001: <http://www.nih.gov/health/diabetes/pubs/dmover/dmover.htm>.
3. U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

2002 Arizona BRFSS: Respondents Told They Have Diabetes		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	6.5	116
Female	6.3	137
<u>Age</u>		
18-24	*	*
25-34	1.4	8
35-44	3.5	20
45-54	9.2	54
55-64	10.7	52
65+	14.1	117
<u>Education</u>		
Less than High School	5.8	24
High School Graduate/GED	8.2	91
Some College/Tech School	6.5	83
College Grad	4.9	55
<u>Income</u>		
<\$15,000	15.3	51
\$15,000-\$24,999	6.8	46
\$25,000-\$34,999	9.2	40
\$35,000-\$49,999	4.1	27
\$50,000-\$74,999	5.6	31
≥\$75,000	3.0	15
<u>Race</u>		
White	5.8	178
Non-White	8.2	73
<u>Ethnicity</u>		
Hispanic	10.0	46
Non-Hispanic	7.3	206

Table I-D-1. 2002 BRFSS results: Respondents told they had diabetes. *= Cell size too small.

E. ORAL HEALTH

Oral diseases are progressive and cumulative and become more complex over time. They can affect our ability to eat, the foods we choose, how we look, and the way we communicate. These diseases can affect economic productivity and compromise our ability to work at home, at school, or on the job.¹

About 30,000 Americans are diagnosed with oral and throat cancers annually. There are also more than 8,000 deaths from both diseases each year.² Recently, the importance of oral health was emphasized in the U.S. Surgeon General's Report on Oral Health, released in 2000.³ *Healthy Arizona 2010* includes the objective of increasing the proportion of children and adults who receive dental care each year.⁴

Results from the 2002 BRFSS showed that 31.3% of respondents had not had a dental visit within the past year (Figure I-E-1). This percentage decreased from 2001 (36.3%). This meets the *Healthy Arizona 2010* goal of fewer than 45% of adults not receiving regular dental visits within the past year.⁴

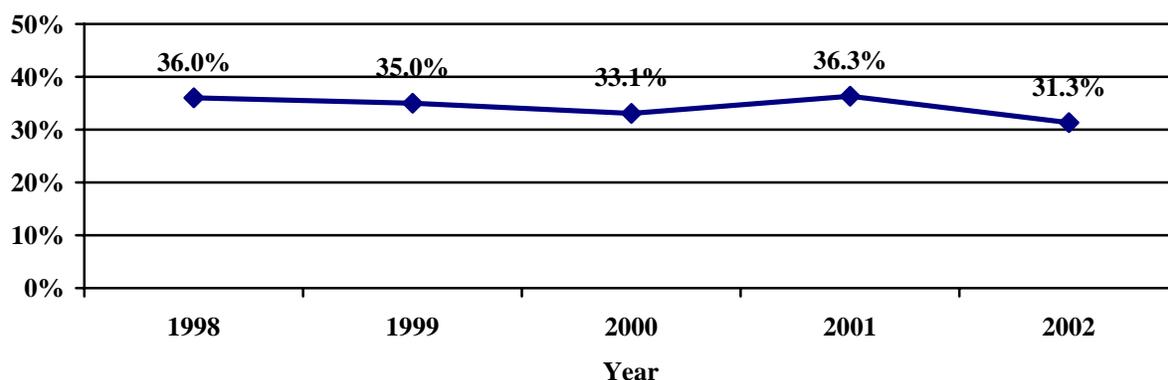


Figure I-E-1. 1998-2002 percentage of Arizona BRFSS respondents who reported that they have not had a dental visit within the past year.

Table I-E-1 describes respondents who reported they did not have a dental visit in the past year. Men were less likely to have visited a dentist in the past year (35.1%) than women (27.7%). Respondents in the 35-44 year group were the least likely to have a visit within the last 12 months (34.7%) and the next highest was the 25-34 age group (33.6%). Higher education and income levels had a positive relationship with regard to having a dental visit in the past year, i.e., as education and income increased so did the likelihood of having had a dental visit in the past year. Arizonans with less than a high school education and high school graduates were more likely not to have had a visit to the dentist in the past 12 months compared to those with some college or college graduates. Respondents with incomes under \$15,000 or \$15,000-\$24,999 were significantly less likely to have visited a dentist in the past year than any higher income categories. Respondents who did not have a dental visit in the past year are primarily Non-White (36.5%) and Hispanic (40.1%).

References

1. Oral Health in America: A Report of the Surgeon General—Executive Summary. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000.
2. Centers for Disease Control and Prevention. Improving Oral Health: Preventing Unnecessary Disease Among All Americans, At-A-Glance, 1999.
3. U.S. Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General – Executive Summary, 2000.
4. Arizona Department of Health Services. Arizona 2010: Collaborating for a Healthier Future. 2001.

2002 Arizona BRFSS: Respondents Who Did Not Visit The Dentist Or A Dental Clinic Within Past Year		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	35.1	439
Female	27.7	575
<u>Age</u>		
18-24	27.4	72
25-34	33.6	145
35-44	34.7	187
45-54	33.5	190
55-64	27.9	162
65+	28.2	258
<u>Education</u>		
Less than High School	55.6	144
High School Graduate/GED	39.5	349
Some College/Tech School	30.7	322
College Grad	18.3	198
<u>Income</u>		
<\$15,000	52.3	165
\$15,000-\$24,999	44.0	216
\$25,000-\$34,999	35.6	162
\$35,000-\$49,999	34.7	173
\$50,000-\$74,999	24.6	111
≥\$75,000	15.9	66
<u>Race</u>		
White	29.8	772
Non-White	36.5	234
<u>Ethnicity</u>		
Hispanic	40.1	151
Non-Hispanic	29.9	859

Table I-E-1. 2002 BRFSS survey results: Respondents who did not visit the dentist or a dental clinic within the past year.

F. CIGARETTE SMOKING

From 1995 to 1999 an annual average of 264,087 deaths among men and 178,311 deaths among women in the United States were attributable to smoking. Among adults, most smoking-related deaths were due to lung cancer, ischemic heart disease, and chronic airways obstruction. Smoking during pregnancy resulted in the death of 599 male and 408 female infants annually. Total annual smoking-attributable mortality (SAM) estimates include the deaths of 589 males and 377 females by residential fire from 1994 to 1998, and the deaths of 15,517 males and 22,536 females from lung cancer and heart disease attributable to secondhand smoke.¹

Tobacco use is responsible for one out of every five deaths in the United States.² Cigarette smoking is a major contributor to diseases such as lung cancer, oral cancer, and heart disease. Smoking is also found to be associated with depression, anxiety disorders, colon cancer, and in children of smokers, sudden infant death syndrome (SIDS).³⁻⁵ Clearly, smoking is an important public health issue. *Healthy People 2010* set a target of no more than 12% current smokers among adults 18 years of age or older⁶. According to the 2002 Arizona BRFSS, 23.4% of respondents identified themselves as current smokers. For the coming decade, *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% 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 Arizona 2010* target.

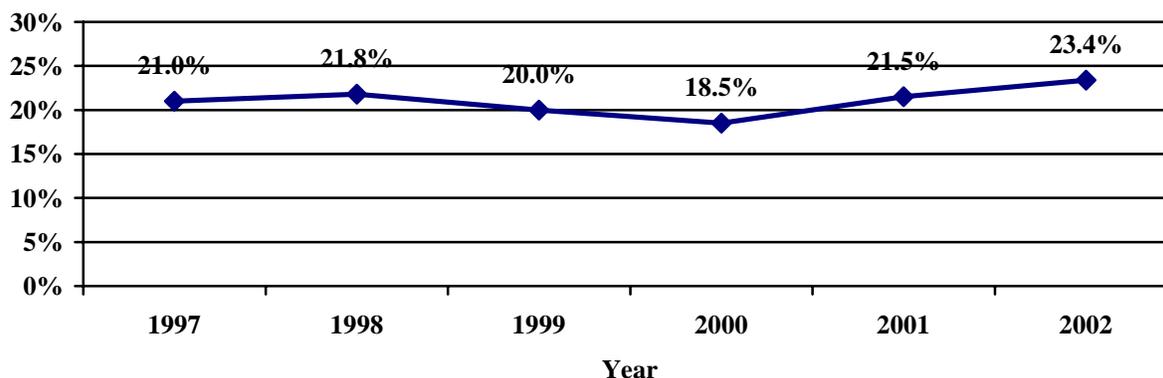


Figure I-F-1. Percentage of Arizona BRFSS respondents who reported that they were current smokers in 1997-2002. *Healthy People 2010* Objective 27.1a is 12.0%.

Percentage of male respondents who were smokers exceeded female respondents reporting they were smokers (26.9% and 20.0%, respectively). Regarding age, the 18-24 year group were more likely to smoke (29.8%) and the next highest group was the 35-44 and 45-54 year groups (26.5%). Respondents with less than a high school education were more likely to be current smokers (37.7%) followed by respondents with a high school education (28.0%). Almost 32% of those with incomes less than \$15,000 smoked, and the next highest group had incomes of \$15,000-\$24,999 (23.9%). White Arizonans were about 20 percent more likely to be current

smokers (24.6%) than Non-White respondents (20.4%). Regarding ethnicity non-Hispanic likely to be smokers (24.5%) than Hispanic Arizonans (17.6%).

References

1. Centers for Disease Control and Prevention. Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Economic Costs — United States, 1995–1999. MMWR 2002;51:300-303.
2. Centers for Disease Control and Prevention. Smoking-Attributable Mortality and Years of Potential Life Lost, United States, 1990. MMWR. 1993.
3. Slattery ML, Potter JD, Friedman GD, Ma KN, Edward S, Tobacco Use and Colon Cancer. Int J Cancer, 1997; 70 (3): 259 – 264.
4. Breslau N. Psychiatric Co-morbidity of Smoking and Nicotine Dependence. Behav. Genet, 1995; 25(2): 95-101.
5. Fact Sheet: Sudden Infant Death Syndrome. National Institutes of Child Health and Development. Retrieved from the World Wide Web July 24, 2001: wysiwyg://35/http://nichd.nih.gov/publication/s/pubs/sidsfact.htm.
6. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

2002 Arizona BRFSS: Respondents Who Are Current Smokers		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
Sex		
Male	26.9	289
Female	20.0	373
Age		
18-24	29.8	67
25-34	24.1	94
35-44	26.5	143
45-54	26.5	159
55-64	25.3	188
65+	9.7	81
Education		
Less than High School	37.7	83
High School Graduate/GED	28.0	230
Some College/Tech School	23.7	227
College Grad	15.1	121
Income		
<\$15,000	31.9	93
\$15,000-\$24,999	23.9	108
\$25,000-\$34,999	22.9	104
\$35,000-\$49,999	22.6	115
\$50,000-\$74,999	17.6	81
≥\$75,000	23.4	67
Race		
White	24.6	540
Non-White	20.4	119
Ethnicity		
Hispanic	17.6	69
Non-Hispanic	24.5	592

Table I-F-1. 2002 BRFSS results: Respondents who reported that they are current smokers and have smoked at least 100 cigarettes in their life.

G. ALCOHOL CONSUMPTION

Each year, about 100,000 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.

The *Healthy People 2010* objective is to reduce the percentage of the population engaging in binge drinking of alcoholic beverages to no more than 6% for persons 18 years of age or older.⁵ According to the 2002 Arizona BRFSS, 16.9%* of respondents reported having five or more drinks on an occasion, one or more times in the past month (defined as “binge drinking”).

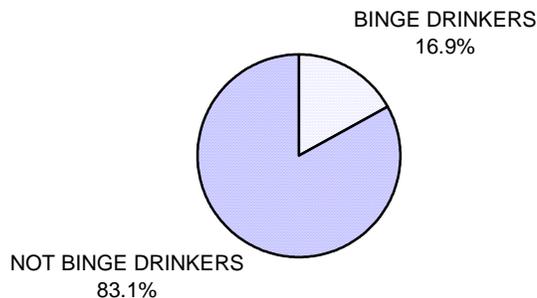


Figure I-G-1. Arizona BRFSS respondents binge drink, 2002. *Healthy People 2010 Objective 26.11c is 6.0%.*

Male respondents were more than three times more at risk than female respondents for binge drinking (25.9% and 8.2%, respectively). Regarding age there is a negative relationship between age and binge drinking, the 18-24 year group were more likely to binge drink (32.6%) and the next highest group was the 25-34 year group (25.4%). There is also a negative relationship between education and binge drinking, respondents with less than a high school education were more likely to binge drink (21.9%) followed by respondents who were high school graduates (19.9%). Almost 20% of those with incomes \geq \$75,000 binge drink, and the next highest group had incomes less than \$15,000 (19.6%). Non-White Arizonans were almost 28 percent more likely to binge drink (20.4%) than White respondents (16.0%). Regarding ethnicity Hispanic respondents were about one-third more likely to binge drink (21.7%) than Non-Hispanic Arizonans (16.2%).

* 95% Confidence Interval: 14.6%-19.5%.

References

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

2002 Arizona BRFSS: Respondents Who Binge Drink		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	25.9	257
Female	8.2	140
<u>Age</u>		
18-24	32.6	71
25-34	25.4	86
35-44	19.5	102
45-54	11.0	60
55-64	9.2	43
65+	4.4	35
<u>Education</u>		
Less than High School	21.9	37
High School Graduate/GED	19.9	128
Some College/Tech School	18.6	144
College Grad	11.3	88
<u>Income</u>		
<\$15,000	19.6	40
\$15,000-\$24,999	14.9	53
\$25,000-\$34,999	17.4	63
\$35,000-\$49,999	16.7	77
\$50,000-\$74,999	15.5	53
≥\$75,000	19.8	66
<u>Race</u>		
White	16.0	308
Non-White	20.4	88
<u>Ethnicity</u>		
Hispanic	21.7	56
Non-Hispanic	16.2	340

Table I-G-1. 2002 BRFSS results: Respondents who binge drink.

H. SEATBELT USE

“Safety belt non-use represents an enormous lost opportunity for injury prevention. In the year 2000 alone, over 9,200 persons were killed and 143,000 were injured unnecessarily because they failed to wear their safety belts, costing society \$26 billion.”¹ “Safety belts, when worn correctly, are the most effective way for occupants to reduce the risk of death and serious injury in a motor vehicle crash on public roads (including those on Indian Reservations).”²

Healthy People 2010 has set a target of 92% of the population to use safety belts.² According to the 2002 Arizona BRFSS, 11.2% of respondents are at risk because they do not use seat belts. *Healthy Arizona 2010* has identified in Strategy 1.1 to increase the proper use of occupant restraints.

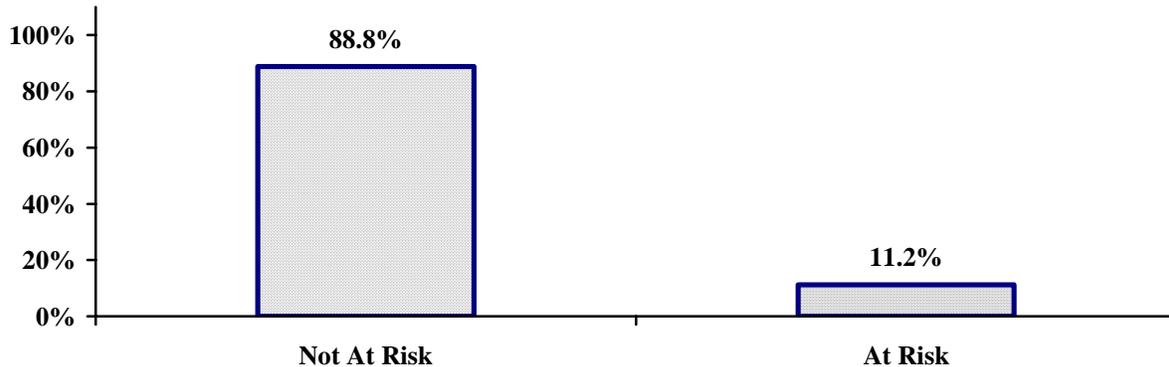


Figure I-H-1. Arizona BRFSS respondents who are at risk for seat belt usage for 2002. *Healthy People 2010 Objective 15.19* is 92.0%.

Male respondents were more than twice as likely as females to not use seat belts (15.6% and 7.0%, respectively). There is a negative relationship between age and the use of seat belts, with the 18-24 year group being the most likely to not use seat belts (17.6%) and the next highest group was the 25-34 year group (13.9%). A negative relationship also exists between education and the wearing of seat belts, respondents with less than a high school education were most likely to be at risk for wearing seat belts (20.3%) followed by respondents with a high school education (14.8%). Over 20% of those with incomes of less than \$15,000 were did not use seat belts, and the next highest group had incomes of \$15,000-\$24,999 (18.5%). More Non-White Arizonans (13.4%) than White respondents (10.5%) did not wear seat belts. Regarding ethnicity non-Hispanic respondents were more likely to be at risk for their lack of seat belt use (11.6%) than Hispanic Arizonans (9.0%).

References

1. The Economic Impact of Motor Vehicle Crashes, 2000. U.S. Department of Transportation, National Highway Traffic Safety Administration. Washington D.C., May 2002.
2. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

2002 Arizona BRFSS Respondents Who Fail To Wear Seat Belts		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	15.6	178
Female	7.0	151
<u>Age</u>		
18-24	17.6	39
25-34	13.9	53
35-44	11.2	70
45-54	11.1	64
55-64	9.8	56
65+	4.3	47
<u>Education</u>		
Less than High School	20.3	49
High School Graduate/GED	14.8	111
Some College/Tech School	10.4	102
College Grad	6.3	67
<u>Income</u>		
<\$15,000	20.6	52
\$15,000-\$24,999	18.5	72
\$25,000-\$34,999	9.0	43
\$35,000-\$49,999	12.3	61
\$50,000-\$74,999	9.3	44
≥\$75,000	5.3	24
<u>Race</u>		
White	10.5	245
Non-White	13.4	81
<u>Ethnicity</u>		
Hispanic	9.0	37
Non-Hispanic	11.6	291

Table I-H-1. 2002 BRFSS results: Respondents who fail to wear seat belts.

I. 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 40-49 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.

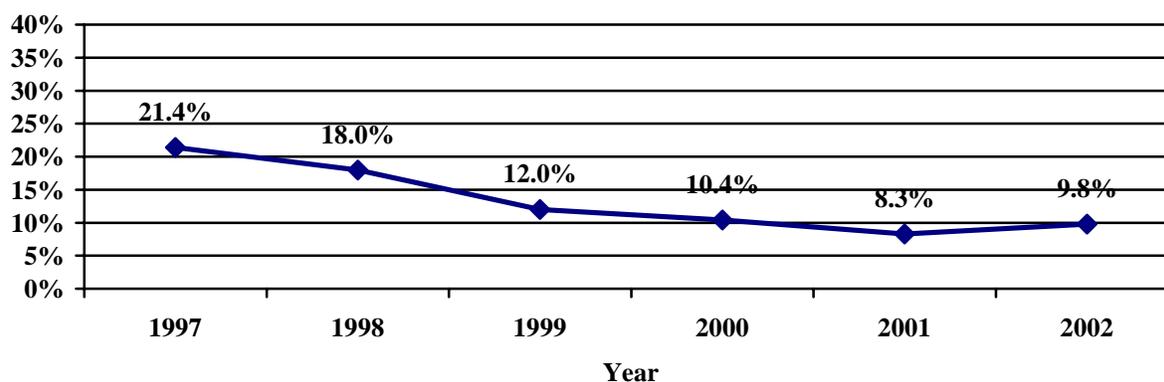


Figure I-I-1. Percentage of Arizona BRFSS female respondents 40 years of age or older who reported they never had a mammogram. Healthy People 2010 Objective 3.14 is 70.0% of women \geq 40 years of age having a mammogram.

Analysis of the 2002 Arizona BRFSS showed that 9.8% of females 40 years of age or older responded that they had never had a mammogram. This figure represents the first increase after a four-year downward trend from a high of 21.4% in 1997.

Table I-I-1 shows that women in the 35-44 age group were the least likely to have had a mammogram (24.7%). Women in the 65+ age group were the most likely to have had a mammogram; only 6.2% indicated they had not had one. Women with less than a high school education were less likely to have had the exam (19.0%) and respondents with some college or technical school were most likely to have had one (8.7%). Women with incomes \$15,000 to \$24,999 were almost four times less likely to have had a mammogram compared to those with incomes \$50,000 to \$74,999 (17.7% compared to 5.0%). White women were more than twice as likely to have had a mammogram as Non-Whites (8.3% and 18.7% respectively). Hispanics were almost twice less likely (16.9%) than Non-Hispanics (9.1%) to have had mammography.

Most cases of breast cancer are discovered through self-exams. Unfortunately, one-third of these women will wait at least three months before seeking treatment. Reasons for delayed medical care include interpretation of symptoms as non-threatening, and economic limitations to accessing services.² Removal of these barriers is essential for successful breast cancer treatment. Like other health behaviors, efforts to increase mammography must be emphasized to all segments of Arizona's female population.

Reference

1. Fact Sheet - The National Breast and Cervical Cancer Early Detection Program. Centers for Disease Control and Prevention, 2002.
2. Facione NC, Dodd MJ, Holzemer W, Meleis AI. Helpseeking for Self-Discovered Breast Symptoms. Implications for Early Detection. Cancer Pract., 1997; 5(4): 220-227.

2002 Arizona BRFSS: Female Respondents Age 40+ Who Have Never Had A Mammogram		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	N/A	N/A
Female	9.8	156
<u>Age</u>		
18-24	N/A	N/A
25-34	N/A	N/A
35-44**	24.7	46
45-54	7.7	34
55-64	6.8	24
65+	6.2	52
<u>Education</u>		
Less than High School	19.0	21
High School Graduate/GED	9.4	58
Some College/Tech School	8.7	45
College Grad	9.2	31
<u>Income</u>		
<\$15,000	16.7	32
\$15,000-\$24,999	17.7	38
\$25,000-\$34,999	12.0	23
\$35,000-\$49,999	6.4	20
\$50,000-\$74,999	5.0	15
≥\$75,000	7.4	8
<u>Race</u>		
White	8.3	112
Non-White	18.7	43
<u>Ethnicity</u>		
Hispanic	16.9	22
Non-Hispanic	9.1	133

Table I-I-1. 2002 BRFSS results: Female respondents 40+ years of age, who reported that they never had a mammogram. N/A=Not applicable. *=Cell size < 8. **=part of age group not included.

J. ROUTINE PAP SMEAR

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.

2002 Arizona BRFSS results showed that 3.8%* of women have never had a Pap smear test. This is a continuing decline since a high of 17.1% in 1997 (Figure I-J-1). The 2002 result still fell short of the *Healthy People 2010* Objective 3-11a of 3.0%.

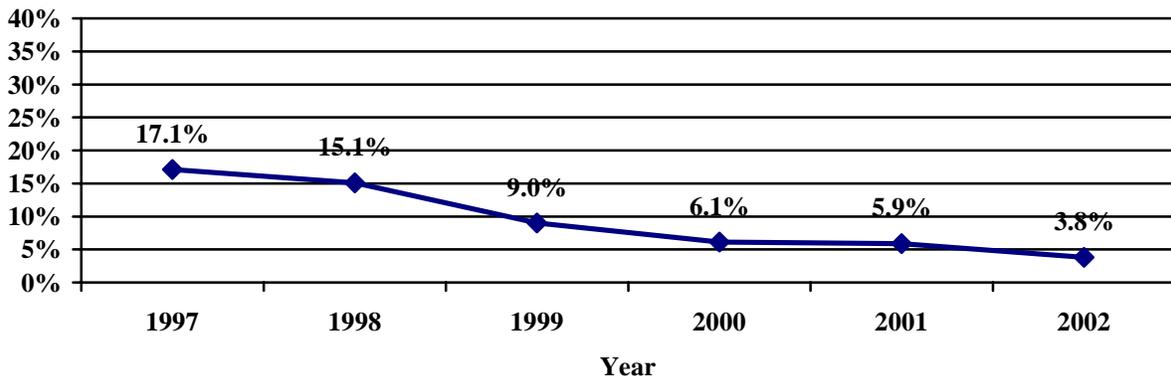


Figure I-J-1: Percentage of Arizona women age 18 and older who reported never having a Pap smear test in 1997-2002.

Women in the 18-24 year group were significantly less likely (13.3%) than any other age group to have had a PAP test. The next highest was the 65+ year group, considerably less at 3.9%. Women with some college or technical school were the most likely not to have had a Pap smear test (4.8%) women with a high school education were next with 4.7%. Women with income under \$15,000 were least likely to have had the test (6.9%) followed closely by women with income of \$15,000-\$24,999 (6.8%). Non-White women were more likely not to have had a Pap smear (5.5%) than White respondents (3.3%). Hispanic women were more likely not to have received the test (4.7%) than Non-Hispanic women (3.6%).

* 95% Confidence Interval: 2.7%-5.3%.

References

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.

2002 Arizona BRFSS: Female Respondents Who Never Had A Pap Smear Test		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	N/A	N/A
Female	3.8	79
<u>Age</u>		
18-24	13.3	20
25-34	*	*
35-44	*	*
45-54	2.6	9
55-64	2.2	10
65+	3.9	30
<u>Education</u>		
Less than High School	2.6	9
High School Graduate/GED	4.7	30
Some College/Tech School	4.8	28
College Grad	2.1	12
<u>Income</u>		
<\$15,000	6.9	18
\$15,000-\$24,999	6.8	22
\$25,000-\$34,999	2.6	8
\$35,000-\$49,999	*	*
\$50,000-\$74,999	*	*
≥\$75,000	*	*
<u>Race</u>		
White	3.3	56
Non-White	5.5	21
<u>Ethnicity</u>		
Hispanic	4.7	14
Non-Hispanic	3.6	63

Table I-J-1. 2002 BRFSS results: Female respondents with an intact cervix who reported that they never had a Pap smear. N/A=Not applicable. *=Cell size < 8.

K. PROSTATE CANCER SCREENING

The two most common tests used by doctors are the digital rectal exam and the prostate specific antigen test. 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

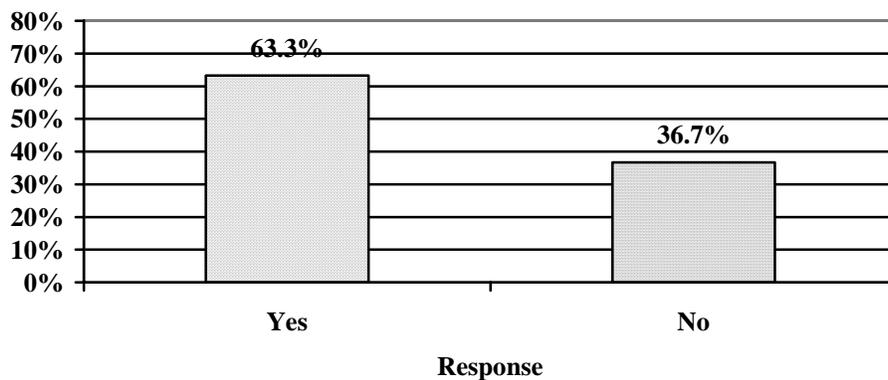


Figure I-K-1. Responses to the 2002 Arizona BRFSS question: Have you ever had a PSA blood test?

Male respondents who were at least 40 years of age were surveyed on whether they had a Prostate Specific Antigen (PSA) blood test. Almost 37 percent* responded that they had a PSA blood test (Figure I-K-1).

There was a positive relationship regarding age and having a PSA blood test. Men in the younger age groups were less likely to have had the PSA test (74.3% of men 35-44 years followed by 47.1% of men 45-54 years). Arizona men with less than a high school education were least likely (57.3%) followed by those with some college or technical school (40.7%) to have had a PSA blood test. Respondents with the lowest income level were less likely to have had the test (54.3%) followed by respondents with incomes of \$15,000-\$24,999 (45.8%). Test taking differed significantly by race Non-White respondents were almost 90 percent less likely to have the test than Whites (31.7% and 58.6% respectively). Hispanics were almost 77 percent less likely to have the test (60.5%) than Non-Hispanics (34.2%).

* 95% Confidence Interval: 32.1%-41.6%.

References

1. Prostate Cancer: The Public Health Perspective, Centers for Disease Control and Prevention, 2002.

2002 Arizona BRFSS: Male Respondents Who Have Not Had A PSA Test		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	36.7	298
Female	N/A	N/A
<u>Age</u>		
18-24	N/A	N/A
25-34	N/A	N/A
35-44	74.3	95
45-54	47.1	106
55-64	18.3	50
65+	13.4	47
<u>Education</u>		
Less than High School	57.3	40
High School Graduate/GED	37.4	82
Some College/Tech School	40.7	91
College Grad	29.0	85
<u>Income</u>		
<\$15,000	54.3	30
\$15,000-\$24,999	45.8	48
\$25,000-\$34,999	37.0	45
\$35,000-\$49,999	36.1	55
\$50,000-\$74,999	44.2	47
≥\$75,000	28.2	47
<u>Race</u>		
White	31.7	225
Non-White	58.6	69
<u>Ethnicity</u>		
Hispanic	60.5	44
Non-Hispanic	34.2	254

Table I-K-1. 2002 BRFSS survey results: Male respondents over age 40* who have not had a PSA blood test. N/A=Not applicable.

II. ANALYSIS OF OPTIONAL MODULE QUESTIONS

A. ARTHRITIS AND QUALITY OF LIFE

Arthritis is the leading cause of disability, limiting daily activities for more than 7 million citizens. It has a significant effect on quality of life — not only for the individual who experiences its painful symptoms and resulting disability, but also for family members and care givers. Compounding this picture are the enormous costs that our nation bears for treating arthritis and its complications and for the disability that can result from these conditions. These medical and social costs total almost \$65 billion.¹

The leading causes of disability in this country are arthritis and other rheumatic conditions. In 1992 these maladies affected 42.7 million people and cost \$65 billion. As the Baby Boomer generation ages, these numbers will increase.²

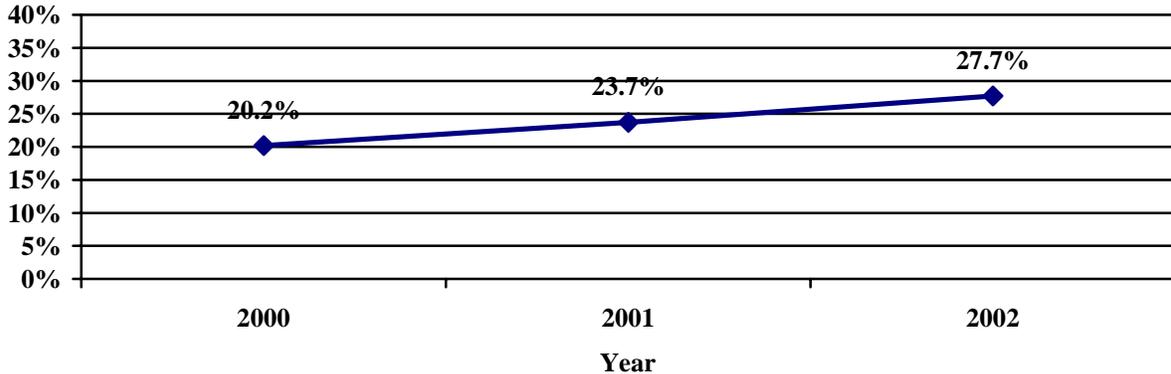


Figure II-A-1: 2000-2002 Percentage of Arizona BRFSS respondents reported being told by a doctor that they have arthritis.

Over one-quarter (27.7%) of Arizonans have been told by a doctor that they have arthritis (Figure II-A-1). More women than men have been told they have arthritis (33.2% vs. 22.2%). As expected, there is a positive relationship with regards to age: as age increases so does the percentage of people being told they have arthritis. Those over age 65 were highest (55.3%) followed by those in the 55-64 age group (48.6%). Respondents with some college or technical school were the most likely to be told they have arthritis (30.3%); next were those with less than a high school education (27.9%). Thirty-five percent of persons with incomes between \$25,000 and \$34,999 reported being told they have arthritis, next came those earning from \$35,000 to \$49,999 with 31.4%. However, arthritis affected Non-Whites less than White respondents: 31.7% of White respondents were diagnosed with arthritis compared to 14.5% of Non-Whites, almost twice as many Non-Hispanics as Hispanics had been diagnosed with arthritis (29.6% and 15.8% respectively).

Increasing the length of healthy life for all Americans is one of the objectives contained in the *Healthy People 2010* program. The combination of public health programs, improved social conditions, and private medical care, have contributed to the lengthening of life expectancy from

47 years in 1900 to 75 years in 1989. However, increased life expectancy has included periods of lower health-related quality of life for some people.³

The 2002 Arizona BRFSS asked respondents if they are limited in any activities because of physical, mental, or emotional problems. Almost 23% responded that their activities were affected by health problems. Limited activities were more likely to be noted by older respondents, lower income, White and Non-Hispanic Arizonans.

References

1. Centers for Disease Control and Prevention. National Arthritis Action Plan: A Public Health Strategy. 1999
2. Centers for Disease Control and Prevention. CDC Surveillance Summaries, May 8, 1998 MMWR 1998 47 (No. 17).
3. Centers for Disease Control and Prevention. CDC Surveillance Summaries, May 27, 1994 MMWR 1994 43 (No. 20).

2002 Arizona BRFSS: Respondents Reporting Being Told They Have Arthritis		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
Sex		
Male	22.2	341
Female	33.2	681
Age		
18-24	6.0	21
25-34	6.2	35
35-44	15.8	85
45-54	38.7	196
55-64	48.6	241
65+	55.3	444
Education		
Less than High School	27.9	107
High School Graduate/GED	26.0	277
Some College/Tech School	30.3	357
College Grad	26.6	280
Income		
<\$15,000	31.7	136
\$15,000-\$24,999	24.9	167
\$25,000-\$34,999	35.0	179
\$35,000-\$49,999	31.4	161
\$50,000-\$74,999	20.4	115
≥\$75,000	24.8	100
Race		
White	31.7	874
Non-White	14.5	139
Ethnicity		
Hispanic	15.8	87
Non-Hispanic	29.6	930

Table II-A-1. 2002 BRFSS results: Respondents reporting being told they have arthritis.

B. OBESITY AND OVERWEIGHT (BMI)

Overweight and obesity may not be infectious diseases, but they have reached epidemic proportions in the United States. Overweight and obesity are increasing in both genders and among all population groups. We already are seeing tragic results from this trend. Approximately 300,000 deaths a year in this country are currently associated with overweight and obesity. Left unabated, overweight and obesity may soon cause as much preventable disease and death as cigarette smoking.¹

During the past ten years, increases in the prevalence of obesity have been documented. In the United States more than one-half of adults are overweight and nearly one-quarter are obese.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: (pounds * 0.454) ÷ (inches * 0.0254)² or (Kg/M²).

According to the 2002 Arizona BRFSS, 19.6% of respondents met or exceeded the BMI standard for obesity, defined as a BMI \geq 30.0 (Figure II-B-1). This rate has remained relatively stable since increasing significantly from 12.3% in 1999 to 19.2% in 2000. Additionally, the 2002 results showed that 56.2% of Arizonans were either overweight or obese (BMI \geq 25). *Healthy People 2010* Objective 19.2 set a goal of reducing obese BMIs to a prevalence of <15% among adults 20 years of age or older (defined as a BMI > 30)³.

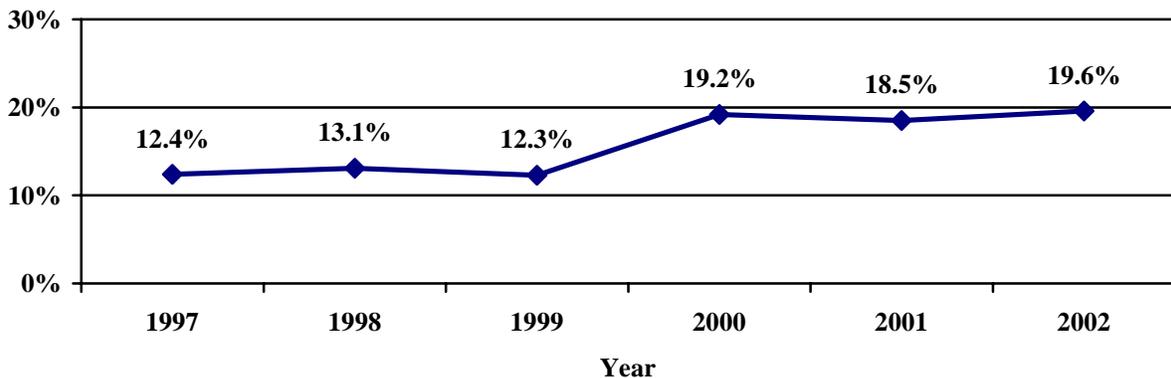


Figure II-B-1. Arizona BRFSS respondents who reported weights exceeding BMI limits of obesity. *Healthy People 2010* Objective 19.2 is less than 15.0%.

Men were more likely to be obese (23.0%) than women (16.3%) (Table II-B-1). Respondents in the 55-64 age group were the most likely to be obese (28.2%) while the 45-54 age group were next most likely (23.2%). There was a negative relationship with regards to education Arizonans with a college education were the least likely to be obese (18.7%) and the highest group were respondents with less than a high school education (21.8%). Regarding income the highest group respondents with incomes \$15,000-\$24,999 (24.3%) with the lowest occurring among Arizonans with incomes of at least \$75,000 (19.7%). Non-Whites were more likely to be obese

(22.1%) than Whites (18.7%). There was no difference with respect to ethnicity, Hispanics were equally likely to be obese as Non-Hispanics (19.5%). As with promoting increased number of servings of fruits and vegetables, it will be important to focus efforts to reduce overweight and obesity on all segments of the Arizona population.

References

1. U.S. Department of Health and Human Services. The Surgeon General’s call to action to prevent and decrease overweight and obesity. [Rockville, MD]: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General; [2001].
2. Statistics Related to Overweight and Obesity. National Institute of Diabetes and Digestive and Kidney Diseases: Weight Control Information Network. Retrieved from the World Wide Web July 24, 2001. <http://www.niddk.nih.gov/health/nutrit/pubs/stobes.htm>.
3. U.S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

2002 Arizona BRFSS: Respondents Classified As Obese		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
Sex		
Male	23.0	268
Female	16.3	315
Age		
18-24	9.5	17
25-34	19.2	74
35-44	22.7	119
45-54	23.2	130
55-64	28.2	119
65+	14.7	124
Education		
Less than High School	21.8	67
High School Graduate/GED	20.2	170
Some College/Tech School	19.5	192
College Grad	18.7	154
Income		
<\$15,000	21.7	73
\$15,000-\$24,999	24.3	118
\$25,000-\$34,999	22.8	100
\$35,000-\$49,999	17.8	96
\$50,000-\$74,999	20.0	85
≥\$75,000	19.7	59
Race		
White	18.7	418
Non-White	22.1	158
Ethnicity		
Hispanic	19.5	87
Non-Hispanic	19.5	493

Table II-B-1. 2002 BRFSS results: Respondents classified as obese, defined as BMI ≥ 30.0.

III. ANALYSIS OF STATE-ADDED QUESTIONS

A. FAMILY PLANNING

The 2002 BRFSS included questions regarding Family Planning. Many (41.2%) of Arizonans have never been pregnant (Figure III-A-1).

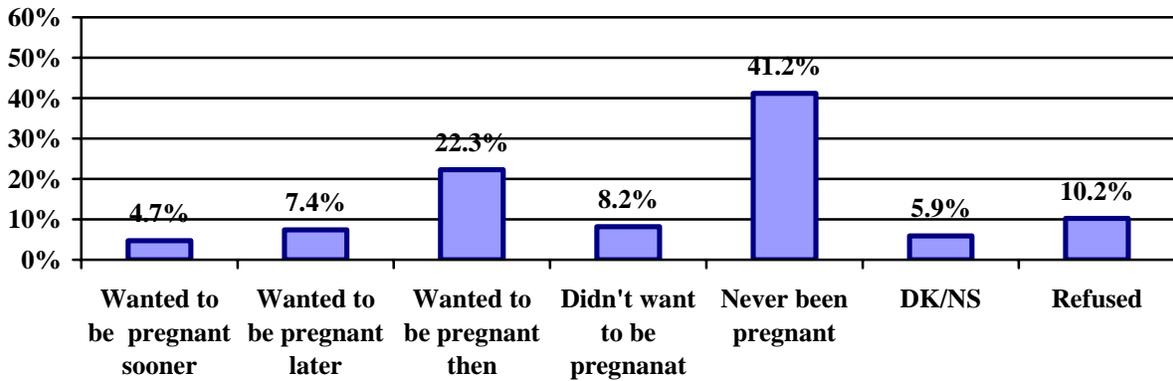


Figure III-A-1. 2002 Arizona BRFSS: Thinking back to your last pregnancy, just before you got pregnant, how did you feel about becoming pregnant?

B. DIABETES

How much of the time does your vision limit you in reading print like in a newspaper, magazine recipe, menu, or numbers on the telephone?. Over two-thirds (67.3%) reported that their vision was not limited (Figure III-B-1).

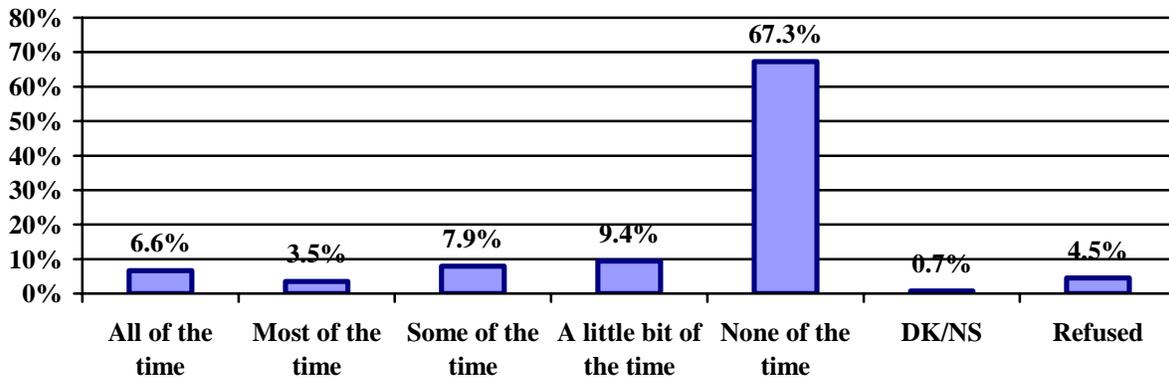


Figure III-B-1. 2002 Arizona BRFSS: How much of the time does your vision limit you in reading print like in a newspaper, magazine recipe, menu, or numbers on the telephone?

C. ANTIBIOTIC RESISTANCE & HEPATITIS C RISK

Included in the 2002 BRFSS a set of questions regarding antibiotic resistance. Over half (57.9%) of Arizonans take prescribed antibiotics until it is gone (Figure III-C-1).

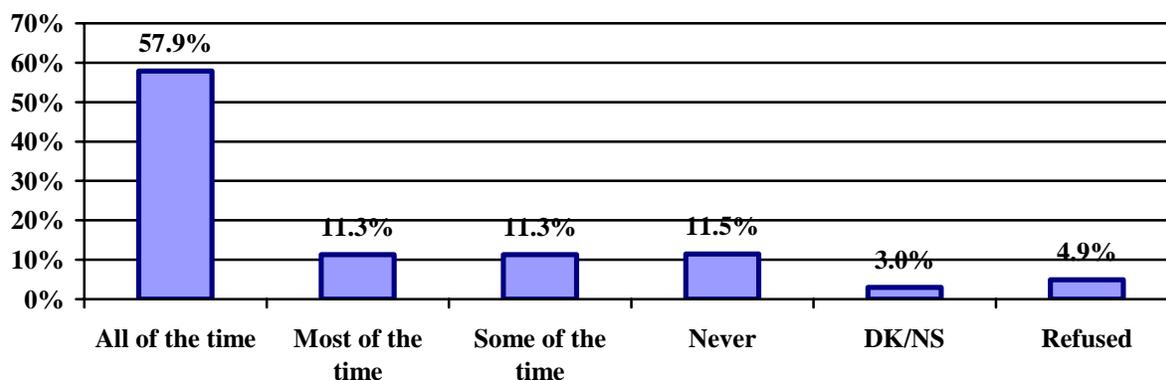


Figure III-C-1. 2002 Arizona BRFSS: When prescribed an antibiotic, do you take it until it is gone?

D. HEPATITIS C RISK

Arizonans were asked their perceived level of risk for Hepatitis C, 44.3% reported their risk was low (Figure III-D-1).

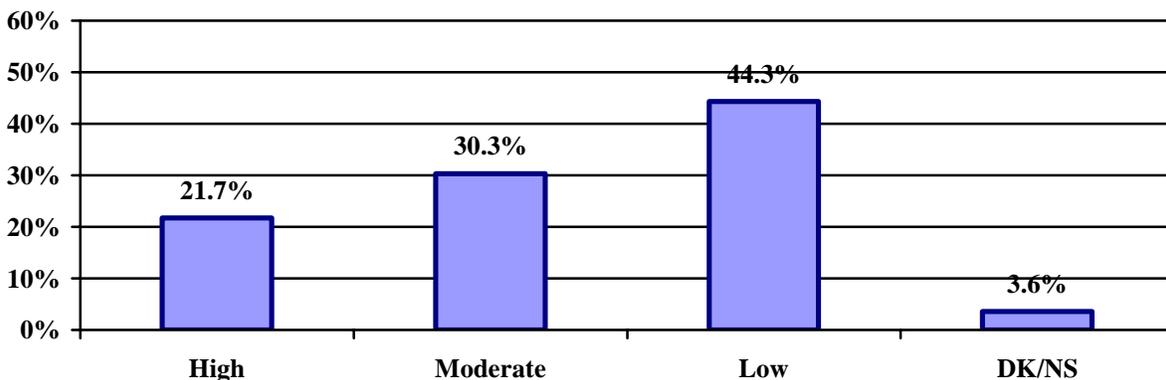


Figure III-D-1. 2002 Arizona BRFSS: What level of risk do you feel you are at for Hepatitis C?

E. DEPRESSION

The 2002 BRFSS included questions on depression. Almost two-thirds (62.6%) of Arizonans reported they were not depressed in the past two weeks (Figure III-E-1).

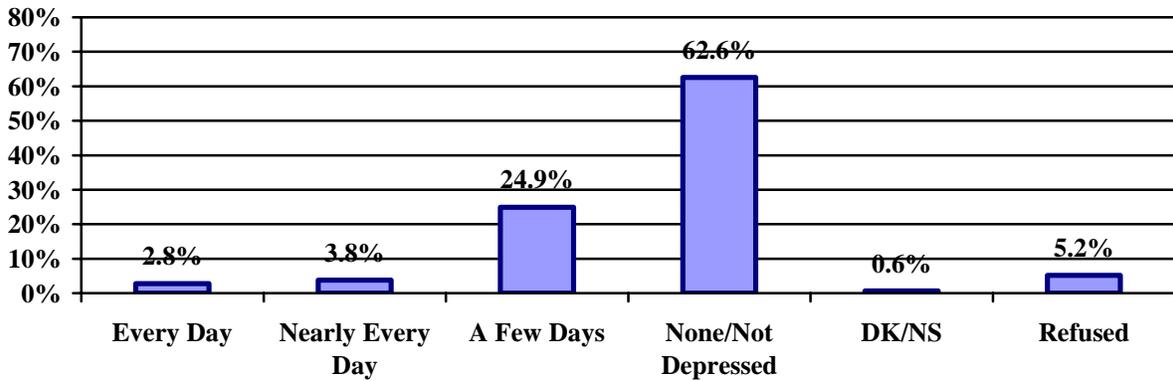


Figure III-E-1. 2002 Arizona BRFSS: In the past 2 weeks, how often have you been depressed or down?

F. PHYSICAL ACTIVITY - WALKING

In 2002 Arizonans were asked “In a usual week, do you walk for at least 10 minutes at a time for recreation, exercise, to get to and from places, or for any other reason?,” 79.9% said “yes”. (Figure III-F-1)

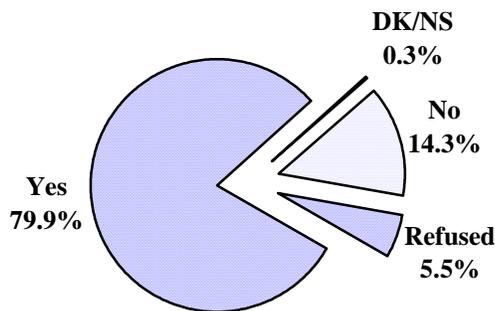


Figure III-F-1. 2002 Arizona BRFSS: In a usual week, do you walk for at least 10 minutes at a time for recreation, exercise, to get to and from places, or for any other reason.

G. PHYSICAL ACTIVITY – STRENGTH BUILDING

PHYSICAL ACTIVITY – STRENGTH BUILDING

In 2002 Arizonans were asked, “In a usual week, do you do any activities designed to increase muscle strength or tone, such as lifting weights, pull-ups, or sit-ups?,” 54.9% said yes. (Figure III-G-1)

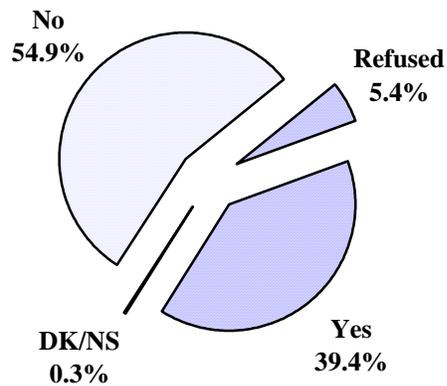


Figure III-G-1. 2002 Arizona BRFSS: In a usual week, do you do any activities designed to increase muscle strength or tone, such as lifting weights, pull-ups, or sit-ups.

APPENDIX I: ARIZONA RESPONDENT PROFILE

2002 Arizona Respondent Profile		
GROUPS	WEIGHTED PERCENTAGE	UNWEIGHTED N
<u>Sex</u>		
Male	49.3	1,285
Female	50.7	1,942
<u>Age</u>		
18-24	13.8	253
25-34	19.1	419
35-44	19.7	548
45-54	17.2	591
55-64	12.5	539
65+	17.6	858
<u>Education</u>		
Less than High School	8.2	286
High School Graduate or GED	28.4	903
Some College or Tech School	32.4	1,052
College Grad	30.9	982
<u>Income</u>		
< \$15,000	7.3	323
\$15,000-\$24,999	15.6	522
\$25,000-\$34,999	13.0	470
\$35,000-\$49,999	15.5	534
\$50,000-\$74,999	18.1	534
≥\$75,000	16.7	478
Unknown/Refused	7.8	19
<u>Race</u>		
White	75.3	2,533
Non-White	23.8	668
<u>Ethnicity</u>		
Hispanic	14.3	401
Non-Hispanic	85.3	2,813

Source: 2002 Arizona BRFSS Sample

APPENDIX II: 2002 ARIZONA BRFSS QUESTIONS LISTING

CORE SECTIONS

Section 1: Health Status
Section 2: Health Care Access
Section 3: Exercise
Section 4: Fruits and Vegetables
Section 5: Asthma
Section 6: Diabetes
Section 7: Oral Health
Section 8: Immunization
Section 9: Tobacco Use
Section 10: Alcohol Consumption
Section 11: Use of Seatbelts
Section 12: Demographics
Section 13: Family Planning
Section 14: Women's Health
Section 15: Prostate Cancer Screening
Section 16: Colorectal Cancer Screening
Section 17: HIV/AIDS
Section 18: Firearms

OPTIONAL MODULES

Module 1: Diabetes
Module 4: Physical Activity
Module 6: Quality of Life
Module 12: Weight Control
Module 14: Tobacco Indicators
Module 15: Other Tobacco Products
Module 16: Arthritis

STATE ADDED QUESTIONS

Section 1: Family Planning
Section 2: Diabetes
Section 3: Antibiotic Resistance
Section 4: Hepatitis C Risk
Section 5: Depression
Section 6: Physical Activity – Walking
Section 7: Physical Activity – Strength Building

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>Section 1: Health Status</p> <p>1.1. Would you say that in general your health is:</p> <table style="width: 100%; border: none;"> <tr><td>Excellent</td><td style="text-align: right;">1</td></tr> <tr><td>Very good</td><td style="text-align: right;">2</td></tr> <tr><td>Good</td><td style="text-align: right;">3</td></tr> <tr><td>Fair</td><td style="text-align: right;">4</td></tr> <tr><td>Poor</td><td style="text-align: right;">5</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Excellent	1	Very good	2	Good	3	Fair	4	Poor	5	Don't know/Not sure	7	Refused	9	<p>2.4. Was there a time in the past 12 months when you needed medical care, but could not get it?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9										
Excellent	1																																
Very good	2																																
Good	3																																
Fair	4																																
Poor	5																																
Don't know/Not sure	7																																
Refused	9																																
Yes	1																																
No	2																																
Don't know/Not sure	7																																
Refused	9																																
<p>Section 2: Health Care Access</p> <p>2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>2.5. What is the main reason you did not get medical care?</p> <table style="width: 100%; border: none;"> <tr><td>Cost</td><td style="text-align: right;">01</td></tr> <tr><td>Distance</td><td style="text-align: right;">02</td></tr> <tr><td>Office not open when I could get there</td><td style="text-align: right;">03</td></tr> <tr><td>Too long wait for appt</td><td style="text-align: right;">04</td></tr> <tr><td>Too long wait in wait room</td><td style="text-align: right;">05</td></tr> <tr><td>No child care</td><td style="text-align: right;">06</td></tr> <tr><td>No transportation</td><td style="text-align: right;">07</td></tr> <tr><td>No access for people w/disabilities</td><td style="text-align: right;">08</td></tr> <tr><td>Medical provider didn't speak language</td><td style="text-align: right;">09</td></tr> <tr><td>Other</td><td style="text-align: right;">10</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td>Refused</td><td style="text-align: right;">99</td></tr> </table>	Cost	01	Distance	02	Office not open when I could get there	03	Too long wait for appt	04	Too long wait in wait room	05	No child care	06	No transportation	07	No access for people w/disabilities	08	Medical provider didn't speak language	09	Other	10	Don't know/Not sure	77	Refused	99
Yes	1																																
No	2																																
Don't know/Not sure	7																																
Refused	9																																
Cost	01																																
Distance	02																																
Office not open when I could get there	03																																
Too long wait for appt	04																																
Too long wait in wait room	05																																
No child care	06																																
No transportation	07																																
No access for people w/disabilities	08																																
Medical provider didn't speak language	09																																
Other	10																																
Don't know/Not sure	77																																
Refused	99																																
<p>2.2. Do you have one person you think of as your personal doctor or health care provider?</p> <table style="width: 100%; border: none;"> <tr><td>Yes, only one</td><td style="text-align: right;">1</td></tr> <tr><td>More than one</td><td style="text-align: right;">2</td></tr> <tr><td>No</td><td style="text-align: right;">3</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes, only one	1	More than one	2	No	3	Don't know/Not sure	7	Refused	9	<p>Section 3: Exercise</p> <p>3.1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9														
Yes, only one	1																																
More than one	2																																
No	3																																
Don't know/Not sure	7																																
Refused	9																																
Yes	1																																
No	2																																
Don't know/Not sure	7																																
Refused	9																																
<p>2.3. When you are sick or need advice about your health, to which one of the following places do you usually go?</p> <table style="width: 100%; border: none;"> <tr><td>Doctor's office</td><td style="text-align: right;">1</td></tr> <tr><td>Public health clinic/community health center</td><td style="text-align: right;">2</td></tr> <tr><td>Hospital outpatient dept</td><td style="text-align: right;">3</td></tr> <tr><td>Hospital emergency room</td><td style="text-align: right;">4</td></tr> <tr><td>Urgent care center</td><td style="text-align: right;">5</td></tr> <tr><td>Some other kind of place</td><td style="text-align: right;">6</td></tr> <tr><td>No usual place</td><td style="text-align: right;">8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Doctor's office	1	Public health clinic/community health center	2	Hospital outpatient dept	3	Hospital emergency room	4	Urgent care center	5	Some other kind of place	6	No usual place	8	Don't know/Not sure	7	Refused	9	<p>Section 4: Fruits and Vegetables</p> <p>4.1. How often do you drink fruit juices such as orange, grapefruit, or tomato?</p> <table style="width: 100%; border: none;"> <tr><td>Per day</td><td style="text-align: right;">1 ___</td></tr> <tr><td>Per week</td><td style="text-align: right;">2 ___</td></tr> <tr><td>Per month</td><td style="text-align: right;">3 ___</td></tr> <tr><td>Per year</td><td style="text-align: right;">4 ___</td></tr> <tr><td>Never</td><td style="text-align: right;">5 5 5</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9 9</td></tr> </table>	Per day	1 ___	Per week	2 ___	Per month	3 ___	Per year	4 ___	Never	5 5 5	Don't know/Not sure	7 7 7	Refused	9 9 9
Doctor's office	1																																
Public health clinic/community health center	2																																
Hospital outpatient dept	3																																
Hospital emergency room	4																																
Urgent care center	5																																
Some other kind of place	6																																
No usual place	8																																
Don't know/Not sure	7																																
Refused	9																																
Per day	1 ___																																
Per week	2 ___																																
Per month	3 ___																																
Per year	4 ___																																
Never	5 5 5																																
Don't know/Not sure	7 7 7																																
Refused	9 9 9																																

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>4.2. Not counting juice, how often do you eat fruit?</p> <p>Per day 1 ___</p> <p>Per week 2 ___</p> <p>Per month 3 ___</p> <p>Per year 4 ___</p> <p>Never 5 5 5</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>Section 5: Asthma</p> <p>5.1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>4.3. How often do you eat green salad?</p> <p>Per day 1 ___</p> <p>Per week 2 ___</p> <p>Per month 3 ___</p> <p>Per year 4 ___</p> <p>Never 5 5 5</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>5.2. Do you still have asthma?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>4.4. How often do you eat potatoes not including french fries, fried potatoes, or potato chips?</p> <p>Per day 1 ___</p> <p>Per week 2 ___</p> <p>Per month 3 ___</p> <p>Per year 4 ___</p> <p>Never 5 5 5</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>Section 6: Diabetes</p> <p>6.1. Have you ever been told by a doctor that you have diabetes?</p> <p>Yes 1</p> <p>Yes, only during pregnancy 2</p> <p>No 3</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>4.5. How often do you eat carrots?</p> <p>Per day 1 ___</p> <p>Per week 2 ___</p> <p>Per month 3 ___</p> <p>Per year 4 ___</p> <p>Never 5 5 5</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</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?</p> <p>Within the past year 1</p> <p>Within the past 2 years 2</p> <p>Within the past 3 years 3</p> <p>Within the past 5 years 4</p> <p>5 or more years ago 5</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>4.6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?</p> <p>Per day 1 ___</p> <p>Per week 2 ___</p> <p>Per month 3 ___</p> <p>Per year 4 ___</p> <p>Never 5 5 5</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>7.2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.</p> <p>1 to 5 1</p> <p>6 or more but not all 2</p> <p>All 3</p> <p>None 7</p> <p>Don't know/Not sure 8</p> <p>Refused 9</p>

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>Section 11: Use of Seatbelts</p> <p>11.1. How often do you use seatbelts when you drive or ride in a car?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">Always</td><td style="text-align: right;">1</td></tr> <tr><td>Nearly always</td><td style="text-align: right;">2</td></tr> <tr><td>Sometimes</td><td style="text-align: right;">3</td></tr> <tr><td>Seldom</td><td style="text-align: right;">4</td></tr> <tr><td>Never</td><td style="text-align: right;">5</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Never drive or ride in a car</td><td style="text-align: right;">8</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Always	1	Nearly always	2	Sometimes	3	Seldom	4	Never	5	Don't know/Not sure	7	Never drive or ride in a car	8	Refused	9	<p>12.5. Are you:</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">Married</td><td style="text-align: right;">1</td></tr> <tr><td>Divorced</td><td style="text-align: right;">2</td></tr> <tr><td>Widowed</td><td style="text-align: right;">3</td></tr> <tr><td>Separated</td><td style="text-align: right;">4</td></tr> <tr><td>Never been married</td><td style="text-align: right;">5</td></tr> <tr><td>Member of an unmarried couple</td><td style="text-align: right;">6</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Married	1	Divorced	2	Widowed	3	Separated	4	Never been married	5	Member of an unmarried couple	6	Refused	9						
Always	1																																				
Nearly always	2																																				
Sometimes	3																																				
Seldom	4																																				
Never	5																																				
Don't know/Not sure	7																																				
Never drive or ride in a car	8																																				
Refused	9																																				
Married	1																																				
Divorced	2																																				
Widowed	3																																				
Separated	4																																				
Never been married	5																																				
Member of an unmarried couple	6																																				
Refused	9																																				
<p>Section 12: Demographics</p> <p>12.1. What is your age</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">Code age in years</td><td style="text-align: right;">__ __</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">0 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">0 9</td></tr> </table>	Code age in years	__ __	Don't know/Not sure	0 7	Refused	0 9	<p>12.6. How many children less than 18 years of age live in your household ?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">Number of children</td><td style="text-align: right;">__ __</td></tr> <tr><td>None</td><td style="text-align: right;">8 8</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9</td></tr> </table>	Number of children	__ __	None	8 8	Refused	9 9																								
Code age in years	__ __																																				
Don't know/Not sure	0 7																																				
Refused	0 9																																				
Number of children	__ __																																				
None	8 8																																				
Refused	9 9																																				
<p>12.2. Are you Hispanic or Latino?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>12.7. What is the highest grade or year of school you completed?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">≤ Kindergarten</td><td style="text-align: right;">1</td></tr> <tr><td>Elementary</td><td style="text-align: right;">2</td></tr> <tr><td>Some high school</td><td style="text-align: right;">3</td></tr> <tr><td>High school graduate</td><td style="text-align: right;">4</td></tr> <tr><td>Some college/tech school</td><td style="text-align: right;">5</td></tr> <tr><td>College graduate</td><td style="text-align: right;">6</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	≤ Kindergarten	1	Elementary	2	Some high school	3	High school graduate	4	Some college/tech school	5	College graduate	6	Refused	9														
Yes	1																																				
No	2																																				
Don't know/Not sure	7																																				
Refused	9																																				
≤ Kindergarten	1																																				
Elementary	2																																				
Some high school	3																																				
High school graduate	4																																				
Some college/tech school	5																																				
College graduate	6																																				
Refused	9																																				
<p>12.3. Which one or more of the following would you say is your race?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">White</td><td style="text-align: right;">1</td></tr> <tr><td>Black/African American</td><td style="text-align: right;">2</td></tr> <tr><td>Asian</td><td style="text-align: right;">3</td></tr> <tr><td>Native Hawaiian/Other Pacific Islander</td><td style="text-align: right;">4</td></tr> <tr><td>American Indian, Alaska Native</td><td style="text-align: right;">5</td></tr> <tr><td>Other [specify] _____</td><td style="text-align: right;">6</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	White	1	Black/African American	2	Asian	3	Native Hawaiian/Other Pacific Islander	4	American Indian, Alaska Native	5	Other [specify] _____	6	Don't know/Not sure	7	Refused	9	<p>12.8. Are you currently:</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">Employed for wages</td><td style="text-align: right;">1</td></tr> <tr><td>Self-employed</td><td style="text-align: right;">2</td></tr> <tr><td>Out of work for more than 1 year</td><td style="text-align: right;">3</td></tr> <tr><td>Out of work for less than 1 year</td><td style="text-align: right;">4</td></tr> <tr><td>Homemaker</td><td style="text-align: right;">5</td></tr> <tr><td>Student</td><td style="text-align: right;">6</td></tr> <tr><td>Retired</td><td style="text-align: right;">7</td></tr> <tr><td>Unable to work</td><td style="text-align: right;">8</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Employed for wages	1	Self-employed	2	Out of work for more than 1 year	3	Out of work for less than 1 year	4	Homemaker	5	Student	6	Retired	7	Unable to work	8	Refused	9		
White	1																																				
Black/African American	2																																				
Asian	3																																				
Native Hawaiian/Other Pacific Islander	4																																				
American Indian, Alaska Native	5																																				
Other [specify] _____	6																																				
Don't know/Not sure	7																																				
Refused	9																																				
Employed for wages	1																																				
Self-employed	2																																				
Out of work for more than 1 year	3																																				
Out of work for less than 1 year	4																																				
Homemaker	5																																				
Student	6																																				
Retired	7																																				
Unable to work	8																																				
Refused	9																																				
<p>12.4. Which one of these groups would you say best represents your race?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">White</td><td style="text-align: right;">1</td></tr> <tr><td>Black/African American</td><td style="text-align: right;">2</td></tr> <tr><td>Asian</td><td style="text-align: right;">3</td></tr> <tr><td>Native Hawaiian/Other Pacific Islander</td><td style="text-align: right;">4</td></tr> <tr><td>American Indian, Alaska Native</td><td style="text-align: right;">5</td></tr> <tr><td>Other [specify] <u>(Recall other specify)</u></td><td style="text-align: right;">6</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	White	1	Black/African American	2	Asian	3	Native Hawaiian/Other Pacific Islander	4	American Indian, Alaska Native	5	Other [specify] <u>(Recall other specify)</u>	6	Don't know/Not sure	7	Refused	9	<p>12.9. Is your annual household income from all sources:</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">< \$10,000</td><td style="text-align: right;">01</td></tr> <tr><td>\$10,000 to < \$15,000</td><td style="text-align: right;">02</td></tr> <tr><td>\$15,000 to < \$20,000</td><td style="text-align: right;">03</td></tr> <tr><td>\$20,000 to < \$25,000</td><td style="text-align: right;">04</td></tr> <tr><td>\$25,000 to < \$35,000</td><td style="text-align: right;">05</td></tr> <tr><td>\$35,000 to < \$50,000</td><td style="text-align: right;">06</td></tr> <tr><td>\$50,000 to < \$75,000</td><td style="text-align: right;">07</td></tr> <tr><td>≤ \$75,000</td><td style="text-align: right;">08</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td>Refused</td><td style="text-align: right;">99</td></tr> </table>	< \$10,000	01	\$10,000 to < \$15,000	02	\$15,000 to < \$20,000	03	\$20,000 to < \$25,000	04	\$25,000 to < \$35,000	05	\$35,000 to < \$50,000	06	\$50,000 to < \$75,000	07	≤ \$75,000	08	Don't know/Not sure	77	Refused	99
White	1																																				
Black/African American	2																																				
Asian	3																																				
Native Hawaiian/Other Pacific Islander	4																																				
American Indian, Alaska Native	5																																				
Other [specify] <u>(Recall other specify)</u>	6																																				
Don't know/Not sure	7																																				
Refused	9																																				
< \$10,000	01																																				
\$10,000 to < \$15,000	02																																				
\$15,000 to < \$20,000	03																																				
\$20,000 to < \$25,000	04																																				
\$25,000 to < \$35,000	05																																				
\$35,000 to < \$50,000	06																																				
\$50,000 to < \$75,000	07																																				
≤ \$75,000	08																																				
Don't know/Not sure	77																																				
Refused	99																																				

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>13.3 What other method are you also using to prevent pregnancy?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="padding-left: 20px;">Tubes tied</td><td style="text-align: right;">01</td></tr> <tr><td style="padding-left: 20px;">Vasectomy</td><td style="text-align: right;">02</td></tr> <tr><td style="padding-left: 20px;">Pill</td><td style="text-align: right;">03</td></tr> <tr><td style="padding-left: 20px;">Condoms</td><td style="text-align: right;">04</td></tr> <tr><td style="padding-left: 20px;">Foam, jelly, cream</td><td style="text-align: right;">05</td></tr> <tr><td style="padding-left: 20px;">Diaphragm</td><td style="text-align: right;">06</td></tr> <tr><td style="padding-left: 20px;">Norplant</td><td style="text-align: right;">07</td></tr> <tr><td style="padding-left: 20px;">IUD</td><td style="text-align: right;">08</td></tr> <tr><td style="padding-left: 20px;">Shots (Depo-Provera)</td><td style="text-align: right;">09</td></tr> <tr><td style="padding-left: 20px;">Withdrawal</td><td style="text-align: right;">10</td></tr> <tr><td style="padding-left: 20px;">Not having sex at certain times</td><td style="text-align: right;">11</td></tr> <tr><td style="padding-left: 20px;">No partner/Not sexually active</td><td style="text-align: right;">12</td></tr> <tr><td style="padding-left: 20px;">No other method(s)</td><td style="text-align: right;">13</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">99</td></tr> </table>	Tubes tied	01	Vasectomy	02	Pill	03	Condoms	04	Foam, jelly, cream	05	Diaphragm	06	Norplant	07	IUD	08	Shots (Depo-Provera)	09	Withdrawal	10	Not having sex at certain times	11	No partner/Not sexually active	12	No other method(s)	13	Don't know/Not sure	77	Refused	99	<p>14.2. How long has it been since you had your last mammogram?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="padding-left: 20px;">Within the past year</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Within the past 2 years</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Within the past 3 years</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Within the past 5 years</td><td style="text-align: right;">4</td></tr> <tr><td style="padding-left: 20px;">5 or more years ago</td><td style="text-align: right;">5</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Within the past year	1	Within the past 2 years	2	Within the past 3 years	3	Within the past 5 years	4	5 or more years ago	5	Don't know/Not sure	7	Refused	9				
Tubes tied	01																																																
Vasectomy	02																																																
Pill	03																																																
Condoms	04																																																
Foam, jelly, cream	05																																																
Diaphragm	06																																																
Norplant	07																																																
IUD	08																																																
Shots (Depo-Provera)	09																																																
Withdrawal	10																																																
Not having sex at certain times	11																																																
No partner/Not sexually active	12																																																
No other method(s)	13																																																
Don't know/Not sure	77																																																
Refused	99																																																
Within the past year	1																																																
Within the past 2 years	2																																																
Within the past 3 years	3																																																
Within the past 5 years	4																																																
5 or more years ago	5																																																
Don't know/Not sure	7																																																
Refused	9																																																
<p>13.4 What is your main reason for not doing anything to keep from getting pregnant?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="padding-left: 20px;">Not sexually active/no partner</td><td style="text-align: right;">01</td></tr> <tr><td style="padding-left: 20px;">Didn't think was going to have sex/ no regular partner</td><td style="text-align: right;">02</td></tr> <tr><td style="padding-left: 20px;">Want pregnancy</td><td style="text-align: right;">03</td></tr> <tr><td style="padding-left: 20px;">Don't want to use birth control</td><td style="text-align: right;">04</td></tr> <tr><td style="padding-left: 20px;">Don't like birth control/fear side effects</td><td style="text-align: right;">05</td></tr> <tr><td style="padding-left: 20px;">Can't pay for birth control</td><td style="text-align: right;">06</td></tr> <tr><td style="padding-left: 20px;">Lapse in use of a method</td><td style="text-align: right;">07</td></tr> <tr><td style="padding-left: 20px;">Don't think can get pregnant</td><td style="text-align: right;">08</td></tr> <tr><td style="padding-left: 20px;">Had tubes tied</td><td style="text-align: right;">09</td></tr> <tr><td style="padding-left: 20px;">Had a vasectomy</td><td style="text-align: right;">10</td></tr> <tr><td style="padding-left: 20px;">Had a hysterectomy</td><td style="text-align: right;">11</td></tr> <tr><td style="padding-left: 20px;">Too old</td><td style="text-align: right;">12</td></tr> <tr><td style="padding-left: 20px;">Currently breast-feeding</td><td style="text-align: right;">13</td></tr> <tr><td style="padding-left: 20px;">Just had a baby/postpartum</td><td style="text-align: right;">14</td></tr> <tr><td style="padding-left: 20px;">Other reason</td><td style="text-align: right;">15</td></tr> <tr><td style="padding-left: 20px;">Don't care if get pregnant</td><td style="text-align: right;">16</td></tr> <tr><td style="padding-left: 20px;">Same sex partner</td><td style="text-align: right;">17</td></tr> <tr><td style="padding-left: 20px;">Partner is pregnant now</td><td style="text-align: right;">18</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">77</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">99</td></tr> </table>	Not sexually active/no partner	01	Didn't think was going to have sex/ no regular partner	02	Want pregnancy	03	Don't want to use birth control	04	Don't like birth control/fear side effects	05	Can't pay for birth control	06	Lapse in use of a method	07	Don't think can get pregnant	08	Had tubes tied	09	Had a vasectomy	10	Had a hysterectomy	11	Too old	12	Currently breast-feeding	13	Just had a baby/postpartum	14	Other reason	15	Don't care if get pregnant	16	Same sex partner	17	Partner is pregnant now	18	Don't know/Not sure	77	Refused	99	<p>14.3. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
Not sexually active/no partner	01																																																
Didn't think was going to have sex/ no regular partner	02																																																
Want pregnancy	03																																																
Don't want to use birth control	04																																																
Don't like birth control/fear side effects	05																																																
Can't pay for birth control	06																																																
Lapse in use of a method	07																																																
Don't think can get pregnant	08																																																
Had tubes tied	09																																																
Had a vasectomy	10																																																
Had a hysterectomy	11																																																
Too old	12																																																
Currently breast-feeding	13																																																
Just had a baby/postpartum	14																																																
Other reason	15																																																
Don't care if get pregnant	16																																																
Same sex partner	17																																																
Partner is pregnant now	18																																																
Don't know/Not sure	77																																																
Refused	99																																																
Yes	1																																																
No	2																																																
Don't know/Not sure	7																																																
Refused	9																																																
<p>Section 14: Women's Health</p> <p>14.1. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="padding-left: 20px;">Yes</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">No</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>14.4. How long has it been since your last breast exam?</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td style="padding-left: 20px;">Within the past year</td><td style="text-align: right;">1</td></tr> <tr><td style="padding-left: 20px;">Within the past 2 years</td><td style="text-align: right;">2</td></tr> <tr><td style="padding-left: 20px;">Within the past 3 years</td><td style="text-align: right;">3</td></tr> <tr><td style="padding-left: 20px;">Within the past 5 years</td><td style="text-align: right;">4</td></tr> <tr><td style="padding-left: 20px;">5 or more years ago</td><td style="text-align: right;">5</td></tr> <tr><td style="padding-left: 20px;">Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td style="padding-left: 20px;">Refused</td><td style="text-align: right;">9</td></tr> </table>	Within the past year	1	Within the past 2 years	2	Within the past 3 years	3	Within the past 5 years	4	5 or more years ago	5	Don't know/Not sure	7	Refused	9																										
Yes	1																																																
No	2																																																
Don't know/Not sure	7																																																
Refused	9																																																
Within the past year	1																																																
Within the past 2 years	2																																																
Within the past 3 years	3																																																
Within the past 5 years	4																																																
5 or more years ago	5																																																
Don't know/Not sure	7																																																
Refused	9																																																

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>14.5. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>15.4. How long has it been since your last digital rectal exam?</p> <p>Within past year 1 Within past 2 years 2 Within past 3 years 3 Within past 5 years 4 ≥5 years ago 5 Don't know 7 Refused 9</p>
<p>14.6. How long has it been since you had your last Pap smear?</p> <p>Within the past year 1 Within the past 2 years 2 Within the past 3 years 3 Within the past 5 years 4 5 or more years ago 5 Don't know/Not sure 7 Refused 9</p>	<p>15.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>14.7. Have you had a hysterectomy?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>Section 16: Colorectal Cancer Screening</p> <p>16.1. 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>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>Section 15: Prostate Cancer Screening</p> <p>15.1. 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> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	
<p>15.2. How long has it been since you had your last PSA test?</p> <p>Within past year 1 Within past 2 years 2 Within past 3 years 3 Within past 5 years 4 ≥5 years ago 5 Don't know 7 Refused 9</p>	<p>16.2. How long has it been since you had your last blood stool test using a home kit?</p> <p>Within past year 1 Within past 2 years 2 Within past 3 years 3 Within past 5 years 4 ≥5 years ago 5 Don't know 7 Refused 9</p>
<p>15.3. 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> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>16.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>17.8. 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</p> <p>Do any of these situations apply to you?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD1_2. Are you now taking insulin?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>17.9. In the past 12 months has a doctor, nurse or other health professional talked to you about preventing sexually transmitted diseases through condom use?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD1_3. Are you now taking diabetes pills?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>Section 18: Firearms</p> <p>18.1. Are any firearms now kept in or around your home?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD1_4. About how often do you check your blood for glucose or sugar?</p> <p>Times per day 1 ___ Times per week 2 ___ Times per month 3 ___ Times per year 4 ___ Never 5 5 5 Don't know/Not sure 7 7 7 Refused 9 9 9</p>
<p>18.2. Are any of these firearms now loaded?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD1_5. About how often do you check your feet for any sores or irritations?</p> <p>Times per day 1 ___ Times per week 2 ___ Times per month 3 ___ Times per year 4 ___ Never 5 5 5 Don't know/Not sure 7 7 7 Refused 9 9 9</p>
<p>18.3. Are any of these loaded firearms also unlocked?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD1_6. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>Module 1: Diabetes</p> <p>MOD1_1. How old were you when you were told you have diabetes?</p> <p>Code age in years ___ Don't know/Not sure 98 Refused 99</p>	<p>MOD1_7. 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 ___ None 88 Don't know/Not sure 98 Refused 99</p>

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>MOD1_8. A test for hemoglobin "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 hemoglobin "A one C"?</p> <p>Number of times</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">None</td> <td style="text-align: right; border-top: 1px solid black;">8 8</td> </tr> <tr> <td>Never heard of hemoglobin "A one C" test</td> <td style="text-align: right;">9 8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9</td> </tr> </table>	None	8 8	Never heard of hemoglobin "A one C" test	9 8	Don't know/Not sure	7 7	Refused	9 9	<p>MOD4_2. Now, thinking about the moderate physical 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 small increases in breathing or heart rate?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
None	8 8																
Never heard of hemoglobin "A one C" test	9 8																
Don't know/Not sure	7 7																
Refused	9 9																
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
<p>MOD1_9. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?</p> <p>Number of times</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">None</td> <td style="text-align: right; border-top: 1px solid black;">8 8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9</td> </tr> </table>	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>MOD4_3. How many days per week do you do these moderate activities for at least 10 minutes at a time?</p> <p>Days per week</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Doesn't Exercise 10 mins wkly</td> <td style="text-align: right; border-top: 1px solid black;">8 8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9</td> </tr> </table>	Doesn't Exercise 10 mins wkly	8 8	Don't know/Not sure	7 7	Refused	9 9				
None	8 8																
Don't know/Not sure	7 7																
Refused	9 9																
Doesn't Exercise 10 mins wkly	8 8																
Don't know/Not sure	7 7																
Refused	9 9																
<p>MOD1_10. 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> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Within past month</td> <td style="text-align: right;">1</td> </tr> <tr> <td>Within past 2 years</td> <td style="text-align: right;">2</td> </tr> <tr> <td>≥ 2 years</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Never</td> <td style="text-align: right;">8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Within past month	1	Within past 2 years	2	≥ 2 years	3	Never	8	Don't know/Not sure	7	Refused	9	<p>MOD4_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</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Don't know/Not sure</td> <td style="text-align: right; border-top: 1px solid black;">7 7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9 9</td> </tr> </table>	Don't know/Not sure	7 7 7	Refused	9 9 9
Within past month	1																
Within past 2 years	2																
≥ 2 years	3																
Never	8																
Don't know/Not sure	7																
Refused	9																
Don't know/Not sure	7 7 7																
Refused	9 9 9																
<p>MOD1_11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD4_5. Now thinking about the vigorous physical 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> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
<p>MOD1_12. Have you ever taken a course or class in how to manage your diabetes yourself?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: right;">1</td> </tr> <tr> <td>No</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD4_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</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Doesn't Exercise 10 mins wkly</td> <td style="text-align: right; border-top: 1px solid black;">8 8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9</td> </tr> </table>	Doesn't Exercise 10 mins wkly	8 8	Don't know/Not sure	7 7	Refused	9 9		
Yes	1																
No	2																
Don't know/Not sure	7																
Refused	9																
Doesn't Exercise 10 mins wkly	8 8																
Don't know/Not sure	7 7																
Refused	9 9																
<p>Module 4: Physical Activity</p> <p>MOD4_1. When you are at work, which of the following best describes what you do? Would you say:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Mostly sitting/standing</td> <td style="text-align: right;">1</td> </tr> <tr> <td>Mostly walking</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Mostly heavy labor/physically demanding work</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: right;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9</td> </tr> </table>	Mostly sitting/standing	1	Mostly walking	2	Mostly heavy labor/physically demanding work	3	Don't know/Not sure	7	Refused	9	<p>MOD4_7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?</p> <p>Hours and minutes per day</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Don't know/Not sure</td> <td style="text-align: right; border-top: 1px solid black;">7 7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: right;">9 9 9</td> </tr> </table>	Don't know/Not sure	7 7 7	Refused	9 9 9		
Mostly sitting/standing	1																
Mostly walking	2																
Mostly heavy labor/physically demanding work	3																
Don't know/Not sure	7																
Refused	9																
Don't know/Not sure	7 7 7																
Refused	9 9 9																

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>Module 6: Quality of Life</p> <p>MOD6_1. Are you limited in any way in any activities because of physical, mental, or emotional problems?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD6_6. Because of any impairment or health problem, do you need the help of other persons in handling your ROUTINE needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>MOD6_2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheel chair, a special bed, or a special telephone?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD6_7. During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?</p> <p>Days — — None 8 8 Don't know/Not sure 7 7 Refused 9 9</p>
<p>MOD6_3. What is your major impairment or health problem?</p> <p>Arthritis/rheumatism 01 Back or neck problem 02 Fractures, bone/joint injury 03 Walking problem 04 Lung/breathing problem 05 Hearing problem 06 Eye/vision problem 07 Heart problem 08 Stroke problem 09 Hypertension/high blood pressure 10 Diabetes 11 Cancer 12 Depression/anxiety/emotional problem 13 Other impairment/problem 14 Don't know/Not sure 77 Refused 99</p>	<p>MOD6_8. During the past 30 days, for about how many days have you felt sad, blue, or depressed?</p> <p>Days — — None 8 8 Don't know/Not sure 7 7 Refused 9 9</p>
<p>MOD6_4. For how long have your activities been limited because of your major impairment or health problem?</p> <p>Days 1 — — Weeks 2 — — Months 3 — — Years 4 — — Don't know/Not sure 7 7 7 Refused 9 9 9</p>	<p>MOD6_9. During the past 30 days, for about how many days have you felt worried, tense, or anxious?</p> <p>Days — — None 8 8 Don't know/Not sure 7 7 Refused 9 9</p>
<p>MOD6_5. Because of any impairment or health problem, do you need the help of other persons with your PERSONAL CARE needs, such as eating, bathing, dressing, or getting around the house?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD6_10. During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?</p> <p>Days — — None 8 8 Don't know/Not sure 7 7 Refused 9 9</p>

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>MOD6_11. During the past 30 days, for about how many days have you felt very healthy and full of energy?</p> <p>Days</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;"></td> <td style="text-align: center;">— —</td> </tr> <tr> <td>None</td> <td style="text-align: center;">8 8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9 9</td> </tr> </table>		— —	None	8 8	Don't know/Not sure	7 7	Refused	9 9	<p>Module 14: Tobacco Indicators</p> <p>MOD14_1. How old were you the first time you smoked a cigarette, even one or two puffs?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Code age in years</td> <td style="text-align: center;">— —</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9 9</td> </tr> </table>	Code age in years	— —	Don't know/Not sure	7 7	Refused	9 9												
	— —																										
None	8 8																										
Don't know/Not sure	7 7																										
Refused	9 9																										
Code age in years	— —																										
Don't know/Not sure	7 7																										
Refused	9 9																										
<p>Module 12: Weight Control</p> <p>MOD12_1. Are you now trying to lose weight?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD14_2. How old were you when you first started smoking cigarettes regularly?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Code age in years</td> <td style="text-align: center;">— —</td> </tr> <tr> <td>Never smoked regularly</td> <td style="text-align: center;">8 8</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7 7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9 9</td> </tr> </table>	Code age in years	— —	Never smoked regularly	8 8	Don't know/Not sure	7 7	Refused	9 9										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
Code age in years	— —																										
Never smoked regularly	8 8																										
Don't know/Not sure	7 7																										
Refused	9 9																										
<p>MOD12_2. Are you now trying to maintain your current weight, that is to keep from gaining weight?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD14_3. About how long has it been since you last smoked cigarettes regularly?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Within the past month</td> <td style="text-align: center;">01</td> </tr> <tr> <td>Within the past 3 months</td> <td style="text-align: center;">02</td> </tr> <tr> <td>Within the past 6 months</td> <td style="text-align: center;">03</td> </tr> <tr> <td>Within the past year</td> <td style="text-align: center;">04</td> </tr> <tr> <td>Within the past 5 years</td> <td style="text-align: center;">05</td> </tr> <tr> <td>Within the past 10 years</td> <td style="text-align: center;">06</td> </tr> <tr> <td>10 or more years ago</td> <td style="text-align: center;">07</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">77</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">99</td> </tr> </table>	Within the past month	01	Within the past 3 months	02	Within the past 6 months	03	Within the past year	04	Within the past 5 years	05	Within the past 10 years	06	10 or more years ago	07	Don't know/Not sure	77	Refused	99
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
Within the past month	01																										
Within the past 3 months	02																										
Within the past 6 months	03																										
Within the past year	04																										
Within the past 5 years	05																										
Within the past 10 years	06																										
10 or more years ago	07																										
Don't know/Not sure	77																										
Refused	99																										
<p>MOD12_3. Are you eating either fewer calories or less fat to lose weight?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD14_4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
<p>MOD12_4. Are you eating either fewer calories or less fat to keep from gaining weight?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD14_5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
<p>MOD12_5. Are you using physical activity or exercise to lose weight?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD14_6. Which statement best describes the rules about smoking inside your home?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Not allowed</td> <td style="text-align: center;">1</td> </tr> <tr> <td>Allowed some places/some times</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Allowed anywhere</td> <td style="text-align: center;">3</td> </tr> <tr> <td>No rules about</td> <td style="text-align: center;">4</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Not allowed	1	Allowed some places/some times	2	Allowed anywhere	3	No rules about	4	Don't know/Not sure	7	Refused	9						
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
Not allowed	1																										
Allowed some places/some times	2																										
Allowed anywhere	3																										
No rules about	4																										
Don't know/Not sure	7																										
Refused	9																										
<p>MOD12_6. Are you using physical activity or exercise to keep from gaining weight?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>MOD14_7. While working at your job, are you indoors most of the time?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Yes</td> <td style="text-align: center;">1</td> </tr> <tr> <td>No</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Don't know/Not sure</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Refused</td> <td style="text-align: center;">9</td> </tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										
Yes	1																										
No	2																										
Don't know/Not sure	7																										
Refused	9																										

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>MOD14_8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunch rooms?</p> <p>Not allowed 1 Allowed in some areas 2 Allowed in all areas 3 No official policy 4 Don't know/Not sure 7 Refused 9</p>	<p>MOD15_5. Have you ever smoked tobacco in a pipe, even one or two puffs?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>MOD14_9. Which of the following best describes your place of work's official smoking policy for work areas?</p> <p>Not allowed 1 Allowed in some areas 2 Allowed in all areas 3 No official policy 4 Don't know/Not sure 7 Refused 9</p>	<p>MOD15_6. Do you now smoke a pipe every day, some days, or not at all?</p> <p>Every day 1 Some days 2 Not at all 3 Don't know/Not sure 7 Refused 9</p>
<p>Module 15: Other Tobacco Products MOD15_1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>MOD15_7. A bidi is a flavored cigarette from India.. Have you ever smoked a bidi, even one or two puffs?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>MOD15_2. Do you currently use chewing tobacco or snuff every day, some days, or not at all?</p> <p>Every day 1 Some days 2 Not at all 3 Don't know/Not sure 7 Refused 9</p>	<p>MOD15_8. Do you now smoke bidis every day, some days, or not at all?</p> <p>Every day 1 Some days 2 Not at all 3 Don't know/Not sure 7 Refused 9</p>
<p>MOD15_3. Have you ever smoked a cigar, even one or two puffs?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>Module 16: Arthritis MOD16_1. DURING THE PAST 30 DAYS, have you had any symptoms of pain, aching, or stiffness in or around a joint?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>MOD15_4. Do you now smoke cigars every day, some days, or not at all?</p> <p>Every day 1 Some days 2 Not at all 3 Don't know/Not sure 7 Refused 9</p>	<p>MOD16_2. Did your joint symptoms FIRST begin more than 3 months ago?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>MOD16_3. Have you EVER seen a doctor or other health professional for these joint symptoms?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ1_2. Thinking back to your last pregnancy, just before you got pregnant, how did you feel about becoming pregnant?</p> <p>Wanted to be pregnant sooner 1 Wanted to be pregnant later 2 You wanted to be pregnant then 3 Didn't want to be pregnant then or at anytime in the future 4 Never been pregnant 5 Don't know/Not sure 7 Refused 9</p>
<p>MOD16_4. Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ1_2a. Thinking back to just before you got pregnant with your current pregnancy, how did you feel about becoming pregnant?</p> <p>Wanted to be pregnant sooner 1 Wanted to be pregnant later 2 You wanted to be pregnant then 3 Didn't want to be pregnant then or at anytime in the future 4 Never been pregnant 5 Don't know/Not sure 7 Refused 9</p>
<p>MOD16_5. Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>State Added: Diabetes</p> <p>AZ2_1. How much of the time does your vision limit you in recognizing people or objects across the street?</p> <p>All of the time 1 Most of the time 2 Some of the time 3 A little bit of the time 4 None of the time 5 Don't know/Not sure 7 Refused 9</p>
<p>MOD16_6. Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ2_2. How much of the time does your vision limit you in reading print like in a newspaper, magazine recipe, menu, or numbers on the telephone?</p> <p>All of the time 1 Most of the time 2 Some of the time 3 A little bit of the time 4 None of the time 5 Don't know/Not sure 7 Refused 9</p>
<p>State Added: Family Planning</p> <p>AZ1_1. Have you or your partner been pregnant in the last five years?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ2_3. How much of the time does your vision limit you in watching television?</p> <p>All of the time 1 Most of the time 2 Some of the time 3 A little bit of the time 4 None of the time 5 Don't know/Not sure 7 Refused 9</p>

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

State Added: Antibiotic Resistance		AZ3_6. In the past year, did you take antibiotics obtained without a prescription, prescribed for a previous illness, or prescribed for someone else?	
AZ3_1. What do you usually do when you get a cold?		All of the time 1 Most of the time 2 Some of the time 3 Never 4 Don't know/Not sure 7 Refused 9	
Call a parent or grandparent for advice	01		
Call the doctor's office and get advice	02		
Go to the doctor's office	03		
Go to the emergency room	04		
Go to the urgent care center	05		
Get advice from a pharmacist	06		
Look for advice in magazines, pamphlets, & other printed material	08		
Look for advice on the internet	10		
Take over-the-counter medication	11		
Rest	12		
Other (specify)	13		
Don't know/Not sure	77		
Refused	99		
AZ3_2. When you are sick with a cold or the flu, do you call or see your health care provider to get antibiotics?		AZ3_7. Do you think viral infections can be cured with an antibiotic?	
All of the time	1	All of the time	1
Most of the time	2	Most of the time	2
Some of the time	3	Some of the time	3
Never	4	Never	4
Don't know/Not sure	7	Don't know/Not sure	7
Refused	9	Refused	9
AZ3_3. When you get a cold, do antibiotics help you get better faster?		AZ3_8. Are you aware of any health problems to yourself or other people associated with taking antibiotics?	
All of the time	1	Yes	1
Most of the time	2	No	2
Some of the time	3	Don't know/Not sure	7
Never	4	Refused	9
Don't know/Not sure	7		
Refused	9		
AZ3_4. When prescribed an antibiotic, do you take it until it is gone?		AZ3_8a. Explain the problems you are aware of:	
All of the time	1	Rash/allergies/reactions to antibiotics	1
Most of the time	2	Concerns related to emerging drug resistance	2
Some of the time	3	Antibiotics may kill "friendly/good" bacteria/flora	3
Never	4	It's healthy to take antibiotics/drugs in general	4
Don't know/Not sure	7	Don't know/Not sure	7
Refused	9	Refused	9
AZ3_5. Do you stop taking antibiotics when your symptoms are gone?		AZ3_9. When my child has a sore throat or an earache, I expect my doctor to prescribe an antibiotic:	
All of the time	1	All of the time	1
Most of the time	2	Most of the time	2
Some of the time	3	Some of the time	3
Never	4	Never	4
Don't know/Not sure	7	Don't know/Not sure	7
Refused	9	Refused	9

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>AZ3_10. Do you think there is a good chance that you or someone in your family will get an antibiotic resistant infection sometime in the next ten years?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ4_6. Prior to 1992, had you ever received a blood transfusion or blood products?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>State Added: Hepatitis C Risk AZ4_1. Do you know of anyone who has been diagnosed as having Hepatitis C?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ4_7. Have you ever used a needle or syringe to inject "street" drugs (even once)?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>AZ4_2. Do you think Hepatitis C can be spread thru:</p> <p>Sneezing or coughing 1 Kissing 2 Unprotected sex 3 Food or water 4 Sharing needles to inject street drugs 5 Using the same bathroom 6 Contact with blood of an infected person 8 Don't know/Not sure 7 Refused 9</p>	<p>State Added: Depression AZ5_1. In the past 2 weeks, how often have you been depressed or down?</p> <p>Every day 1 Nearly every day 2 A few days 3 None/Not depressed 4 Don't know/Not sure 7 Refused 9</p>
<p>AZ4_3. Do you consider yourself at risk of Hepatitis C?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ5_2. In the past two weeks, have you been less interested in most things or less able to enjoy the things you used to enjoy most of the times?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>AZ4_3a. What level of risk do you feel you are at for Hepatitis C?</p> <p>High risk 1 Moderate risk 2 Low risk 3 Don't know/Not sure 7 Refused 9</p>	<p>State Added: Physical Activity – Walking AZ6_1. In a usual week, do you walk for at least 10 minutes at a time for recreation, exercise, to get to and from places, or for any other reason?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>AZ4_4. Have you ever been tested for Hepatitis C?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ6_1a. Do you plan to start in the next six months?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>AZ4_5. Have you ever been diagnosed by a physician as having had Hepatitis C infection?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ6_2. How many days per week do you walk for at least 10 minutes at a time? How many _____ days per week (1-7)</p> <p>Don't know/Not sure 77 Refused 99</p>

APPENDIX III: 2002 ARIZONA QUESTIONNAIRE

<p>AZ6_2a. Do you plan to increase to five days a week within the next six months?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>State Added: Physical Activity – Strength Building AZ7_1. In a usual week, do you do any activities designed to increase muscle strength or tone, such as lifting weights, pull-ups, or sit-ups?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>AZ6_2b. Have you been walking regularly for a year or more?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ7_1a. Do you plan to start in the next six months?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>AZ6_3. On days when you walk for at least 10 minutes at a time, how much total time per day do you spend walking?</p> <p>Hours and minutes per day :_____</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	

APPENDIX IV: 2002 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
Office of Epidemiology and Statistics**

**150 N. 18th Avenue, Suite 550
Phoenix, Arizona 85007
(602) 364-2415**