



**2003 BEHAVIORAL RISK FACTORS
OF ARIZONA ADULTS**

June 2004



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EXECUTIVE SUMMARY

This document reports specific behavioral risk factors and chronic diseases in adults in the State of Arizona for the year 2003. The Annual Survey Results portion of this report contains information on high-risk behaviors and chronic diseases that are surveyed each year. The Module Survey Results portion contains information on high-risk behaviors and chronic diseases that may or may not be surveyed each year. The State-Added Questions Survey Results portion contains information on high-risk behaviors added by request. The Behavioral Risk Factor Surveillance System (BRFSS) program is a rich source of state-level public health data; these data have become integral to health promotion, disease prevention, and intervention planning throughout Arizona.

Highlights of the 2003 Behavioral Risk Factors Survey:

- 16.7% of respondents reported that they did not have health coverage.
- 50% of respondents reported insufficient physical activity at either moderate or vigorous levels.
- 6.3% of respondents reported that a doctor told them they had diabetes.
- Almost one-quarter of adult Arizonans (22.7%) reported being told by a doctor, nurse, or other health professional that they had high blood pressure.
- 94.6% of respondents reported that their last blood cholesterol was checked within the last five years meeting Heart Association guidelines.
- Over three-quarters of respondents (76.9%) do not eat five or more servings of fruits and vegetables daily.
- 22.1% of male respondents and 18.1% of female respondents had a body mass index that classified them as obese.
- 12.5% were told by a doctor, nurse or other health professional that they had asthma.
- 20.8% of respondents were current smokers. This is down from 23.4% last year.
- Almost one-quarter of male respondents (24.7%) engage in binge drinking.
- 56.8% of respondents aged 65+ reported they were told by a doctor they have arthritis. In the adult population the percentage is 26.3%.
- One third of respondents reported that they had provided some type of care or assistance to a relative or friend who is 60 years old or older.
- 5.8% of respondents age 55+ reported needing someone to help with their personal care needs, such as eating, bathing, dressing, or getting around the house.
- Over one-half (54.6%) of respondents did not know that folic acid prevents birth defects.

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.

RISK FACTORS/CHRONIC DISEASE TERM USAGE (CONT)

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 2002, 42,320 Arizona residents died. The table below lists the top 10 causes of death of Arizona residents in 2002.¹

Chronic diseases such as heart disease, cancer, and diabetes are leading causes of disability and death in the United States. Every year, chronic diseases claim the lives of more than 1.7 million Americans. These diseases are responsible for 7 of every 10 deaths in the United States. Chronic diseases cause major limitations in daily living for more than 1 of every 10 Americans, or 25 million people. These diseases account for 75% of the \$1 trillion spent on health care each year in the United States.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 2002

RANK	CAUSE OF DEATH	NUMBER OF DEATHS	AGE ADJUSTED MORTALITY RATE	PERCENTAGE OF TOTAL DEATHS
1	Heart Disease	10,551	201.0	24.9
2	Malignant Neoplasms - Cancer	9,148	168.6	21.6
3	Chronic Lower Respiratory Disease	2,530	47.0	6.0
4	Cerebrovascular Disease	2,448	47.0	5.8
5	Unintentional Injury	2,416	45.2	5.7
6	Alzheimer's Disease	1,413	28.0	3.3
7	Influenza and Pneumonia	1,294	25.0	3.1
8	Diabetes Mellitus	1,201	22.3	2.8
9	Suicide	855	15.9	2.0
10	Chronic Liver Disease & Cirrhosis	647	12.1	1.5

Source: Arizona health status and vital statistics, 2002. * All death rates are age-adjusted to the estimated 2000 U.S. population.

References

1. Mrela, CK, ARIZONA HEALTH STATUS AND VITAL STATISTICS, 2002. Bureau of Public Health Statistics, Arizona Department of Health Services.
2. CDC. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives, February 2002.

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: 2003 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 contained questions on health risk behavior and demographic information; the next section contained optional modules: Arthritis. The last section contained State-added questions consisting of: Family Planning, Aging Adult, Aging Services, Hepatitis C Risk, and Folic Acid.

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. SURVEY RESULTS:
ANALYSIS OF HIGH-RISK GROUPS**

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 2003 Arizona BRFSS, 16.7%* of all respondents reported they did not currently have health care coverage (Figure I-A-1). This represents a slight increase from what was reported in 2002. 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

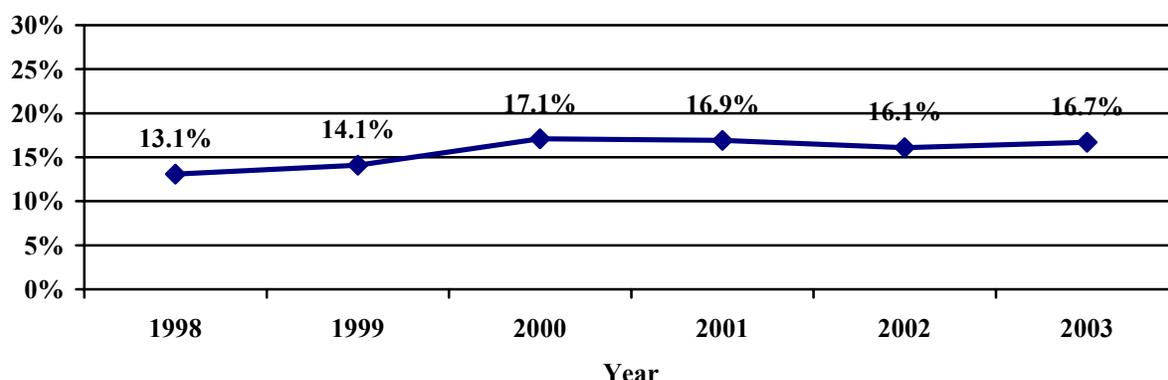


Figure I-A-1. Percentage of Arizona BRFSS respondents who reported they did not have health coverage in 1998-2003.

Males (16.7%) were about as likely as females (16.6%) to lack health care coverage. Differences in coverage were evident among age, education, income, and race categories (Table I-A-1). Respondents aged 18-24 (28.7%) and 25-34 (25.4%), were less likely to have coverage than other respondents. Generally, as age increased the percentage of respondents without health care coverage 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 (41.0%) were significantly less likely to have coverage than those with some college or technical training (15.6%) and college graduates (6.2%). 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 (40.2%) followed by those earning from \$15,000-\$24,999 (26.7%). Significant differences also appeared between race and

* 95% Confidence Interval: 14.5%-18.9%.

ethnic groups. While more than one-quarter (29.2%) of Non-Whites lacked health care coverage, only 11.9% of White respondents lacked coverage. Similarly, 33.0% of Hispanics were not covered by health care insurance while only 12.6% 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.

2003 Arizona BRFSS: Respondents with No Health Care Coverage		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	16.7	171
Female	16.6	287
<u>Age</u>		
18-24	28.7	48
25-34	25.4	110
35-44	15.7	91
45-54	16.0	100
55-64	13.5	80
65+	3.4	24
<u>Education</u>		
Less than High School	41.0	98
High School Graduate/GED	21.4	147
Some College/Tech School	15.6	147
College Grad	6.2	65
<u>Income</u>		
<\$15,000	40.2	117
\$15,000-\$24,999	26.7	126
\$25,000-\$34,999	23.6	68
\$35,000-\$49,999	10.7	47
≥\$50,000	7.9	50
<u>Race</u>		
White	11.9	258
Non-White	29.2	196
<u>Ethnicity</u>		
Hispanic	33.0	134
Non-Hispanic	12.6	323

Table I-A-1. 2003 BRFSS results: Arizona respondents with no health care coverage.

B-1. PHYSICAL ACTIVITY - CATEGORIES

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

Regular physical activity greatly reduces the risk of dying of heart disease, the nation's leading cause of death, and decreases the risk for colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and can decrease the need for hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from moderate physical activity, such as 30 minutes of brisk walking at least five times a week.² Regular exercise also can contribute to the functional independence of the elderly and improves the quality of life for people of all ages.³

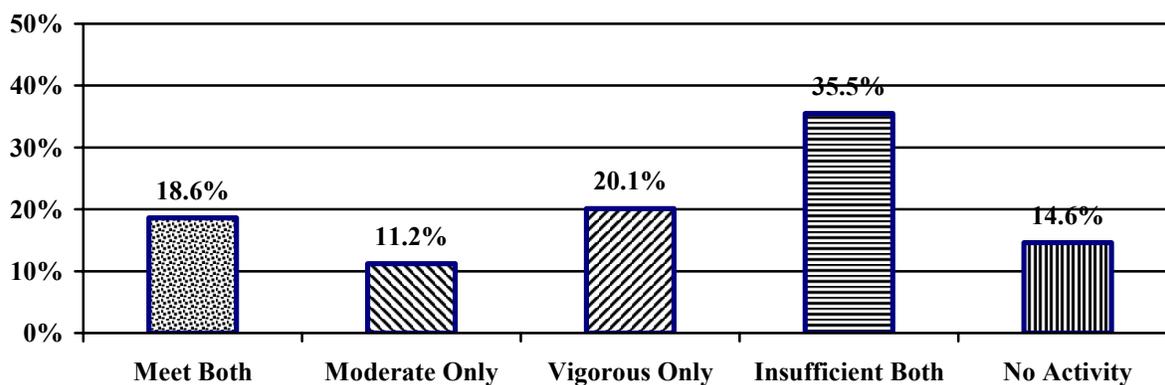


Figure I-B-1-1. Percentage of Arizona BRFSS respondents who reported insufficient activity for both moderate or vigorous activity categories.

Analysis of the 2003 Arizona BRFSS data indicated that 35.5%* of all respondents who reported insufficient activity for both moderate and vigorous physical activity categories. (Figure I-B-1-1).

Males (36.5%) were more likely than females (34.6%) to report insufficient activity for both moderate and vigorous physical activity categories. Regarding age, Arizonans 55-64 years were most likely to report insufficient activity for both physical activity categories (40.7%) and the next largest category were respondents 45-54 years (40.6%). Respondents with a high school education (38.2%) were most likely to report insufficient activity for moderate and vigorous categories followed by respondents with some college or technical school (36.4%). Arizonans with incomes \$35,000 to \$49,999 and greater than or equal to \$50,000 were the most likely to

* 95% Confidence Interval: 33.0%-38.0%.

report insufficient physical activity (37.1%). The next highest group were those making less than \$15,000 (36.2%). White Arizonans were more likely to lack sufficient physical activity (37.6%), compared to Non-White respondents (31.0%). Regarding ethnicity, Non-Hispanics were higher (36.5%) than Hispanics (32.2%).

References

1. U.S. Department of Health and Human Services. Physical Activity Fundamental To Preventing Disease, June 2002.
2. U.S. Department of Health and Human Services. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives, February 2002.
3. Katz S, Branch LG, Branson MH, et al., Active Life Expectancy. N Engl J Med, 1983; 309: 1218-1224.

2003 Arizona BRFSS: Arizona respondents who reported insufficient activity for both moderate or vigorous activity categories.		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	36.5	404
Female	34.6	670
<u>Age</u>		
18-24	25.2	44
25-34	36.3	170
35-44	36.4	176
45-54	40.6	241
55-64	40.7	186
65+	33.6	253
<u>Education</u>		
Less than High School	29.1	88
High School Graduate/GED	38.2	301
Some College/Tech School	36.4	343
College Grad	34.3	340
<u>Income</u>		
<\$15,000	36.2	113
\$15,000-\$24,999	32.9	175
\$25,000-\$34,999	35.1	145
\$35,000-\$49,999	37.1	194
≥\$50,000	37.1	342
<u>Race</u>		
White	37.6	845
Non-White	31.0	224
<u>Ethnicity</u>		
Hispanic	32.2	155
Non-Hispanic	36.5	916

Table I-B-1. 2003 BRFSS results: Arizona respondents who reported insufficient activity for both moderate or vigorous activity categories.

B-2. PHYSICAL ACTIVITY - RECOMMENDATIONS

Enhanced health and less risk for all-cause mortality is associated with regular physical activity. Besides the effects on mortality, physical activity has numerous health benefits, including reducing the risk for cardiovascular disease, diabetes, obesity, selected cancers, and musculoskeletal conditions.¹

Regular physical activity reduces the risk of heart disease, diabetes, colon cancer, high blood pressure, osteoporosis, arthritis, and obesity. It also improves symptoms associated with conditions such as depression and anxiety. Although vigorous physical activity produces the greatest cardiovascular benefits, moderate levels of physical activity are associated with lower levels of mortality.²

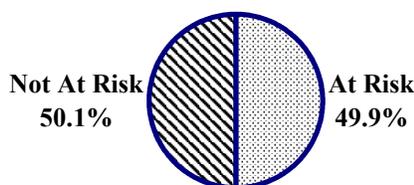


Figure I-B-2-1. Percentage of Arizona BRFSS respondents who are at risk for not meeting recommendations for physical activity. *Healthy People 2010 Objective #22.2 is 30.0%*

Analysis of the 2003 Arizona BRFSS data indicated that 49.9%* of all respondents were at risk for not meeting recommendations for vigorous or moderate physical activity. (Figure I-B-2-1). This falls short of the *Healthy People 2010 Objective* of 30.0%.³

Males (50.8%) were more likely than females (49.4%) to report not meeting the recommendations for physical activity. Arizonans aged 65+ years were most likely to not meet physical activity recommendations (57.6%) with the next largest category were respondents 55-64 years (56.4%). There was a negative correlation between levels of education and not meeting recommendations for physical activity, respondents with less than a high school education (61.1%) were least likely to meet recommendations for physical activity with college graduates most likely to meet them (44.9%). There also was an inverse relationship between income levels and respondents reporting they did not meet recommendations for physical activity. Arizonans with incomes less than \$15,000 were the most likely to report not meeting these recommendations (65.6%), the next highest group were those making \$15,000-\$24,999 (51.2%). Non-White Arizonans were less likely to meet recommendations (52.5%), compared to White

* 95% Confidence Interval: 47.2%-52.5%.

respondents (49.3%). Regarding ethnicity, Hispanics were higher (57.9%) than Non-Hispanics (48.2%).

References

- Centers for Disease Control and Prevention. Increasing physical activity: a report on recommendations of the Task Force on Community Preventive Services. MMWR 2001;50(No. RR-18):7.
- Freid VM, Prager K, MacKay AP, Xia H. Chartbook on Trends in the Health of Americans. Health, United States, 2003. Hyattsville, Maryland: National Center for Health Statistics. 2003.
- 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.

2003 Arizona BRFSS: Arizona respondents who reported not meeting recommendation for physical activity		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
Sex		
Male	50.8	568
Female	49.4	948
Age		
18-24	37.8	61
25-34	48.8	216
35-44	46.4	230
45-54	54.4	308
55-64	56.4	261
65+	57.6	433
Education		
Less than High School	61.1	182
High School Graduate/GED	55.9	447
Some College/Tech School	47.2	446
College Grad	44.9	437
Income		
<\$15,000	65.6	205
\$15,000-\$24,999	51.2	274
\$25,000-\$34,999	50.3	197
\$35,000-\$49,999	48.0	248
≥\$50,000	44.4	408
Race		
White	49.3	1,135
Non-White	52.5	368
Ethnicity		
Hispanic	57.9	261
Non-Hispanic	48.2	1,248

Table I-B-2. 2003 BRFSS results: Arizona respondents who reported not meeting recommendation for physical activity.

C. 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 a serious, costly, and increasingly common chronic disease that can cause devastating complications—including heart disease, kidney failure, leg and foot amputations, and blindness—that often result in disability and death. Early detection, improved delivery of care, and better self-management are key strategies for preventing much of the burden of diabetes. Type 2 diabetes, formerly considered “adult onset” diabetes, is now being diagnosed more frequently among children and adolescents. This type of diabetes is linked to two modifiable risk factors: obesity and physical inactivity.”²

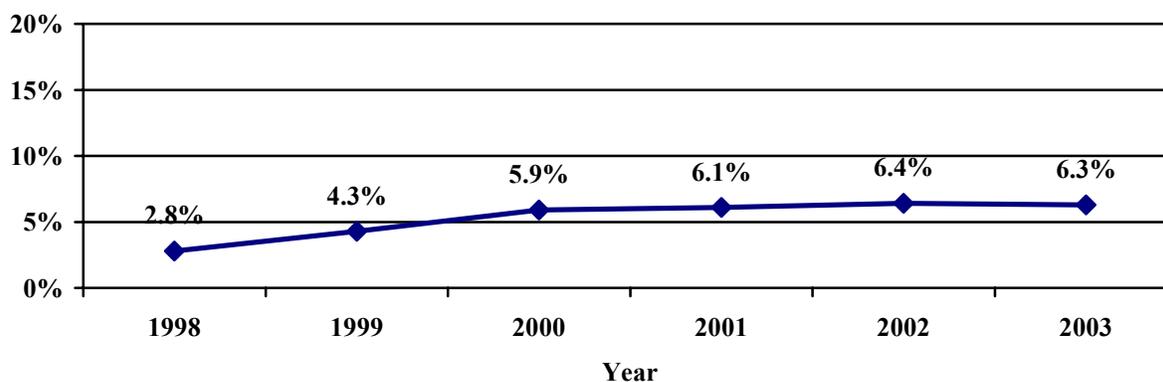


Figure I-C-1. Percentage of Arizona BRFSS respondents who reported that they were told they had diabetes in 1997-2003. *Healthy People 2010 Objective No. 5.3 is 4.0%.*

According to the 2003 BRFSS, 6.3%* of all respondents reported being told by a doctor they had diabetes. This percentage, shown in Figure I-C-1, represents a slight decrease from 2002. The figure continues to exceed the *Healthy People 2010* objective for diabetes incidence of 4.0%.³

Males were about as likely (6.4%) as females (6.2%) to be told they have diabetes. There is a general positive relationship between age and the percentage of respondents being told they have diabetes. The age group 65+ were most likely to be told they have diabetes (15.8%), followed by the 55-64 age group (11.4%). Respondents with a high school education were most likely to be told they have diabetes (11.0%); the next highest group were respondents who graduated from high school (6.8%). Respondents earning less than \$15,000 had the highest percentage saying they were told they have diabetes (13.5%), followed by respondents earning \$25,000-\$34,999 (7.3%). Non-White respondents were more likely to be told they have diabetes than White

* 95% Confidence Interval: 5.19-7.43.

respondents (7.2% and 6.0% respectively). Hispanics were more likely Non-Hispanic respondents to be told they have diabetes (7.3% and 6.1% respectively).

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 examination.³ Arizona fell slightly short of that goal with 69.3% 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. U.S. Department of Health and Human Services. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives, February 2002.
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.

2003 Arizona BRFSS: Respondents Told They Have Diabetes		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	6.4	118
Female	6.2	145
<u>Age</u>		
18-24	*	*
25-34	2.3	8
35-44	2.1	16
45-54	5.8	39
55-64	11.4	67
65+	15.8	131
<u>Education</u>		
Less than High School	11.0	46
High School Graduate/GED	6.8	80
Some College/Tech School	5.3	70
College Grad	5.2	65
<u>Income</u>		
<\$15,000	13.5	46
\$15,000-\$24,999	7.0	64
\$25,000-\$34,999	7.3	33
\$35,000-\$49,999	5.4	34
≥\$50,000	4.0	50
<u>Race</u>		
White	6.0	186
Non-White	7.2	77
<u>Ethnicity</u>		
Hispanic	7.3	45
Non-Hispanic	6.1	218

Table I-C-1. 2003 BRFSS results: Respondents told they had diabetes. *= Cell size too small.

D. HYPERTENSION AWARENESS

“About 90% of middle-aged Americans will develop high blood pressure in their lifetime, and nearly 70% of those who have it now do not have it under control.”¹

“High blood pressure is known as the “silent killer” and remains a major risk factor for CHD, stroke, and heart failure. About 50 million adults in the United States have high blood pressure. High blood pressure also is more common in older persons. Comparing the 1976–80 National Health and Nutrition Examination Survey (NHANES II) and the 1988–91 survey (NHANES III, phase 1) reveals an increase from 51 to 73 percent in the proportion of persons who were aware that they had high blood pressure. Nevertheless, a large proportion of persons with high blood pressure still are unaware that they have this disorder.”²

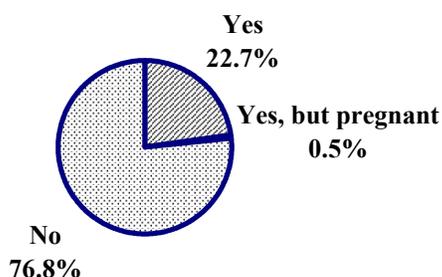


Figure I-D-1. Percentage of Arizona BRFSS respondents who reported that they were told they had high blood pressure in 2003. Healthy People 2010 Objective 12.9 is to reduce proportion of adults with high blood pressure to no more than 16%.

According to the 2003 BRFSS, 22.7%* of all respondents reported being told by a doctor they had high blood pressure.

Males were more likely (25.1%) as females (20.2%) to be told they have high blood pressure. There is a general direct relationship between age and the percentage of respondents being told they have high blood pressure: as age increases so does the percentage of respondents who report being told they have high blood pressure. The age group 65+ were most likely to be told they have high blood pressure (51.6%), followed by the 55-64 age group (37.0%). With regards to education, respondents with a high school education were most likely to be told they have high blood pressure (27.9%); the next highest group were respondents with less than a high school education (25.5%). Respondents earning less than \$25,000-\$34,999 had the highest percentage saying there were told they have high blood pressure (27.4%), followed by respondents earning \$15,000-\$24,999 (27.1%). White respondents were more likely to they were told they have high blood pressure than Non-White respondents (24.0% and 19.5% respectively). Non-Hispanics

* 95% Confidence Interval: 20.7-24.6%.

were more likely than Non-Hispanic respondents to be told they have high blood pressure (23.9% and 18.2% respectively).

References

- Centers for Disease Control and Prevention. The Power of Prevention: Reducing The Health And Economic Burden Of Chronic Disease. 2003.
- 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.

2003 Arizona BRFSS: Respondents Told They Have High Blood Pressure		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	25.1	392
Female	20.2	529
<u>Age</u>		
18-24	6.2	9
25-34	11.7	46
35-44	10.7	66
45-54	19.1	141
55-64	37.0	213
65+	51.6	437
<u>Education</u>		
Less than High School	25.5	97
High School Graduate/GED	27.9	286
Some College/Tech School	22.1	295
College Grad	17.6	239
<u>Income</u>		
<\$15,000	21.7	108
\$15,000-\$24,999	27.1	184
\$25,000-\$34,999	27.4	124
\$35,000-\$49,999	21.5	141
≥\$50,000	19.3	229
<u>Race</u>		
White	24.0	731
Non-White	19.5	182
<u>Ethnicity</u>		
Hispanic	18.2	110
Non-Hispanic	23.9	808

Table I-D-1. 2003 BRFSS results: Respondents told they had high blood pressure.

E. CHOLESTEROL AWARENESS

The total cholesterol level in a person's blood is a risk factor for heart disease and stroke; the higher the total level, the greater the risk. Blood cholesterol is affected by factors such as diet, physical activity, weight, heredity, age and gender, alcohol use, and stress. High cholesterol is defined as 240 mg/dL or more.¹

According to the American Heart Association, "All adults age 20 or older should have a fasting lipoprotein profile (total cholesterol, LDL cholesterol, HDL cholesterol and triglyceride) once every five years."²

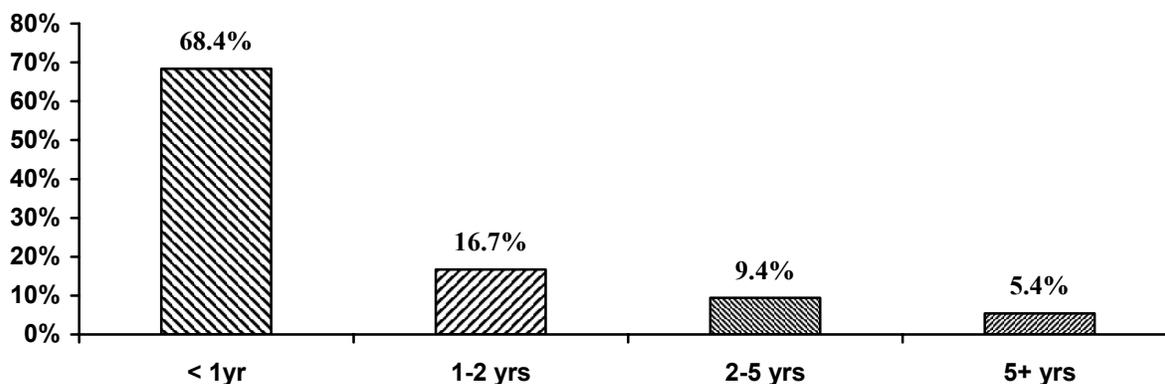


Figure I-E-1. Percentage of Arizona BRFSS respondents who reported how long has it been since they had their cholesterol checked in 2003. Healthy People 2010 Objective 12.5 is to 80 % have Cholesterol Screening, Within Past Five Years Ages ≥ 18 .

According to the 2003 BRFSS, 5.4%* of all respondents reported not having their cholesterol checked within the past five years. The figure exceeds the *Healthy People 2010* objective for not having their cholesterol checked within the past five years 20.0%.³

Males were more likely (6.0%) than females (4.9%) to not have had their cholesterol checked within the past five years. There is an inverse relationship between age and the percentage of respondents having their cholesterol checked five or more years ago. The 25-34 year age group were most likely to have had their cholesterol check five or more years ago (9.2%), followed by the 35-44 age group (8.3%). Regarding education, respondents with less than a high school education were most likely to have had their cholesterol checked at least five years ago (7.1%), the next highest group were respondents with some college or technical school (6.7%). Respondents earning \$25,000-\$34,999 had the highest percentage saying they have not had a cholesterol check within the past five years (6.1%), followed by respondents earning \$15,000-\$24,999 (5.7%). White respondents were more likely to not have had a cholesterol check in the past five years than Non-White respondents (5.9% and 4.2% respectively). Non-Hispanics

* 95% Confidence Interval: 4.13-6.75%.

(5.6%) were more likely than Hispanic respondents (4.6%) to have had their cholesterol checked five or more years ago.

References

1. Centers for Disease Control and Prevention. CDC Fact Book 2000/2001. 2000
2. Get Your Cholesterol Checked: How often should I have my cholesterol checked? Retrieved from the Internet May 15, 2004. <http://www.americanheart.org/presenter.jhtml?identifier=541>
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.

2003 Arizona BRFSS: Respondents Who Have Not Had Their Cholesterol Checked Within 5 Years		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	6.0	56
Female	4.9	76
<u>Age</u>		
18-24	*	*
25-34	9.2	20
35-44	8.3	33
45-54	7.2	37
55-64	4.0	20
65+	1.6	21
<u>Education</u>		
Less than High School	7.1	18
High School Graduate/GED	3.7	24
Some College/Tech School	6.7	44
College Grad	5.1	46
<u>Income</u>		
<\$15,000	5.4	15
\$15,000-\$24,999	5.7	24
\$25,000-\$34,999	6.1	15
\$35,000-\$49,999	4.8	19
≥\$50,000	5.6	43
<u>Race</u>		
White	5.9	109
Non-White	4.2	23
<u>Ethnicity</u>		
Hispanic	4.6	14
Non-Hispanic	5.6	118

Table I-E-1. 2003 BRFSS results: Respondents Who Have Not Had Their Cholesterol Checked Within 5 Years. *= Cell size too small.

F. FRUIT AND VEGETABLE CONSUMPTION

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

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

One of the most important dietary habits is the consumption of at least five servings of fruits and vegetables per day. Analysis of the 2003 Arizona BRFSS showed that 76.9% of respondents reported that they consume less than five servings of fruits and vegetables per day (Figure I-F-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

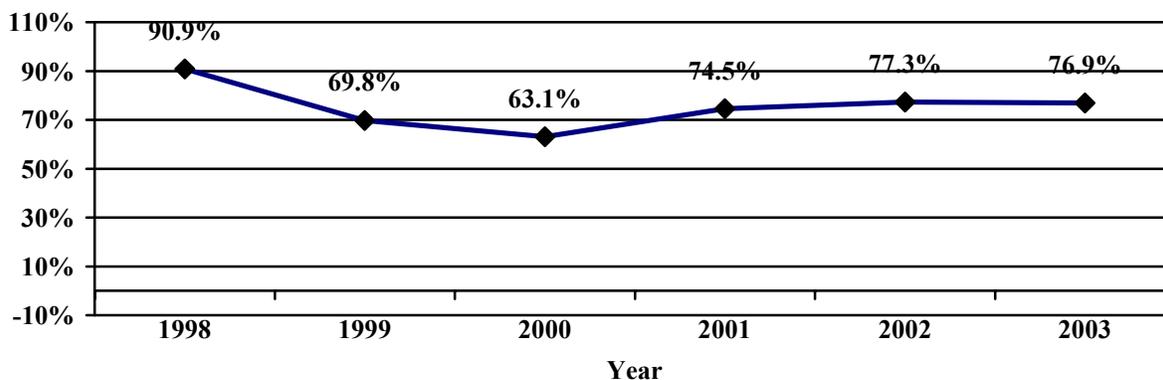


Figure I-F-1. Percentage of Arizona BRFSS respondents who reported that they consume less than five servings of fruits and vegetables per day in 1998-2003.

Males (82.5%) are much less likely to consume less than five servings of fruits and vegetables per day than females (71.6%). Respondents aged 45-54 were least likely to eat five or more servings of fruits and vegetables (80.5%) followed by persons 25-34 years (79.4%). Respondents with less than a high school education were less likely (84.2%) to eat at least five servings of fruits and vegetables than the other categories followed by high school graduates (81.5%). Arizonans making less than \$15,000 had the highest percentage of people who did not eat five or more servings of fruits and vegetables (81.1%) followed by the \$35,000-\$49,999 category (79.4%). White respondents were less likely to eat five servings each day (77.4%) than

Non-White respondents (76.7%). Regarding ethnicity, Hispanics (80.2%) were less likely to eat five or more servings of fruits and vegetables than Non-Hispanics (76.3%).

References

1. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 2002.
2. Department of Health Services. Arizona 2010: Collaborating for a Healthier Future. 2001.

2003 Arizona BRFSS: Respondents Not Consuming At Least Five Servings Of Fruits And Vegetables Per Day		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	82.5	1,007
Female	71.6	1,414
<u>Age</u>		
18-24	78.8	152
25-34	79.4	353
35-44	77.0	422
45-54	80.5	485
55-64	74.0	401
65+	72.3	583
<u>Education</u>		
Less than High School	84.2	259
High School Graduate/GED	81.5	697
Some College/Tech School	74.1	724
College Grad	73.7	733
<u>Income</u>		
<\$15,000	81.1	254
\$15,000-\$24,999	76.7	436
\$25,000-\$34,999	74.6	302
\$35,000-\$49,999	79.4	410
≥\$50,000	77.5	744
<u>Race</u>		
White	77.4	1,841
Non-White	76.7	560
<u>Ethnicity</u>		
Hispanic	80.2	379
Non-Hispanic	76.3	2,032

Table I-F-1. 2003 BRFSS survey results: Respondents who reported that they did not consume at least five servings of fruits and vegetables per day.

G. OBESITY (BMI)

Obesity has reached epidemic proportions among Americans in every age group. Obesity among adults has doubled since 1980. People who are overweight or obese are at greater risk for many diseases such as heart disease, high blood pressure, diabetes, arthritis-related disabilities, and some cancers.¹

According to the most recent weight guidance, more than 57% of adults in America were overweight by self-reported height and weight in 2000.¹ The body mass index (BMI) is a relationship between weight and height and is used to determine obesity and assess health risk. BMI is calculated using the following formula: $(\text{pounds} * 0.454) \div (\text{inches} * 0.0254)^2$ or (Kg/M^2) .

According to the 2003 Arizona BRFSS, 20.1% of respondents met or exceeded the BMI standard for obesity, defined as a BMI ≥ 30.0 (Figure I-G-1). This rate has remained relatively stable since increasing significantly from 12.3% in 1999 to 19.2% in 2000. *Healthy People 2010* Objective 19.2 set a goal of reducing obesity to a prevalence of <15% among adults 20 years of age or older.³

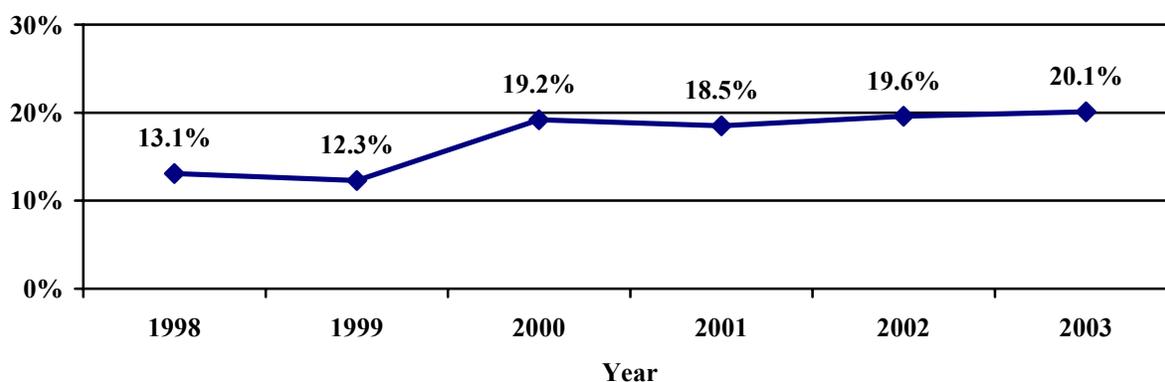


Figure I-G-1. Arizona BRFSS respondents who reported weights exceeding BMI limits of obesity. *Healthy People 2010* Objective 19.2 is less than 15.0% 1998-2003.

Men were more likely to be obese (22.1%) than women (18.1%). Respondents in the 45-54 age group were the most likely to be obese (24.1%) while the 55-64 age group were next most likely (22.7%). There was a negative relationship with regards to education Arizonans with a college education were the least likely to be obese (15.8%) and the highest group were respondents with less than a high school education (29.0%). Regarding income, the group most likely to be obese were those with incomes less than \$15,000 (26.0%) with the least likely occurring among Arizonans with incomes of \$25,000-\$34,999 (17.6%). Non-Whites were more likely to be obese (24.2%) than Whites (18.6%). Hispanics (24.4%) were more likely to be obese than Non-Hispanics (19.2%). 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. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 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 Classified As Obese		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
Sex		
Male	22.1	285
Female	18.1	375
Age		
18-24	12.2	25
25-34	21.6	85
35-44	20.7	118
45-54	24.1	151
55-64	22.7	139
65+	18.6	141
Education		
Less than High School	29.0	78
High School Graduate/GED	23.7	211
Some College/Tech School	19.0	214
College Grad	15.8	156
Income		
<\$15,000	26.0	89
\$15,000-\$24,999	22.4	134
\$25,000-\$34,999	17.6	77
\$35,000-\$49,999	19.8	108
≥\$50,000	19.9	196
Race		
White	18.6	467
Non-White	24.2	186
Ethnicity		
Hispanic	24.4	109
Non-Hispanic	19.2	549

Table I-G-1. 2003 BRFSS results: Respondents classified as obese, defined as BMI ≥ 30.0.

H. ASTHMA

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

Asthma is a serious and growing health problem. According to estimates 14.9 million persons in the United States have asthma. Asthma is responsible for around 500,000 hospitalizations, 5,000 deaths, and 134 million restricted activity days annually. Yet, people with asthma can avoid most of the problems caused by asthma if they and their health care providers managed the disease according to accepted guidelines.²

Asthma is a complicated disease that requires a long-term and multifaceted answer. This includes educating, treating, and providing continuing medical care and monitoring for people with asthma, changing behaviors that lead to asthma or exacerbates it, and eliminating or avoiding triggers.¹

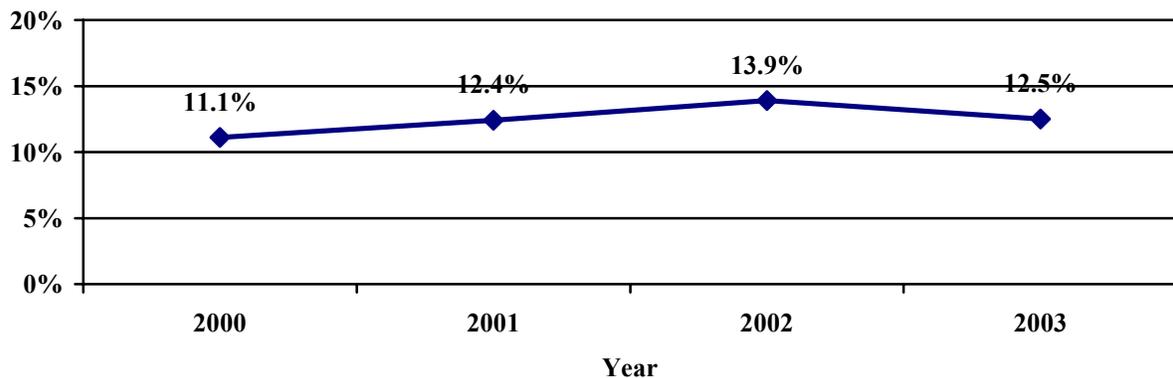


Figure I-H-1. *Percentage of Arizona BRFSS respondents who reported being told that they had asthma in 2000-2003.*

According to the 2003 BRFSS, 12.5%* of all respondents reported being told that they had asthma.

Females were more than likely (13.3%) than males (11.6%) to be told they have asthma. The age group 18-24 were most likely to be told they have asthma (14.3%), followed by the 65+ age group (13.0%). Regarding education, respondents with some college or technical school were most likely to be told they have asthma (13.9%), the next highest group were respondents with a high school education (12.2%). Respondents with incomes of \$25,000-\$34,999 had the highest percentage saying there were told they have asthma (17.5%), followed by respondents earning less than \$15,000 (14.0%). White respondents were more than 40 percent more likely to be told

* 95% Confidence Interval: 10.8%-14.1%.

they have asthma than Non-White respondents (13.7% and 9.5% respectively). Non-Hispanics were more than twice as likely as Hispanic respondents to be told they have asthma (14.0% and 6.5% respectively).

References

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

2003 Arizona BRFSS: Respondents Told They Have Asthma		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	11.6	142
Female	13.3	296
<u>Age</u>		
18-24	14.3	35
25-34	12.7	63
35-44	12.0	72
45-54	12.1	82
55-64	11.3	64
65+	13.0	118
<u>Education</u>		
Less than High School	12.1	45
High School Graduate/GED	12.2	116
Some College/Tech School	13.9	150
College Grad	11.4	126
<u>Income</u>		
<\$15,000	14.0	60
\$15,000-\$24,999	11.9	87
\$25,000-\$34,999	17.5	63
\$35,000-\$49,999	11.5	60
≥\$50,000	11.4	110
<u>Race</u>		
White	13.7	349
Non-White	9.5	85
<u>Ethnicity</u>		
Hispanic	6.5	39
Non-Hispanic	14.0	397

Table I-H-1. 2003 BRFSS results: Respondents told they had asthma.

I. CIGARETTE SMOKING

“Tobacco use is the single most preventable cause of death and disease in the United States. Tobacco use increases the risk for lung and other cancers and for cardiovascular and respiratory diseases. The American Cancer Society estimates that cigarette smoking is responsible for one of every five deaths in the United States, or more than 440,000 deaths each year. If current smoking patterns continue, an estimated 25 million people alive today will die of smoking-related illnesses.”¹

“Direct medical expenditures attributed to smoking total more than \$75 billion per year. In addition, smoking costs an estimated \$80 billion per year in lost productivity.”² Clearly, smoking is an important public health issue. *Healthy People 2010* set a target of no more than 12% current smokers 18 years of age or older.³ According to the 2003 Arizona BRFSS, 20.8%* 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.

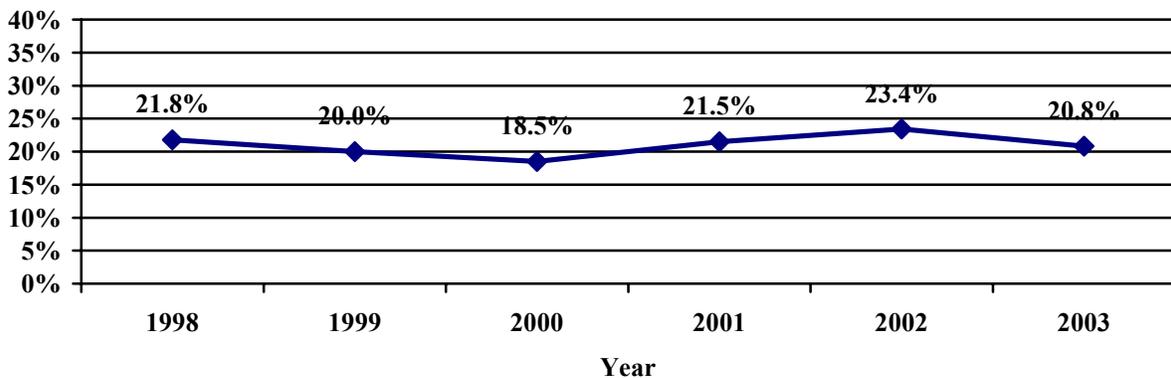


Figure I-I-1. Percentage of Arizona BRFSS respondents who reported that they were current smokers in 1998-2003. *Healthy People 2010* Objective 27.1a is 12.0%.

Percentage of male respondents who were smokers exceeded female respondents reporting they were smokers (23.6% and 18.1%, respectively). Regarding age, the 45-54 year group were more likely to smoke (26.9%) and the next highest group was the 18-24 group (26.1%). Respondents with a high school education were more likely to be current smokers (27.1%) followed by respondents with less than a high school education (23.2%). Those with incomes of \$25,000-\$34,999 were most likely to smoke (29.1%) followed by those making less than \$15,000 (26.7%). White Arizonans were slightly more likely to be current smokers (21.4%) than Non-

* 95% Confidence Interval: 18.5%-23.2%.

White respondents (20.0%). Regarding ethnicity, Non-Hispanic likely to be smokers (21.8%) than Hispanic Arizonans (17.5%).

References

1. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 2002.
2. Centers for Disease Control and Prevention. The Power of Prevention: Reducing The Health And Economic Burden Of Chronic Disease. 2003.
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.

2003 Arizona BRFSS: Respondents Who Are Current Smokers		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	23.6	259
Female	18.1	356
<u>Age</u>		
18-24	26.1	48
25-34	23.2	96
35-44	22.0	118
45-54	26.9	163
55-64	19.4	105
65+	9.5	82
<u>Education</u>		
Less than High School	23.2	80
High School Graduate/GED	27.1	202
Some College/Tech School	23.1	211
College Grad	12.2	119
<u>Income</u>		
<\$15,000	26.7	83
\$15,000-\$24,999	24.8	131
\$25,000-\$34,999	29.1	97
\$35,000-\$49,999	24.2	111
≥\$50,000	15.5	136
<u>Race</u>		
White	21.4	487
Non-White	20.0	125
<u>Ethnicity</u>		
Hispanic	17.5	66
Non-Hispanic	21.8	548

Table I-I-1. 2003 BRFSS results: Respondents who reported that they are current smokers and have smoked at least 100 cigarettes in their life.

J. ALCOHOL

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.

Healthy People 2010 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 2003 Arizona BRFSS, 16.6%* of respondents reported having five or more drinks on an occasion, one or more times in the past month.

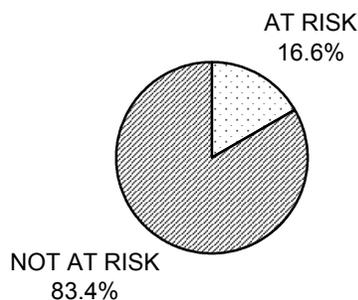


Figure I-J-1. Arizona BRFSS respondents who are at risk for binge drinking, 2003. *Healthy People 2010 Objective 26.11c* is 6.0%.

Male respondents were almost three times more at risk than female respondents for binge drinking (24.7% and 8.7%, respectively). Regarding age there is a negative relationship between age and risk for binge drinking, the 18-24 year group were more likely to binge drink (27.6%) and the next highest group was the 25-34 year group (22.4%). Respondents with some college or technical school were more likely to binge drink (19.0%) followed by respondents who were high school graduates (18.9%). Regarding income, those with incomes \$35,000 to \$49,999 are at greater risk for binge drinking (20.2%) followed by those with incomes greater than or equal to \$50,000 (18.3%). Non-White Arizonans were more likely to be at risk for binge drinking (19.3%) than White respondents (15.5%). Regarding ethnicity, Hispanic respondents were about one-third more likely to be at risk for binge drinking (22.0%) than Non-Hispanic Arizonans (15.1%).

* 95% Confidence Interval: 14.4%-18.7%.

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.

2003 Arizona BRFSS: Respondents At Risk For Binge Drinking		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	24.7	266
Female	8.7	147
<u>Age</u>		
18-24	27.6	49
25-34	22.4	94
35-44	21.2	90
45-54	15.6	89
55-64	8.0	46
65+	5.1	43
<u>Education</u>		
Less than High School	15.8	39
High School Graduate/GED	18.9	115
Some College/Tech School	19.0	142
College Grad	12.4	116
<u>Income</u>		
<\$15,000	10.9	38
\$15,000-\$24,999	15.4	70
\$25,000-\$34,999	17.4	57
\$35,000-\$49,999	20.2	86
≥\$50,000	18.3	130
<u>Race</u>		
White	15.5	288
Non-White	19.3	122
<u>Ethnicity</u>		
Hispanic	22.0	92
Non-Hispanic	15.1	318

Table I-J-1. 2003 BRFSS results: Respondents at risk for binge drinking.

**II. MODULE SURVEY RESULTS:
ANALYSIS OF HIGH-RISK GROUPS**

A. ARTHRITIS

Arthritis and other rheumatic conditions affect nearly 43 million Americans or about one out of six people. Arthritis is the leading cause of disability in the United States, encompassing more than 100 diseases that affect the joints, the tissues surrounding the joints, and other connective tissue. Arthritis and its related disability are increasing. In 2020, an estimated 60 million Americans, or almost 20% of the population, will be affected by arthritis, and nearly 12 million will experience activity limitations. The pain and disability that accompany arthritis can be reduced through early diagnosis and proper management, including weight control, physical activity, and self-management programs that increase people's ability to manage their condition.¹

Arthritis results in 44 million physician visits and 750,000 hospitalizations annually. The estimated total cost associated with arthritis (including medical care and lost productivity) exceeds \$65 billion annually.¹

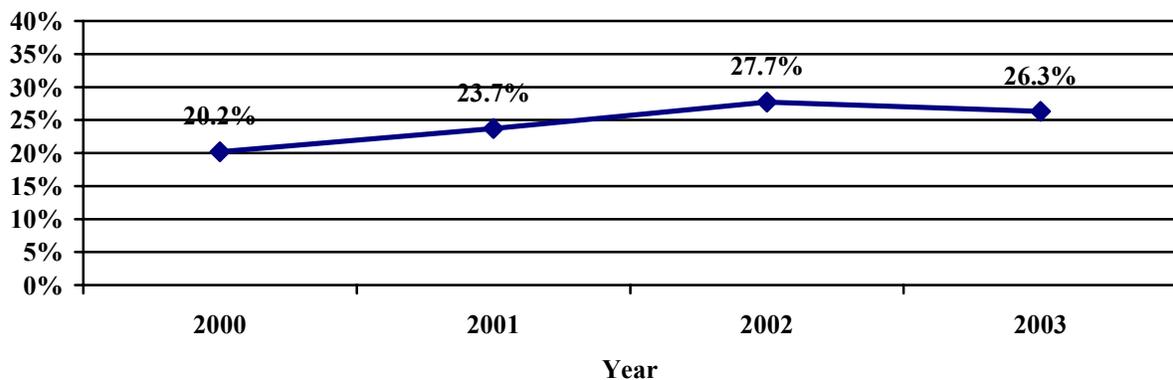


Figure II-A-1: 2000-2003 Percentage of Arizona BRFSS respondents reported being told by a doctor that they have arthritis.

Over one-quarter (26.3%*) of adult Arizonans have been told by a doctor that they have arthritis. More women than men have been told they have arthritis (29.8% vs. 22.6%). 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 (56.8%) followed by those in the 55-64 age group (35.9%). Respondents with a high school education were the most likely to be told they have arthritis (28.4%); next were those with some college or technical school (28.1%). About one-third of Arizonans with incomes less than \$15,000 (33.5%) reported being told they have arthritis, followed by those earning from \$25,000 to \$34,999 with 28.0%. However, arthritis affected Non-Whites less than White respondents: 29.8% of White respondents were diagnosed with arthritis compared to 17.8% of Non-Whites, Non-Hispanics were considerably more likely than Hispanics to be diagnosed with arthritis (28.9% and 16.0% respectively).

* 95% Confidence Interval: 24.2%-28.4%.

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.²

The 2003 Arizona BRFSS asked respondents if they are limited in any activities because of physical, mental, or emotional problems. Almost thirty percent responded that their activities because of arthritis or joint symptoms.

References

1. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 2002.
2. Centers for Disease Control and Prevention. CDC Surveillance Summaries, May 27, 1994 MMWR 1994 43 (No. 20).

2003 Arizona BRFSS: Respondents Reporting Being Told They Have Arthritis		
GROUPS	WEIGHTED PERCENT	UNWEIGHTED N
<u>Sex</u>		
Male	22.6	361
Female	29.8	704
<u>Age</u>		
18-24	8.3	11
25-34	9.1	48
35-44	15.7	88
45-54	32.3	200
55-64	35.9	239
65+	56.8	472
<u>Education</u>		
Less than High School	22.8	104
High School Graduate/GED	28.4	318
Some College/Tech School	28.1	340
College Grad	23.6	300
<u>Income</u>		
<\$15,000	33.5	143
\$15,000-\$24,999	27.9	210
\$25,000-\$34,999	28.0	142
\$35,000-\$49,999	25.1	167
≥\$50,000	23.4	268
<u>Race</u>		
White	29.8	894
Non-White	17.8	163
<u>Ethnicity</u>		
Hispanic	16.0	91
Non-Hispanic	28.9	968

Table II-A-1. 2003 BRFSS results: Respondents reporting being told they have arthritis.

**III. STATE-ADDED QUESTIONS SURVEY RESULTS:
ANALYSIS OF HIGH-RISK GROUPS**

A. FAMILY PLANNING & AGING ADULT

FAMILY PLANNING

The 2003 BRFSS included questions regarding Family Planning. When respondents were asked about the last pregnancy, 53.2% responded that they wanted to be pregnant then.

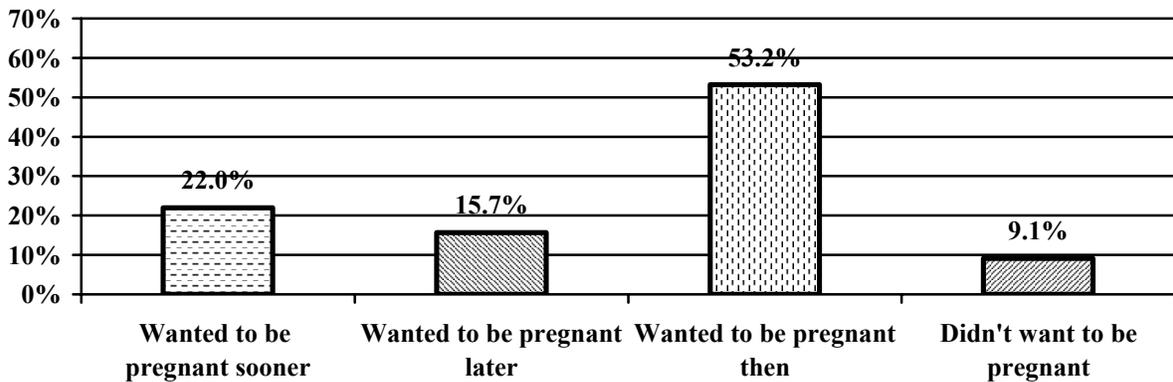


Figure III-A-1. 2003 Arizona BRFSS: Thinking back to your last pregnancy, just before you got pregnant, how did you feel about becoming pregnant?

AGING ADULT

About one-third of the survey respondents (33.0%) reported they provided care or assistance to a relative or friend that was 60 years or older in the last 30 days.

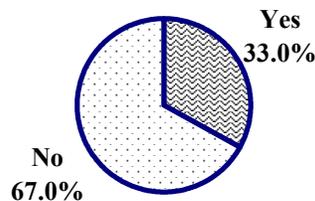


Figure III-A-2. 2003 Arizona BRFSS: During the past 30 days, did you provide any type of care or assistance to a relative or friend who is 60 years old or older?

B. AGING SERVICES & FOLIC ACID

AGING SERVICES

The 2003 Arizona BRFSS included a set of questions regarding aging services. Only a small percentage (5.8%) of Arizonans aged 55+ need someone to assist them with routine needs.

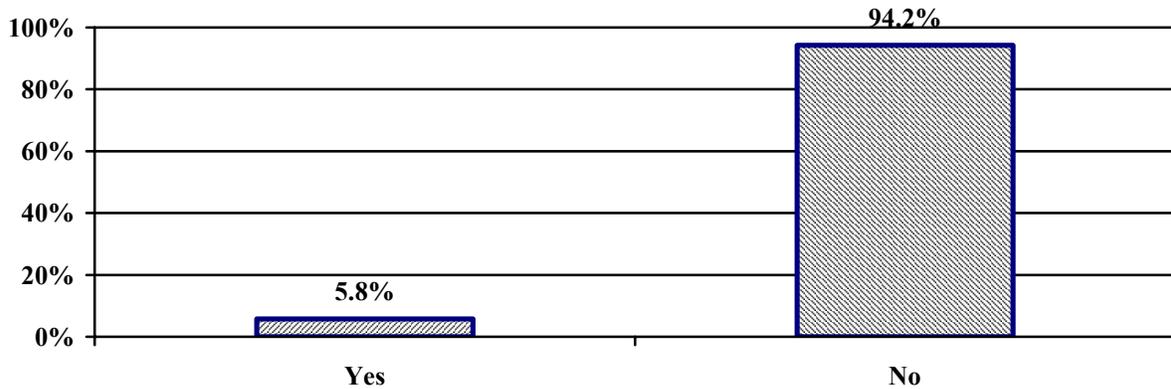


Figure III-B-1. 2003 Arizona BRFSS: Because of any impairment or health problem, do you need someone to help in handling your routine needs, such as everyday household chores, shopping, or getting around for other purposes?

FOLIC ACID

The 2003 BRFSS included questions on folic acid. Less than one-half (45.4%) of Arizonans knew that folic acid prevents birth defects.

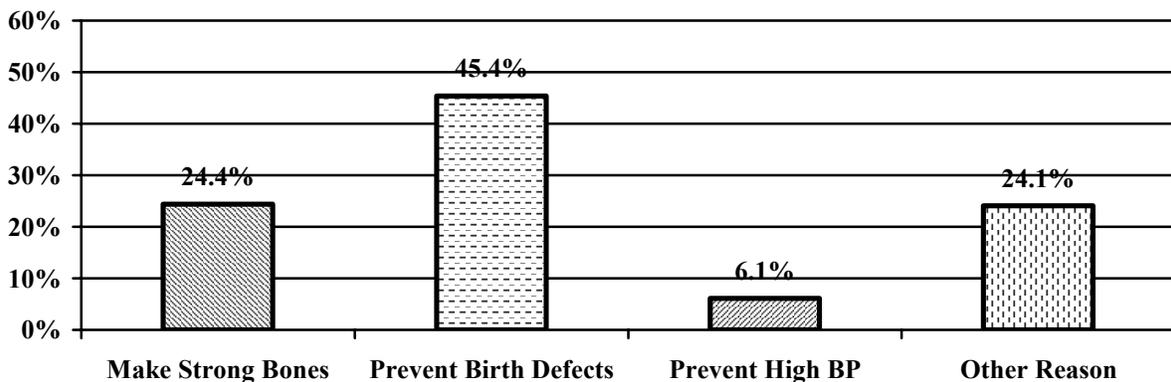


Figure III-B-1. 2003 Arizona BRFSS: Why do health professionals suggest taking folic acid?

APPENDIX I: ARIZONA RESPONDENT PROFILE

2003 Arizona Respondent Profile		
GROUPS	WEIGHTED PERCENTAGE	UNWEIGHTED N
<u>Sex</u>		
Male	49.4	1,229
Female	50.6	2,006
<u>Age</u>		
18-24	12.7	196
25-34	19.2	453
35-44	19.6	556
45-54	16.5	615
55-64	12.7	551
65+	18.4	833
<u>Education</u>		
Less than High School	9.9	316
High School Graduate or GED	27.1	881
Some College or Tech School	31.7	1,004
College Grad	31.0	1,023
<u>Income</u>		
< \$15,000	9.3	339
\$15,000-\$24,999	16.1	575
\$25,000-\$34,999	11.3	410
\$35,000-\$49,999	16.8	533
≥\$50,000	35.3	985
Unknown/Refused	11.2	393
<u>Race</u>		
White	70.6	2,449
Non-White	28.4	751
<u>Ethnicity</u>		
Hispanic	20.7	479
Non-Hispanic	78.8	2,739

Source: 2003 Arizona BRFSS Sample

APPENDIX II: 2003 ARIZONA BRFSS QUESTIONS LISTING

CORE SECTIONS

- Section 1: Health Status
- Section 2: Health Care Access
- Section 3: Exercise
- Section 4: Diabetes
- Section 5: Hypertension Awareness
- Section 6: Cholesterol Awareness
- Section 7: Fruits and Vegetables
- Section 8: Weight Control
- Section 9: Asthma
- Section 10: Immunization
- Section 11: Tobacco Use
- Section 12: Alcohol Consumption
- Section 13: Excess Sun Exposure
- Section 14: Demographics
- Section 15: Arthritis
- Section 16: Falls
- Section 17: Disability
- Section 18: Physical Activity
- Section 19: Veteran's Status

OPTIONAL MODULES

- Module 13: Arthritis

STATE ADDED QUESTIONS

- Section 1: Family Planning
- Section 2: Aging Adult
- Section 3: Aging Services
- Section 4: Hepatitis C Risk
- Section 5: Folic Acid

APPENDIX III: 2003 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>2.3. Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9
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>1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?</p> <table style="width: 100%; border: none;"> <tr><td>Number of days</td><td style="text-align: center;">—</td><td style="text-align: center;">—</td></tr> <tr><td>None</td><td style="text-align: right;">8</td><td style="text-align: right;">8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td><td style="text-align: right;">9</td></tr> </table>	Number of days	—	—	None	8	8	Don't know/Not sure	7	7	Refused	9	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		
Number of days	—	—																					
None	8	8																					
Don't know/Not sure	7	7																					
Refused	9	9																					
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
<p>1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?</p> <table style="width: 100%; border: none;"> <tr><td>Number of days</td><td style="text-align: center;">—</td><td style="text-align: center;">—</td></tr> <tr><td>None</td><td style="text-align: right;">8</td><td style="text-align: right;">8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td><td style="text-align: right;">9</td></tr> </table>	Number of days	—	—	None	8	8	Don't know/Not sure	7	7	Refused	9	9	<p>Section 4: Diabetes</p> <p>4.1. Have you ever been told by a doctor that you have diabetes?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>Yes, only during pregnancy</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	1	Yes, only during pregnancy	2	No	3	Don't know/Not sure	7	Refused	9
Number of days	—	—																					
None	8	8																					
Don't know/Not sure	7	7																					
Refused	9	9																					
Yes	1																						
Yes, only during pregnancy	2																						
No	3																						
Don't know/Not sure	7																						
Refused	9																						
<p>1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?</p> <table style="width: 100%; border: none;"> <tr><td>Number of days</td><td style="text-align: center;">—</td><td style="text-align: center;">—</td></tr> <tr><td>None</td><td style="text-align: right;">8</td><td style="text-align: right;">8</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td><td style="text-align: right;">9</td></tr> </table>	Number of days	—	—	None	8	8	Don't know/Not sure	7	7	Refused	9	9	<p>Section 5: Hypertension Awareness</p> <p>5.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>Yes, only during pregnancy</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	1	Yes, only during pregnancy	2	No	3	Don't know/Not sure	7	Refused	9
Number of days	—	—																					
None	8	8																					
Don't know/Not sure	7	7																					
Refused	9	9																					
Yes	1																						
Yes, only during pregnancy	2																						
No	3																						
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>5.2. Are you currently taking medicine for your high blood pressure?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
Yes	1																						
No	2																						
Don't know/Not sure	7																						
Refused	9																						
<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 6: Cholesterol Awareness</p> <p>6.1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?</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																						

APPENDIX III: 2003 ARIZONA QUESTIONNAIRE

<p>6.2. About how long has it been since you last had your blood cholesterol checked?</p> <p>Within the past year 1 Within the past 2 years 2 Within the past 5 years 3 5 or more years ago 4 Don't know/Not sure 7 Refused 9</p>	<p>7.5. How often do you eat carrots?</p> <p>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</p>
<p>6.3. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>7.6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?</p> <p>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</p>
<p>Section 7: Fruits and Vegetables</p> <p>7.1. How often do you drink fruit juices such as orange, grapefruit, or tomato?</p> <p>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</p>	<p>Section 8: Weight Control</p> <p>8.1. Are you now trying to lose weight?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>7.2. Not counting juice, how often do you eat fruit?</p> <p>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</p>	<p>8.2. Are you now trying to maintain your current weight that is to keep from gaining weight?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>7.3. How often do you eat green salad?</p> <p>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</p>	<p>8.3. Are you eating either fewer calories or less fat to... lose weight? keep from gaining weight?</p> <p>Yes, fewer calories 1 Yes, less fat 2 Yes, fewer calories and less fat 3 No 4 Don't know/Not sure 7 Refused 9</p>
<p>7.4. How often do you eat potatoes not including french fries, fried potatoes, or potato chips?</p> <p>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</p>	<p>8.4. Are you using physical activity or exercise to ... lose weight? keep from gaining weight?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>

APPENDIX III: 2003 ARIZONA QUESTIONNAIRE

<p>8.5. In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?</p> <p>Yes, lose weight 1 Yes, gain weight 2 Yes, maintain current weight 3 No 4 Don't know/Not sure 7 Refused 9</p>	<p>11.2. Do you now smoke cigarettes every day, some days, or not at all?</p> <p>Every day 1 Some days 2 Not at all 3 Refused 9</p>
<p>Section 9: Asthma</p> <p>9.1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>11.3. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>9.2. Do you still have asthma?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>Section 12: Alcohol Consumption</p> <p>12.1. A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?</p> <p>Days per week 1 ___ Days per month 2 ___ No drinks in past 30 days 8 8 8 Don't know/Not sure 7 7 7 Refused 9 9 9</p>
<p>Section 10: Immunization</p> <p>10.1. During the past 12 months, have you had a flu shot?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>12.2. On the days when you drank, about how many drinks did you drink on the average?</p> <p>Number of drinks ___ Don't know/Not sure 7 7 Refused 9 9</p>
<p>10.2. Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>12.3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?</p> <p>Number of times ___ None 8 8 Don't know/Not sure 7 7 Refused 9 9</p>
<p>Section 11: Tobacco Use</p> <p>11.1. Have you smoked at least 100 cigarettes in your entire life?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	

APPENDIX III: 2003 ARIZONA QUESTIONNAIRE

<p>Section 13: Excess Sun Exposure The next question is about sunburns including anytime that even a small part of your skin was red for more than 12 hours.</p> <p>13.1. Have you had a sunburn within the past 12 months?</p> <table style="width: 100%;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>14.4. Which one of these groups would you say best represents your race?</p> <table style="width: 100%;"> <tr><td>White</td><td style="text-align: right;">1</td></tr> <tr><td>Black/African American</td><td style="text-align: right;">2</td></tr> <tr><td>Asian</td><td style="text-align: right;">3</td></tr> <tr><td>Native Hawaiian/Other Pacific Islander</td><td style="text-align: right;">4</td></tr> <tr><td>American Indian, Alaska Native</td><td style="text-align: right;">5</td></tr> <tr><td>Other [specify] <u> </u> (Recall 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] <u> </u> (Recall other specify)	6	Don't know/Not sure	7	Refused	9										
Yes	1																																		
No	2																																		
Don't know/Not sure	7																																		
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White	1																																		
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Other [specify] <u> </u> (Recall other specify)	6																																		
Don't know/Not sure	7																																		
Refused	9																																		
<p>13.1. Including times when even a small part of your skin was red for more than 12 hours, how many sunburns have you had within the past 12 months?</p> <table style="width: 100%;"> <tr><td>One</td><td style="text-align: right;">1</td></tr> <tr><td>Two</td><td style="text-align: right;">2</td></tr> <tr><td>Three</td><td style="text-align: right;">3</td></tr> <tr><td>Four</td><td style="text-align: right;">4</td></tr> <tr><td>Five</td><td style="text-align: right;">5</td></tr> <tr><td>Six</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>	One	1	Two	2	Three	3	Four	4	Five	5	Six	6	Don't know/Not sure	7	Refused	9	<p>14.5. Are you:</p> <table style="width: 100%;"> <tr><td>Married</td><td style="text-align: right;">1</td></tr> <tr><td>Divorced</td><td style="text-align: right;">2</td></tr> <tr><td>Widowed</td><td style="text-align: right;">3</td></tr> <tr><td>Separated</td><td style="text-align: right;">4</td></tr> <tr><td>Never been married</td><td style="text-align: right;">5</td></tr> <tr><td>Member of an unmarried couple</td><td style="text-align: right;">6</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Married	1	Divorced	2	Widowed	3	Separated	4	Never been married	5	Member of an unmarried couple	6	Refused	9				
One	1																																		
Two	2																																		
Three	3																																		
Four	4																																		
Five	5																																		
Six	6																																		
Don't know/Not sure	7																																		
Refused	9																																		
Married	1																																		
Divorced	2																																		
Widowed	3																																		
Separated	4																																		
Never been married	5																																		
Member of an unmarried couple	6																																		
Refused	9																																		
<p>Section 14: Demographics</p> <p>14.1. What is your age</p> <table style="width: 100%;"> <tr><td>Code age in years</td><td style="text-align: right;"><u> </u> <u> </u></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	<u> </u> <u> </u>	Don't know/Not sure	0 7	Refused	0 9	<p>14.6. How many children less than 18 years of age live in your household ?</p> <table style="width: 100%;"> <tr><td>Number of children</td><td style="text-align: right;"><u> </u> <u> </u></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	<u> </u> <u> </u>	None	8 8	Refused	9 9																						
Code age in years	<u> </u> <u> </u>																																		
Don't know/Not sure	0 7																																		
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None	8 8																																		
Refused	9 9																																		
<p>14.2. Are you Hispanic or Latino?</p> <table style="width: 100%;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9	<p>14.7. What is the highest grade or year of school you completed?</p> <table style="width: 100%;"> <tr><td>≤ 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												
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Refused	9																																		
<p>14.3. Which one or more of the following would you say is your race?</p> <table style="width: 100%;"> <tr><td>White</td><td style="text-align: right;">1</td></tr> <tr><td>Black/African American</td><td style="text-align: right;">2</td></tr> <tr><td>Asian</td><td style="text-align: right;">3</td></tr> <tr><td>Native Hawaiian/Other Pacific Islander</td><td style="text-align: right;">4</td></tr> <tr><td>American Indian, Alaska Native</td><td style="text-align: right;">5</td></tr> <tr><td>Other [specify] <u> </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> </u>	6	Don't know/Not sure	7	Refused	9	<p>14.8. Are you currently:</p> <table style="width: 100%;"> <tr><td>Employed for wages</td><td style="text-align: right;">1</td></tr> <tr><td>Self-employed</td><td style="text-align: right;">2</td></tr> <tr><td>Out of work for more than 1 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
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<p>14.9. Is your annual household income from all sources:</p> <p>< \$10,000 01</p> <p>\$10,000 to < \$15,000 02</p> <p>\$15,000 to < \$20,000 03</p> <p>\$20,000 to < \$25,000 04</p> <p>\$25,000 to < \$35,000 05</p> <p>\$35,000 to < \$50,000 06</p> <p>\$50,000 to < \$75,000 07</p> <p>≤ \$75,000 08</p> <p>Don't know/Not sure 77</p> <p>Refused 99</p>	<p>14.16. During the past 12 months, has your household been without telephone service for 1 week or more?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>14.10. About how much do you weigh without shoes?</p> <p>Weight <u> </u> <u> </u> <u> </u> pounds</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>14.17. Indicate sex of respondent</p> <p>Male 1</p> <p>Female 2</p>
<p>14.11. How much would you like to weigh?</p> <p>Weight <u> </u> <u> </u> <u> </u> pounds</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>14.18. To your knowledge, are you now pregnant?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>14.12. About how tall are you without shoes?</p> <p>Height <u> </u> / <u> </u> <u> </u> ft/inches</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>Section 15: Arthritis</p> <p>15.1. During the past 30 days, have you had any symptoms of pain, aching, or stiffness in or around a joint?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>14.13. What county do you live in?</p> <p>FIPS county code</p> <p>Don't know/Not sure 7 7 7</p> <p>Refused 9 9 9</p>	<p>15.2. Did your joint symptoms first begin more than 3 months ago?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>14.14. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>15.3. Have you ever seen a doctor or other health professional for these joint symptoms?</p> <p>Yes 1</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>
<p>14.15. How many of these are residential numbers?</p> <p>Residential phone numbers <u> </u></p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>	<p>15.4. 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</p> <p>No 2</p> <p>Don't know/Not sure 7</p> <p>Refused 9</p>

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<p>15.5. 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>18.2. Now, thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>15.6. 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>18.3. How many days per week do you do these moderate activities for at least 10 minutes?</p> <p>Days per week $\frac{\quad}{7}$ Don't know/Not sure $\frac{7}{7}$ Don't do any mod activity 8 8 Refused 9 9</p>
<p>Section 16: Falls</p> <p>16.1. In the past 3 months, have you had a fall?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>18.4. 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 $\frac{\quad}{7} : \frac{\quad}{7}$ Don't know/Not sure $\frac{7}{7} \frac{7}{7}$ Refused 9 9 9</p>
<p>16.2. Were you injured? By injured, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>18.5. Now, thinking about the vigorous activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>Section 17: Disability</p> <p>17.1. 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>18.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?</p> <p>Days per week $\frac{\quad}{7}$ Don't know/Not sure $\frac{7}{7}$ Don't do any mod activity 8 8 Refused 9 9</p>
<p>17.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>18.7. 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 $\frac{\quad}{7} : \frac{\quad}{7}$ Don't know/Not sure $\frac{7}{7} \frac{7}{7}$ Refused 9 9 9</p>
<p>Section 18: Physical Activity</p> <p>18.1. When you are at work, which of the following best describes what you do? Would you say?</p> <p>Mostly sitting or standing 1 Mostly walking 2 Mostly heavy labor /physically demanding work 3 Don't know/Not sure 7 Refused 9</p>	<p>Section 19: Veteran's Status</p> <p>19.1. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>

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<p>19.2. Which of the following best describes your service in the United States military?</p> <table style="width: 100%; border: none;"> <tr><td>Currently on active duty</td><td style="text-align: right;">1</td></tr> <tr><td>Currently in a National Guard or Reserve unit</td><td style="text-align: right;">2</td></tr> <tr><td>Retired from military service</td><td style="text-align: right;">3</td></tr> <tr><td>Medically discharged from military service</td><td style="text-align: right;">4</td></tr> <tr><td>Discharged from military service</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>	Currently on active duty	1	Currently in a National Guard or Reserve unit	2	Retired from military service	3	Medically discharged from military service	4	Discharged from military service	5	Don't know/Not sure	7	Refused	9	<p>20.4. Have you ever been tested for HIV?</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						
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Refused	9																												
<p>19.3. In the last 12 months have you received some or all of your health care from VA facilities?</p> <table style="width: 100%; border: none;"> <tr><td>Yes, all of my health care</td><td style="text-align: right;">1</td></tr> <tr><td>Yes, some of my health care</td><td style="text-align: right;">2</td></tr> <tr><td>No, no VA health care received</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, all of my health care	1	Yes, some of my health care	2	No, no VA health care received	3	Don't know/Not sure	7	Refused	9	<p>20.5. Not including blood donations, in what month and year was your last HIV test?</p> <table style="width: 100%; border: none;"> <tr><td>Code month and year</td><td style="text-align: right;">_ / _</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7 7 7 7 7 7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9 9 9 9 9 9</td></tr> </table>	Code month and year	_ / _	Don't know/Not sure	7 7 7 7 7 7	Refused	9 9 9 9 9 9												
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Refused	9 9 9 9 9 9																												
<p>Section 20: HIV/AIDS</p> <p>20.1. A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby.</p> <table style="width: 100%; border: none;"> <tr><td>True</td><td style="text-align: right;">1</td></tr> <tr><td>False</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>	True	1	False	2	Don't know/Not Sure	7	Refused	9	<p>20.6. Not including blood donations, which of these would you say was the MAIN reason for your last HIV test?</p> <table style="width: 100%; border: none;"> <tr><td>It was required</td><td style="text-align: right;">01</td></tr> <tr><td>Someone suggested you should be tested</td><td style="text-align: right;">02</td></tr> <tr><td>You thought you may have gotten HIV through sex or drug use</td><td style="text-align: right;">03</td></tr> <tr><td>Wanted to find out whether you had HIV</td><td style="text-align: right;">04</td></tr> <tr><td>Worried that you could give HIV to someone</td><td style="text-align: right;">05</td></tr> <tr><td>You were pregnant</td><td style="text-align: right;">06</td></tr> <tr><td>Part of a routine medical check-up</td><td style="text-align: right;">07</td></tr> <tr><td>Tested for some other reason</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>	It was required	01	Someone suggested you should be tested	02	You thought you may have gotten HIV through sex or drug use	03	Wanted to find out whether you had HIV	04	Worried that you could give HIV to someone	05	You were pregnant	06	Part of a routine medical check-up	07	Tested for some other reason	08	Don't know/Not sure	77	Refused	99
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Refused	99																												
<p>20.2. There are medical treatments available that are intended to help a person who is infected with HIV to live longer.</p> <table style="width: 100%; border: none;"> <tr><td>True</td><td style="text-align: right;">1</td></tr> <tr><td>False</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>	True	1	False	2	Don't know/Not Sure	7	Refused	9	<p>20.7. Where did you have your last HIV test—at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?</p> <table style="width: 100%; border: none;"> <tr><td>Private doctor or HMO</td><td style="text-align: right;">01</td></tr> <tr><td>Counseling and testing site</td><td style="text-align: right;">02</td></tr> <tr><td>Hospital</td><td style="text-align: right;">03</td></tr> <tr><td>Clinic</td><td style="text-align: right;">04</td></tr> <tr><td>In a jail or prison</td><td style="text-align: right;">05</td></tr> <tr><td>Home</td><td style="text-align: right;">06</td></tr> <tr><td>Somewhere else</td><td style="text-align: right;">07</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>	Private doctor or HMO	01	Counseling and testing site	02	Hospital	03	Clinic	04	In a jail or prison	05	Home	06	Somewhere else	07	Don't know/Not sure	77	Refused	99		
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Somewhere else	07																												
Don't know/Not sure	77																												
Refused	99																												
<p>20.3. How important do you think it is for people to know their HIV status by getting tested?</p> <table style="width: 100%; border: none;"> <tr><td>Very important</td><td style="text-align: right;">1</td></tr> <tr><td>Somewhat important</td><td style="text-align: right;">2</td></tr> <tr><td>Not at all important</td><td style="text-align: right;">3</td></tr> <tr><td>Depends on risk</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>	Very important	1	Somewhat important	2	Not at all important	3	Depends on risk	8	Don't know/Not sure	7	Refused	9																	
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Don't know/Not sure	7																												
Refused	9																												

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<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> <p>Within past month 1 Within past 2 years 2 ≥ 2 years 3 Never 8 Don't know/Not sure 7 Refused 9</p>	<p>MOD13_4. Have you ever taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>MOD1_11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?</p> <p>Yes 1 No 2 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>MOD1_12. Have you ever taken a course or class in how to manage your diabetes yourself?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ1_2a. 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 Wanted to be pregnant then 3 Didn't want to be pregnant 4 Don't know/Not sure 7 Refused 9</p>
<p>Module 13: Arthritis</p> <p>MOD13_1. Thinking about your arthritis or joint symptoms, which of the following best describes you today?</p> <p>Can do everything I would like to do 1 Can do most things I would like to do 2 Can do some things I would like to do 3 Can hardly do anything I would like to do 4 Don't know/Not sure 7 Refused 9</p>	<p>AZ1_2b. 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 Wanted to be pregnant then 3 Didn't want to be pregnant 4 Don't know/Not sure 7 Refused 9</p>
<p>MOD13_2. Has a doctor or other health professional ever suggested losing weight to help your arthritis or joint symptoms?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>State Added: Aging Adult</p> <p>AZ2_1. Are you aware of a senior center in your community?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>MOD13_3. Has a doctor or other health professional ever suggested physical activity or exercise to help your arthritis or joint symptoms?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ2_2. Are you aware of a senior center in your community?</p> <p>Yes-Participated 1 Yes-Volunteered 2 No 3 Don't know/Not sure 7 Refused 9</p>

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<p>AZ2_3. Sometimes people provide care or assistance to others who are elderly, ill or disabled. During the past 30 days, did you provide any type of care or assistance to a relative or friend who is 60 years old or older?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>	<p>AZ3_2b. Who usually helps you with your personal care needs, such as eating, bathing, dressing, or getting around the house?</p> <p>Husband 1 Wife 2 Partner 3 Parent 4 Son 5 Son-in-law 6 Daughter 7 Daughter-in-law 8 Other relative 9 Other Paid Relative 10 Unpaid volunteer 11 Paid employee/home health service 12 Friend or neighbor 13 Comb family and/or friends and/or pd help 14 Other 15 No one helps me 16 Don't know/Not sure 77 Refused 99</p>
<p>AZ2_4. In the past 30 days, how much time have you missed at work or other responsibilities in order to provide the care?</p> <p>None 1 Less than a day 2 One to 5 days 3 More than 5 days 4 Don't know/Not sure 7 Refused 9</p>	<p>AZ3_2c. Is the assistance you receive to meet your personal care needs from all sources:</p> <p>Usually adequate 1 Sometimes adequate 2 Rarely adequate 3 Don't know/Not sure 7 Refused 9</p>
<p>State Added: Aging Services</p> <p>AZ3_1. During the past 60 days, how often did you have difficulty arranging for transportation to get to the places you want or need to go?</p> <p>Almost always 1 Sometimes 2 Rarely 3 Never 4 Don't know/Not sure 7 Refused 9</p>	<p>AZ3_3a. Because of any impairment or health problem, do you need someone to help in handling your routine needs, such as everyday household chores, shopping, or getting around for other purposes?</p> <p>Yes 1 No 2 Don't know/Not sure 7 Refused 9</p>
<p>AZ3_2a. Because of any impairment or health problem, do you need someone to help 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>	

APPENDIX III: 2003 ARIZONA QUESTIONNAIRE

<p>AZ3_3b. Who usually helps you with handling your routine needs, such as everyday household chores, shopping, or getting around for other purposes?</p> <table style="width: 100%; border: none;"> <tr><td>Husband</td><td style="text-align: right;">1</td></tr> <tr><td>Wife</td><td style="text-align: right;">2</td></tr> <tr><td>Partner</td><td style="text-align: right;">3</td></tr> <tr><td>Parent</td><td style="text-align: right;">4</td></tr> <tr><td>Son</td><td style="text-align: right;">5</td></tr> <tr><td>Son-in-law</td><td style="text-align: right;">6</td></tr> <tr><td>Daughter</td><td style="text-align: right;">7</td></tr> <tr><td>Daughter-in-law</td><td style="text-align: right;">8</td></tr> <tr><td>Other relative</td><td style="text-align: right;">9</td></tr> <tr><td>Other Paid Relative</td><td style="text-align: right;">10</td></tr> <tr><td>Unpaid volunteer</td><td style="text-align: right;">11</td></tr> <tr><td>Paid employee/home health services</td><td style="text-align: right;">12</td></tr> <tr><td>Friend or neighbor</td><td style="text-align: right;">13</td></tr> <tr><td>Comb family and/or friends and/or pd help</td><td style="text-align: right;">14</td></tr> <tr><td>Other</td><td style="text-align: right;">15</td></tr> <tr><td>No one helps me</td><td style="text-align: right;">16</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>	Husband	1	Wife	2	Partner	3	Parent	4	Son	5	Son-in-law	6	Daughter	7	Daughter-in-law	8	Other relative	9	Other Paid Relative	10	Unpaid volunteer	11	Paid employee/home health services	12	Friend or neighbor	13	Comb family and/or friends and/or pd help	14	Other	15	No one helps me	16	Don't know/Not sure	77	Refused	99	<p>AZ4_4. How often do you take this vitamin pill or supplement?</p> <table style="width: 100%; border: none;"> <tr><td>Times per day</td><td style="text-align: right;">1</td><td style="text-align: right;">__</td><td style="text-align: right;">__</td></tr> <tr><td>Times per week</td><td style="text-align: right;">2</td><td style="text-align: right;">__</td><td style="text-align: right;">__</td></tr> <tr><td>Times per month</td><td style="text-align: right;">3</td><td style="text-align: right;">__</td><td style="text-align: right;">__</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td><td style="text-align: right;">7</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td><td style="text-align: right;">9</td><td style="text-align: right;">9</td></tr> </table>	Times per day	1	__	__	Times per week	2	__	__	Times per month	3	__	__	Don't know/Not sure	7	7	7	Refused	9	9	9
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<p>AZ3_3c. Is the assistance you receive to meet your routine needs from all sources:</p> <table style="width: 100%; border: none;"> <tr><td>Usually adequate</td><td style="text-align: right;">1</td></tr> <tr><td>Sometimes adequate</td><td style="text-align: right;">2</td></tr> <tr><td>Rarely adequate</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>	Usually adequate	1	Sometimes adequate	2	Rarely adequate	3	Don't know/Not sure	7	Refused	9	<p>AZ4_5. Some health experts recommend that women take 400 micrograms of the B vitamin folic acid, for which one of the following reasons...</p> <table style="width: 100%; border: none;"> <tr><td>To make strong bones</td><td style="text-align: right;">1</td></tr> <tr><td>To prevent birth defects</td><td style="text-align: right;">2</td></tr> <tr><td>To prevent high blood pressure</td><td style="text-align: right;">3</td></tr> <tr><td>Some other reason</td><td style="text-align: right;">4</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	To make strong bones	1	To prevent birth defects	2	To prevent high blood pressure	3	Some other reason	4	Don't know/Not sure	7	Refused	9																																		
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Refused	9																																																								
<p>State Added: Folic Acid</p>																																																									
<p>AZ4_1. Do you currently take any vitamin pills or supplements?</p> <table style="width: 100%; border: none;"> <tr><td>Yes</td><td style="text-align: right;">1</td></tr> <tr><td>No</td><td style="text-align: right;">2</td></tr> <tr><td>Don't know/Not sure</td><td style="text-align: right;">7</td></tr> <tr><td>Refused</td><td style="text-align: right;">9</td></tr> </table>	Yes	1	No	2	Don't know/Not sure	7	Refused	9																																																	
Yes	1																																																								
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<p>AZ4_2. Are any of these a multivitamin?</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																																																	
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<p>AZ4_3. Do any of the vitamin pills or supplements you take contain folic acid?</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																																																	
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APPENDIX IV: 2003 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**

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