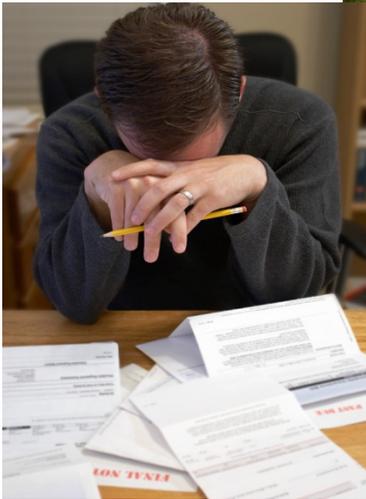


Maricopa County Special Health Status Report 2012



Behavioral Risk Factor Surveillance System



Prepared by the Maricopa County Department of Public Health
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Maricopa County

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***Maricopa County 2012 Behavioral Risk Factor Survey
Statistics***

Maricopa County 2012 Behavioral Risk Factors Survey Statistics

**Table 1: Self-Reported Health Indicators by Sex, Age Group, and Race/Ethnicity
Behavioral Risk Factor Survey**

Self-Reported Health Indicators	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Health Status-Excellent, Very Good, or Good	83.8%	82.5%	91.9%	88.9%	84.0%	81.4%	74.5%	78.6%	85.4%	76.6%	83.2%
Activity Limited Due to Health Problems	19.6%	21.1%	17.4%	11.4%	13.8%	22.8%	30.3%	28.2%	23.6%	14.7%	20.4%
Health Problems Requiring Special Equipment	6.8%	8.0%	1.9%	2.5%	7.4%	5.9%	9.8%	16.3%	8.1%	7.1%	7.4%
BMI-Overweight¹	43.7%	26.9%	22.2%	32.1%	38.8%	43.7%	34.0%	39.0%	34.9%	38.4%	35.6%
BMI-Obese¹	26.1%	24.6%	19.2%	28.4%	30.3%	25.0%	27.9%	20.5%	22.1%	33.8%	25.4%

¹Overweight and obesity are based on the respondent's self-reported height and weight

**Table 2: Self-Reported Health Behaviors by Sex, Age Group, and Race/Ethnicity
Behavioral Risk Factor Survey**

Self-Reported Health Behaviors	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Fruit and Vegetable Consumption-5 or more servings a day	15.6%	22.0%	16.1%	24.9%	16.1%	17.0%	20.8%	18.5%	19.7%	18.8%	19.0%
Seat Belt Use-Always	83.0%	88.2%	76.0%	79.4%	88.0%	88.2%	91.7%	90.0%	87.3%	82.3%	85.7%
Folic Acid Supplement¹	N/A	38.0%	21.2%	37.3%	48.6%	N/A	N/A	N/A	44.3%	28.4%	38.0%
Folic Acid Awareness¹	N/A	49.1%	-	42.5%	55.1%	N/A	N/A	N/A	52.8%	45.3%	49.1%
Ever Had an HIV Test	33.7%	31.7%	24.5%	42.9%	51.0%	38.5%	23.8%	10.7%	30.7%	30.2%	32.6%

¹Females 18-44 years old

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using "-". Demographic groups that were not included in the analysis are indicated using "N/A" for "Not Applicable." See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

Maricopa County 2012 Behavioral Risk Factors Survey Statistics

**Table 3: Medical Provider Diagnosed Conditions by Sex, Age Group, and Race/Ethnicity
Behavioral Risk Factor Survey**

Has a Medical Provider Ever Told You that You Have/Had	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Coronary Heart Disease	3.9%	3.5%	.	.	1.0%	2.5%	5.1%	13.5%	5.0%	1.4%	3.7%
Heart Attack	5.6%	3.8%	0.5%	1.4%	2.6%	3.0%	6.4%	13.8%	5.6%	2.9%	4.7%
Stroke	2.5%	2.8%	0.3%	1.5%	0.9%	3.3%	2.2%	7.3%	3.0%	1.2%	2.6%
Diabetes	9.2%	9.6%	2.4%	1.7%	7.8%	12.3%	15.9%	16.4%	8.7%	11.2%	9.4%
Asthma	13.5%	14.2%	19.2%	14.0%	15.4%	11.4%	12.7%	11.6%	15.8%	11.2%	13.9%
Chronic Obstructive Pulmonary Disorder	4.4%	6.3%	3.3%	2.1%	1.1%	5.2%	9.7%	11.5%	5.8%	4.1%	5.4%
Depressive Disorder	16.1%	19.9%	22.4%	16.8%	15.0%	18.9%	24.3%	13.3%	19.0%	17.0%	18.1%
Arthritis	20.7%	26.3%	5.7%	7.6%	15.7%	25.7%	36.4%	49.9%	28.3%	15.8%	23.6%

**Table 4: Self-Reported Alcohol and Cigarette Usage by Sex, Age Group, and Race/Ethnicity
Behavioral Risk Factor Survey**

Alcohol and Smoking	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Binge Drinking	21.4%	9.5%	30.0%	20.0%	16.0%	13.1%	12.2%	3.0%	14.7%	17.6%	15.3%
Heavy Drinking	5.6%	4.3%	6.8%	5.0%	3.9%	5.0%	6.6%	3.2%	4.8%	5.4%	5.0%
Current Smoker	19.8%	13.6%	21.2%	21.4%	12.5%	17.0%	19.7%	9.4%	16.8%	15.5%	16.6%
Former Smoker	30.4%	21.6%	6.5%	17.1%	22.2%	29.7%	35.4%	42.1%	30.1%	20.8%	25.9%

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using “-“. Demographic groups that were not included in the analysis are indicated using “N/A” for “Not Applicable.” See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

Maricopa County 2012 Behavioral Risk Factors Survey Statistics

**Table 5: Vaccination Status by Sex, Age Group, and Race/Ethnicity
Behavioral Risk Factor Survey**

Vaccinations	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Yearly Influenza Vaccine	29.3%	32.8%	18.7%	18.8%	25.7%	31.3%	37.5%	53.8%	34.4%	21.7%	31.1%
Pneumonia Vaccine	29.0%	31.1%	23.3%	20.4%	14.3%	23.8%	27.8%	65.1%	33.2%	20.0%	30.1%
Shingles Vaccine¹	13.6%	14.3%	N/A	N/A	N/A	2.4%	6.4%	26.4%	16.0%	3.7%	14.0%

¹Males and females greater than 49 years old

**Table 6: Health Care Coverage and Utilization by Sex, Age Group, and Race/Ethnicity
Behavioral Risk Factor Survey**

Health Care Coverage and Utilization	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Health Care Coverage¹	76.9%	74.0%	74.8%	68.2%	75.1%	80.7%	79.8%	N/A	82.8%	58.3%	75.5%
Usual Source of Health Care	69.2%	78.0%	56.2%	57.2%	73.3%	78.1%	84.2%	92.1%	80.0%	59.0%	73.7%
Routine Checkup-within past year (anything less than 12 months ago)	57.2%	67.1%	55.0%	54.4%	55.6%	61.9%	65.7%	80.6%	64.0%	53.7%	62.2%
Could Not Afford Needed Health Care	18.1%	23.5%	19.1%	32.2%	26.1%	20.2%	20.9%	5.0%	15.8%	29.9%	20.8%

¹Males and females 18-64 years old

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using “-“. Demographic groups that were not included in the analysis are indicated using “N/A” for “Not Applicable.” See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

Maricopa County 2012 Behavioral Risk Factors Survey Statistics

**Table 7: Cancer & Preventative Health Screenings by Sex, Age Group, and Race/Ethnicity
Behavioral Risk Factor Survey**

Screening	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Mammogram ¹	N/A	89.6%	-	-	66.8%	91.4%	94.8%	96.0%	93.3%	76.4%	89.6%
Sigmoidoscopy/Colonoscopy ²	60.8%	64.5%	N/A	N/A	N/A	39.1%	64.7%	75.0%	66.5%	49.0%	62.7%
Prostate-Specific Antigen (PSA) Test ³	68.2%	N/A	N/A	N/A	-	44.0%	75.2%	78.8%	73.0%	-	68.2%

¹Females only

²Males and females greater than 49 years old

³Males greater than 39 years old

Note: Results for demographic groups with less than 50 total non-blank responses to the question are not reported and are indicated using “-”. Demographic groups that were not included in the analysis are indicated using “N/A” for “Not Applicable.” See Technical Notes for detailed description of Questionnaire questions and for unweighted frequencies for each question and group.

Technical Notes

Behavioral (BRFSS) Statistics

Behavioral Risk Factor Surveillance System (BRFSS) data are presented in **Tables 1** through **7**.

All BRFSS statistics were derived from data in the Arizona Department of Health Services (ADHS) final annual files. The information presented in this report includes data collected from Maricopa County residents during telephone survey interviews conducted by ADHS. Arizona residents from other counties were not included.

The BRFSS is a state-based, cross-sectional, random telephone survey of household residents aged 18 years and older conducted throughout the year. It has been conducted in Arizona since 1982. The BRFSS gathers information on risk factors related to both chronic and infectious diseases.

Prior to 2011, surveys were collected using only landline respondents. Beginning in 2011, the BRFSS also included individuals who receive 100 percent of their calls on cell-phones. According to the CDC, cell-phone respondents are more likely to be younger, single, Hispanic, and to rent rather than own homes. In addition, a new weighting methodology was utilized beginning in 2011. Data from prior years were weighted using post stratification weighting methodology, while 2011 data were weighted using iterative proportional fitting, or "raking." Due to these changes, 2011 data cannot be compared to prior years. For more information, see the CDC website: http://www.cdc.gov/brfss/annual_data/annual_2011.htm.

Tables 1 through **7** are organized such that similar questions are shown together. Each table lists a short description of the topic for each question and the estimated percent of Maricopa County residents that met the condition, by sex, selected age groups, and selected races. Groups with less than 50 total respondents are omitted from the report due to small sample size (i.e. American Indian, Black, and Asian residents are not shown). Additionally, if there were less than 50 non-blank responses for a specific question, the results for that question were omitted. Not all questions are included in the questionnaire every year, such as questions regarding health screenings. Therefore, data that was included in prior years may not be included in the current report.

Unless otherwise stated below, respondents could have responded with either "Yes" or "No" to each question. Respondents also could have responded to all questions with "Don't know/not sure" or respondents could have refused to answer. Each question covered in this report is described below:

Table 1 includes self-reported health indicators.

- Results for *Health Status* were derived from responses to the question "Would you say that in general your health is: Excellent, Very Good, Good, Fair, or Poor." Respondents who answered "Excellent," "Very Good," or "Good" are shown.
- Results for *Activity Limited Due to Health Problems* were determined using the question "Are you limited in any way in any activities because of physical, mental, or emotional problems?" Respondents who answered "Yes" are shown.
- Results for *Health Problems Requiring Special Equipment* were summarized from responses to the question "Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? (Include occasional use or use in certain circumstances.)" Respondents who answered "Yes" are shown.
- Results for *BMI: Overweight* and *Obese* were derived from calculated BMI (body mass index) based on the respondent's self-reported height and weight. Individuals with a BMI greater than 25 and less than 30 were classified as overweight, and individuals with a BMI of 30 or greater were classified as obese.

Table 2 includes self-reported health behaviors.

- Results for *Fruit and Vegetable Consumption* were calculated based on several questions: “During the past month, how many times per day, week, or month did you drink fruit juices such as orange, grapefruit, or tomato?”, “During the past month, how many times per day, week, or month did you eat fruit, beans, dark green vegetables, and orange-colored vegetables?” and “Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat other vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried, such as baked or mashed potatoes” Respondents whose calculated result showed consumption of five or more servings of fruits and vegetables per day are shown.
- Results for *Seat Belt Use* were determined using responses to the question “How often do you use seat belts when you drive or ride in a car?” The respondent had the option of answering “Always,” “Nearly Always,” “Sometimes,” “Seldom,” or “Never.” Respondents who answered “Always” are shown.
- Results for *Folic Acid Supplement* were obtained from responses to the question “Do you currently take any multivitamins or supplements that contain folic acid?” Women aged 18-44 years who responded “Yes” are shown.
- Results for *Folic Acid Awareness* were derived from responses to the question “Some health experts recommend that women take 400 micrograms of the B-vitamin folic acid every day. They recommend this for which one of the following reasons?” The respondent could answer “To make strong bones”, “To prevent birth defects”, “To prevent high blood pressure”, or “Some other reason”. Women aged 18-44 years who were aware that folic acid is taken to prevent birth defects are shown.
- Results for *Ever Had an HIV Test* were derived from responses to the question “Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.” Respondents who answered “Yes” are shown.

Table 3 includes a list of medical conditions diagnosed by a medical provider.

- Results for *Coronary Heart Disease, Heart Attack, Stroke, Diabetes, Asthma, Chronic Obstructive Pulmonary Disease, Depressive Disorder* and *Arthritis* were obtained from similar questions that asked “Have you ever been told by a doctor that you have...?” Adults that responded “Yes” are shown for each of the conditions. *Diabetes* does not include females who were only told they had the condition during a pregnancy, nor does it include respondents who stated they have been told they have pre-diabetes or borderline diabetes.

Table 4 includes a list of behaviors related to alcohol and tobacco.

- Results for *Binge Drinking* and *Heavy Drinking* were derived from several questions. The first question asked “During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?” If the respondent answered “Yes,” he/she was then asked additional questions.
 - Results for *Binge Drinking* were determined by asking “Considering all types of alcoholic beverages, how many times during the past 30 days did you have X or more drinks on an occasion?” The value of X was five if the respondent was male and four if the respondent was female. *Binge Drinking* includes residents that had five or more drinks on one occasion for males, or four or more drinks on one occasion for females.
 - Results for *Heavy Drinking* were determined by asking two questions: “During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?” and “During the past 30 days, on the days when you drank, about how many drinks did you drink on average.” *Heavy Drinking* includes residents who had more than two drinks per day if male or more than one drink per day if female.

- Results for *Current Smoker* and *Former Smoker* were derived from two questions. The first question asked “Have you smoked at least 100 cigarettes in your entire life?” One hundred cigarettes is equivalent to five packs. If the participant answered “Yes,” he/she was then asked the second question. The second question asked “Do you now smoke cigarettes every day, some days, or not at all?” Adults who reported smoking “Every day” or “Some days” were categorized as *Current Smokers* while adults who reported smoking “Not at all” were categorized as *Former Smokers*.

Table 5 includes adult vaccinations that are recommended by the Advisory Committee for Immunization Practices (ACIP).

- Results for *Yearly Influenza Vaccine* were determined using responses to the question “During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?” Respondents who said “Yes” are shown.
- Results for *Pneumonia Vaccine* were obtained from responses to the question “Have you ever had a pneumonia shot?” Respondents who said “Yes” are shown.
- Results for *Shingles Vaccine* were obtained from responses to the question “Have you ever had a Shingles vaccine?” Respondents aged 50+ years who said “Yes” are shown.

Table 6 includes questions related to health care coverage and utilization for residents.

- Results for *Health Care Coverage* were obtained from responses to the question “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Service?” Respondents 18-64 who answered “Yes” are shown. Respondents aged 65 years and older were omitted because the majority of this population is covered under a government plan such as Medicare.
- Results for *Usual Source of Health Care* were determined using the question “Do you have one or more persons you think of as your personal doctor or health care provider?” The respondent could have answered “Yes, only one”, “More than one”, or “No”. Respondents who said “Yes, only one” or “More than one” are shown.
- Results for *Routine Checkup within Past Year* were obtained from responses to the question “About how long has it been since you last visited a doctor for a routine checkup, not an exam for a specific injury, illness or condition?” The respondent had the option to answer “Within past year,” “Within past 2 years,” “Within past 5 years,” “5 or more years ago,” or “Never.” Respondents that answered “Within past year” are shown.
- Results for *Could Not Afford Needed Health Care* were obtained from the question “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?” Adults that answered “Yes” are shown.

Table 7 includes questions related to cancer and preventative health screenings.

- Results for *Mammogram* were obtained from responses to the question “Have you ever had a mammogram?” Female respondents who said “Yes” are shown.
- Results for *Sigmoidoscopy/Colonoscopy* were obtained from responses to the question “Have you ever had a sigmoidoscopy or colonoscopy?” Respondents aged 50+ years who said “Yes” are shown.
- Results for *Prostate-Specific Antigen (PSA) Test* were obtained from responses to the question “Have had a Prostate-Specific Antigen (PSA) test?” Male respondents aged 40+ years who said “Yes” are shown.

BRFSS data were weighted to account for unequal probabilities of being selected and to adjust the numbers of those selected to reflect the actual state population estimates. Table 8 shows the frequency of responses prior to weighting. The total number of respondents per demographic group is shown in the first row, next to “Total Observations”. In 2012, a total of 2,122 residents of Maricopa County participated in the BRFSS survey. The remainder of the table lists the specific question and the corresponding unweighted frequencies for each demographic group. The unweighted frequency represents the actual number of individuals who responded in the

affirmative (based on the descriptions provided above) to each question, prior to weighting. Weighted frequencies are not shown.

For more information on the BRFSS visit the CDC's BRFSS website: <http://www.cdc.gov/brfss/index.htm> or Arizona Behavioral Risk Factor Survey at: <http://www.azdhs.gov/phs/phstats/brfs/index.htm>.

Table 8 Total Maricopa County Residents by Reported Question- 2012 BRFSS

<i>People Fitting Criteria</i>	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Total Observations	923	1,199	155	276	279	353	417	642	1,596	295	2,122
General Health Status	777	1,001	143	251	239	299	333	513	1,363	224	1,778
Activity Limitations	197	273	25	31	38	74	124	178	379	43	470
Require Special Equipment	83	122	2	7	16	22	45	113	161	25	205
BMI-Overweight	409	294	31	78	101	134	140	219	531	103	703
BMI-Obese	225	243	23	60	68	80	108	129	332	79	468
Fruit and Vegetables	127	236	20	48	43	59	78	115	285	46	363
Seat Belt Use	730	1,037	115	217	231	292	366	546	1,342	230	1,767
Folic Acid Supplement	N/A	108	16	41	51	N/A	N/A	N/A	78	21	108
Folic Acid Awareness	N/A	109	20	39	50	N/A	N/A	N/A	69	30	109
Ever Had HIV Test	277	309	36	123	133	130	99	65	422	78	586
Coronary Heart Disease	54	53	0	0	3	9	18	77	95	5	107
Heart Attack	64	52	1	3	6	10	21	75	94	10	116
Stroke	34	42	1	4	3	10	12	46	63	5	76
Diabetes	103	124	2	4	17	42	55	107	167	32	227
Asthma	123	191	28	47	49	50	60	80	247	35	314
COPD	49	94	6	6	4	18	40	69	111	14	143
Depressive Disorder	138	245	31	52	48	66	100	86	284	50	383
Arthritis	235	398	7	25	41	87	154	319	518	53	633
Binge Drinking	162	106	40	64	46	52	43	23	197	45	268
Heavy Drinking	43	61	11	13	14	17	25	24	81	13	104
Current Smoker	164	158	26	54	38	65	82	57	230	39	322
Former Smoker	298	306	10	47	58	92	135	262	501	57	604
Yearly Influenza Vaccine	298	442	29	55	71	99	158	328	596	71	740
Pneumonia Vaccine	267	397	25	41	36	58	104	400	535	54	664
Shingles Vaccine	71	112	N/A	N/A	N/A	5	30	148	169	4	183
Health Care Coverage <65	529	628	116	209	210	286	336	N/A	848	165	1,157
Usual Source of Health Care	681	993	88	166	208	274	351	587	1,315	181	1,674
Last Checkup	551	845	82	148	160	216	276	514	1,069	166	1,396
Unable to Afford Health Care	140	215	31	83	64	67	72	38	219	86	355
Mammogram	N/A	794	0	0	54	165	218	357	648	68	794
Sigmoidoscopy/Colonoscopy	328	460	N/A	N/A	N/A	78	254	456	693	37	788
Prostate-Specific Antigen Test (PSA)	349	N/A	N/A	N/A	0	41	120	188	303	19	349

Results for demographic groups with less than 50 total non-blank responses to the question are not reported.