

Health Risk Behaviors of Saline County 2000 - 2001

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The BHP welcomes comments and suggestions on the content and format of this report and on the data presented. Additional statistics not contained in this report may be available upon request. Please direct all comments, questions, and requests to:

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EXECUTIVE SUMMARY

Health Status	Saline	KS	US*
Percentage reporting that in general their health was fair or poor	12	12 ^a	14 ^a
Health Care Access			
Percentage reporting no health insurance or other health care coverage	5	11 ^a	12 ^a
Percentage unable to see a doctor due to cost during the past 12 months	7	8 ^a	10 ^a
Percentage lacking a regular health care professional	12	14 ^d	NA
Hypertension			
Percentage ever told by a health professional that they had high blood pressure	24	21 ^b	24 ^b
Cholesterol			
Percentage ever told they had high cholesterol among those who had ever had their cholesterol checked	29	27 ^b	30 ^b
Diabetes			
Percentage ever told they had diabetes (except during pregnancy only)	5	6 ^a	6 ^a
Physical Activity			
Percentage not engaging in at least 20 minutes of leisure time physical activity at least three times per week	54	67 ^c	NA
Percentage not engaging in at least 30 minutes of leisure time physical activity five times per week	74	82 ^a	78 ^a
Safety Belt Use			
Percentage who do not always use a safety belt when driving or riding in a car	38	38 ^b	31 ^d
Percentage of children 0 to 15 years not always restrained when riding in a car	11	13 ^b	15 ^d
Tobacco Use			
Percentage who currently smoke cigarettes	22	21 ^a	23 ^a
Percentage of males who use smokeless tobacco	10	10 ^d	8 ^d
Overweight			
Percentage overweight (BMI \geq 27.8 for males and \geq 27.3 for females)	35	33 ^b	34 ^b
Percentage overweight or obese (BMI \geq 25)	58	59 ^a	57 ^a
Percentage obese (BMI \geq 30)	20	19 ^b	20 ^b

^a 2000 1997^d * median prevalence
^b 1999 1996^e NA=Not Available
^c 1998 1995^f

Breast and Cervical Cancer Screening	Saline	KS	US*
Percentage of women aged 50 and older who have not had a mammogram in the past two years	11	20 ^b	25 ^b
Percentage of women aged 50 and older who have not had a clinical breast exam in the past two years	17	23 ^b	NA
Percentage of women aged 50 and over who have not had both a mammogram and a clinical breast exam in the past two years	23	29 ^b	NA
Percent of women who have had a hysterectomy	34	24 ^b	22 ^a
Percentage of women with a uterine cervix who have not had a pap smear within the past two years	16	15 ^b	17 ^b
Adult Immunization			
Percentage who have not have not had an influenza vaccine within the past 12 months . . .	32	64 ^a	69 ^b
Percentage who have never had a pneumonia vaccine	42	79 ^a	82 ^b
HIV			
Percentage of persons younger than 65 reporting risk of contracting HIV as “medium” or “high”	3	5 ^a	6 ^a
Activity Limitations and Quality of Life			
Percentage with a limitation in any activities due to any impairment or health problem . . .	13	12 ^b	NA
Percentage with one or more days of the last 30 days where pain made it hard to do usual activities	21	21 ^b	NA
Percentage with 14 or more days of the last 30 days which they felt sad, blue, or depressed	6	5 ^b	NA
Percentage with 14 or more days of last 30 days which they felt worried, tense or anxious	15	12 ^b	NA
Percentage with 14 or more days of last 30 days during which they did not get enough sleep	28	22 ^b	NA
Percentage with 14 or more days of last 30 days during which they did not feel very healthy and full of energy	34	32 ^b	NA
Parenting			
Percentage with children who watched two or more hours of TV on previous day	53	50 ^b	NA
Percentage of children without family rules about program, movie, and video game content	40	33 ^b	NA
Percentage of children unsupervised after school one or more days in the last week	34	NA	NA

^a 2000 1997^d * median prevalence
^b 1999 1996^e NA=Not Available
^c 1998 1995^f

Mental Health	Saline	KS	US*
Percentage reporting they might have had depression during the past five years	20	NA	NA
Percentage reporting they had been diagnosed with depression	7	NA	NA
Health Care Utilization			
Percentage reporting fair or poor satisfaction with their health care	8	NA	NA
Percentage reporting no particular place they go if they are sick or need advice about their health	7	NA	NA
Percentage reporting that they have lost access to their doctor due to job change, a change in health care coverage, provider moving, or owing money to their provider	7	NA	NA
Health and Health Care Related Absenteeism			
Percentage reporting being absent from work six or more days in the past year for any reason	18	NA	NA
Prostate Cancer Screening			
Percentage of men ages 50 and older reporting not having a digital rectal exam to check for cancer or other health problems in the past two years	34	NA	NA
Percentage of men ages 50 and older reporting not having a prostate-specific antigen blood test to check for prostate cancer in the past two years	28	NA	NA
Physical Activity module			
Percentage reporting more than two hours a day in the past week of leisure time spent on a computer or watching television while sitting or laying down	37	NA	NA
Percentage reporting two or more hours a day in the past week of watching television while sitting or laying down	36	NA	NA
Percentage reporting two or more hours a day in the past week of using a computer during their leisure time	6	NA	NA
Chronic Conditions			
Percentage diagnosed with pneumonia during the past five years	7	NA	NA
Percentage who currently have asthma	7	NA	NA
Percentage reporting having been told by their doctor they had osteoporosis	5	NA	NA

^a 2000 1997^d * median prevalence
^b 1999 1996^e NA=Not Available
^c 1998 1995^f

Firearms	Saline	KS	US*
Percentage reporting keeping a gun in or around the home including in garage, storage area, or motor vehicle	31	NA	NA
Percentage reporting keeping a hand gun in or around the home	19	NA	NA
Percentage who reported carrying a loaded firearm outside of the home for protection during the last month	1	NA	NA
Percentage who reported they had driven or been a passenger in a motor vehicle in which they knew there was a loaded firearm	3	NA	NA
Percentage who reported confronting another person with a firearm (even if they did not fire it) to protect themselves, their property, or someone else in the last 12 months	1	NA	NA
Violence and Crime			
Percentage who reported being very, somewhat, or a little afraid to leave their home at night	12	12 ^e	NA
Percentage knowing or seeing someone who was beaten or otherwise hurt by a husband, wife, boyfriend or girlfriend in the past year	15	30 ^e	NA
Percentage who witnessed a violent crime in their neighborhood last year	3	8 ^e	NA
Oral Health			
Percentage reporting not visiting the dentist in the past two years	20	NA	NA
Percentage reporting having lost at least one tooth because of tooth decay or gum disease	46	NA	NA
Percentage reporting no insurance coverage that pays for some or all of their routine dental care	34	NA	NA
Percentage reporting a need for any dental service, including fillings, dentures or partials, teeth pulled, caps, crowns, or root canals	19	NA	NA

^a 2000 1997^d * median prevalence
^b 1999 1996^e NA=Not Available
^c 1998 1995^f

SURVEY CONTENT

For the complete text of each question and response frequencies, see page 49.

CORE MODULES	
<p>Health Status Self-perceived health</p> <p>Health Care Access Insurance coverage Type of insurance Length of time without health insurance Inability to see doctor due to cost Source for routine care Time since last check-up</p> <p>Hypertension Awareness Last blood pressure check Diagnosis of high blood pressure</p> <p>Cholesterol Awareness Last blood cholesterol check Diagnosis of high blood cholesterol</p> <p>Diabetes Diagnosis of diabetes mellitus</p> <p>Exercise Frequency, duration, and type of leisure time exercise</p> <p>Safety Belt Use Frequency of use of safety belt Frequency of use of safety belt by oldest child</p> <p>Tobacco Use Current and former smoking status Number of cigarettes consumed Quitting for 1+ days during the past 12 months Elapsed time since quitting</p> <p>Smokeless Tobacco Use Prior use of smokeless tobacco Current use of smokeless tobacco</p> <p>Demographics Age Sex Race Hispanic ethnicity Marital status Ages of children in the home Educational attainment Employment Income Height and weight Zip code</p>	<p>Women’s Health Elapsed time since last mammogram Reason for last mammogram Elapsed time since last clinical breast exam Reason for last clinical breast exam Elapsed time since last pap smear Reason for last pap smear Hysterectomy Current pregnancy</p> <p>Immunization Flu shot during the last 12 months Lifetime pneumonia shot</p> <p>HIV/AIDS Self-perceived risk for acquiring HIV infection Elapsed time since last blood test for HIV Reason for last blood test for HIV Location of last blood test for HIV Receipt of test results</p> <p>Quality of Life Activity limitation Cause of activity limitation Duration of activity limitation Limitation in personal care Limitation in routine care Limitation due to pain and frequency of pain Frequency of feeling sad, blue or depressed Frequency of feeling worried, tense or anxious Frequency of insufficient sleep or rest Frequency of feeling very healthy and full of energy</p>

SALINE-SELECTED OPTIONAL MODULES

Parenting

- Parent who spends the most time with the randomly-selected child
- Selected child dividing time between households
- Duration of television watching by selected child
- Activities shared with selected child
- Family rules
- Where selected child goes after school
- Adult supervision after school
- Time spent in day care

Mental Health

- Help sought from family or friends
- Help sought from therapist, counselor or self-help group
- Respondent thought they had depression
- Diagnosed with depression
- Received treatment for depression
- Person who provided treatment
- Unable to get treatment for personal or emotional problems during last 5 years
- Reason for not being able to get treatment for personal or emotional problems
- Place of choice for treatment
- From whom respondent would seek help or talk to
- Stress level of respondent

Health Care Utilization

- Satisfaction with overall health care
- Usual place for care when sick or in need of advice
- Reason for no usual source of medical care
- Place visited most often when in need of health care
- Elapsed time since last change of doctors
- Reason for change of doctors

Health and Health Care Related Absenteeism

- Care for an adult in home
- Absent from work due to illness of adult cared for
- Have child care
- Have a place sick child can be left
- Work missed for any reason
- Reason for work missed
- Work missed when unable to find childcare
- Work missed due to sick child

Prostate Cancer Screening

- Ever had digital rectal exam
- Elapsed time since last digital rectal exam
- Ever had a prostate-specific antigen blood test
- Elapsed time since last prostate-specific antigen blood test

SALINE-SELECTED OPTIONAL MODULES, continued

Physical Activity

- Number of hours worked at job
- Type of work performed
- Type of business/industry
- Description of activity at job
- Frequency of activity performed to increase muscle strength or tone
- Frequency of television viewing while sitting/lying down
- Frequency of computer use during leisure time
- Weight change over past five years
- Weight at 21 years of age

Respiratory Conditions

- Presence of emphysema or chronic bronchitis, lung cancer, or osteoporosis
- Diagnosed with pneumonia during last five years
- Presence of asthma

Firearms

- Presence of firearms around home
- Presence of handguns around home
- Presence of long guns around home
- Reason for keeping firearms
- Keeping of firearms loaded and unlocked
- Carrying of loaded firearm
- Attendance at firearm safety workshop/class/clinic
- Firearm ownership

Health Care Coverage

- Reason for not having health care coverage

Violence and Crime

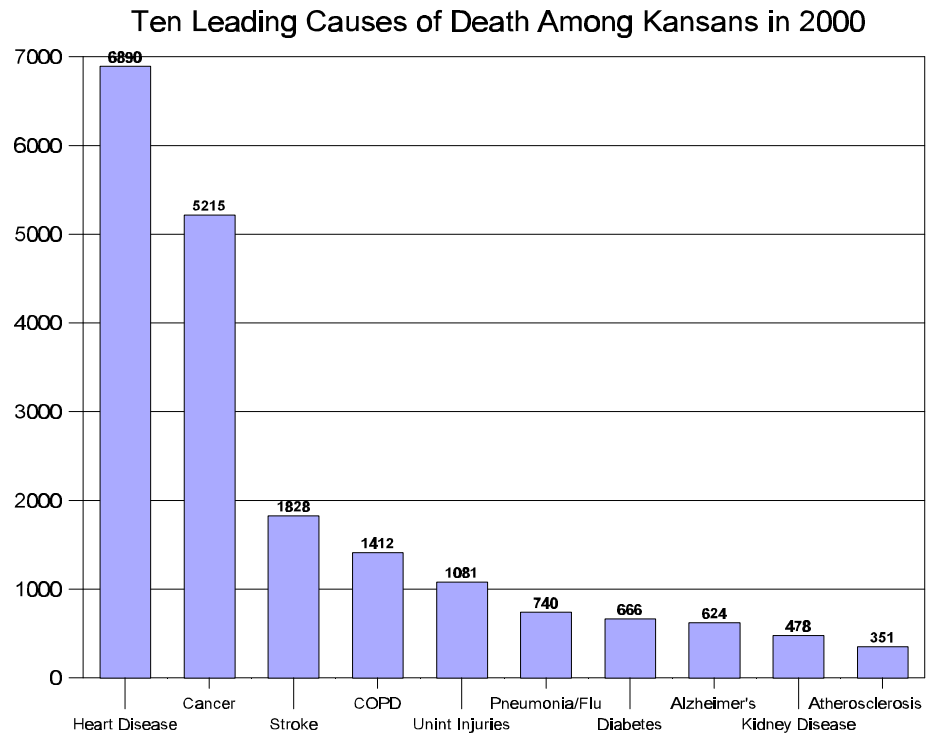
- Fear of leaving house at night
- Witnessed a violent crime in neighborhood
- Known a victim of domestic violence

Oral Health

- Elapsed time since last visit to dentist for routine check-up
- Main reason for not visiting dentist
- Number of permanent teeth removed because of decay or gum disease
- Dental Insurance
- Current need for any dental services

INTRODUCTION

Approximately half of all deaths in the United States can be attributed to just nine factors: tobacco; diet/activity patterns; alcohol; microbial agents; toxic agents; firearms; sexual behavior; motor vehicles; and illicit use of drugs.¹ Consequently, making substantial improvements in health outcomes (illness, death, injury, and disability) requires improving health behaviors. Community efforts to improve health depend on measurement of both health outcomes and health behaviors to effectively design and measure the impact of local health intervention efforts.



Health outcomes can be measured in medical records and vital records, such as birth certificates and death certificates, but measuring the behaviors that have such a profound impact on health requires either observing what people do or asking them what they do. Structured interviewing (i.e., surveying) of large numbers of individuals randomly selected from the population (sampling) has been the most commonly employed and most economical method for measuring behavior.

While national prevalence estimates of health risk behaviors had been available prior to the early 1980's through studies conducted by the National Center for Health Statistics (e.g., National Health and Nutrition Examination Surveys; National Health Interview Survey), these data were not available at the state level. It was recognized that national data may not be applicable to any given state, yet state health agencies have the primary role of targeting resources to reduce behavioral risks and their consequent health outcomes. As telephone survey methodology was gaining wide acceptance as a valid way of measuring health risk behaviors in populations, the Behavioral Risk Factor Surveillance System (BRFSS) was established in 1984 by the Centers for Disease Control and Prevention to provide such state-level data on behavioral health risks and preventive health practices.

The Behavioral Risk Factor Surveillance System, which is coordinated and partially funded by the Centers for Disease Control and Prevention, is the largest continuously-conducted telephone survey in the world. It is conducted in every state, the District of Columbia, and several United States territories. The first BRFSS survey in Kansas was conducted as a point-in-time survey in 1990, and Kansas has conducted the BRFSS survey annually since 1992. Beginning in 1998, the Kansas Health Foundation funded a project to use a modification of the BRFSS to collect community level data in twelve local areas around Kansas. This document summarizes results from Saline County.

To give perspective to Saline County results, we have included selected Healthy Kansans 2000 objectives for comparison. Healthy Kansans 2000 was a process similar to Healthy People 2000 which set health objectives for the state and provided baseline data against which to measure progress achieving the objectives. Many of the objectives in Healthy Kansans can be measured with BRFSS indicators. The table below lists the objectives from Healthy Kansans 2000 and provides the measures for each objective for Saline County and Kansas as well as the target Kansas objective.

Selected Healthy Kansans 2000 Objectives	Saline 2000 Percent	Kansas Percent	Healthy Kansans 2000 Objective
Health Care Access*			
Increase the proportion of adults with health care coverage	95	89 ^a	92
Reduce the proportion of adults not seeking health care due to cost . .	7	8 ^a	6
Increase the proportion of adults who have a specific source of primary care for their ongoing preventive and episodic health care . . .	88	86 ^d	95
Increase the proportion of adults who have had their cholesterol checked in the past five years	68	69 ^b	75
Physical Activity			
Increase the proportion of adults aged 18 and older engaging in regular physical activity at least 5 times a week for at least 30 minutes .	26	18 ^a	40
Decrease the proportion of adults aged 18 and older engaging in no leisure time physical activity	32	30 ^a	15
Unintentional Injuries and Violence*			
Increase the proportion of adults aged 18 and older who report always wearing their safety belt	62	62 ^b	70
Increase the proportion of youth aged 0 through 4 who always ride in a safety seat	88	97 ^b	95
Tobacco*			
Decrease the prevalence of current smoking among adults aged 18 and older	22	21 ^a	15
Decrease the prevalence of smokeless tobacco use by males aged 18 and older	10	10 ^d	4
Nutrition*			
Decrease the proportion of adults aged 18 and older who are overweight (body mass index \geq 27.8 for males; \geq 27.3 for females)	35	33 ^b	20

Selected Healthy Kansans 2000 Objectives	Saline 2000 Percent	Kansas Percent	Healthy Kansans 2000 Objective
Cancer*			
Increase the proportion of women aged 50 and older who have received a mammogram and a clinical breast exam within the last 2 years	77	80 ^b	60
Increase the proportion of women aged 18 and older without a prior hysterectomy who have ever received a Pap test	95	95 ^b	98
Increase the proportion of women aged 18 and older without a prior hysterectomy who have received a Pap test in the past 2 years	84	85 ^b	90
Infectious Diseases and Immunizations*			
Increase the proportion of non-institutionalized adults aged 65 and older who have been vaccinated for influenza the past 12 months	68	67 ^b	80
Increase the proportion of non-institutionalized adults aged 65 and older who have ever been vaccinated for pneumonia	58	55 ^b	80

* Subtitles correspond to Healthy Kansans 2000 health issues and disease risk factors rather than BRFSS survey sections.

^a 2000

^b 1999

^c 1998

^d 1997

Reference

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