Health Risks in Alaska Among Adults

Alaska Behavioral Risk Factor Survey 2006 Annual Report

State of Alaska
Sarah Palin, *Governor*

Department of Health and Social Services
Karleen K. Jackson, *Commissioner*

BRFSS
Behavioral Risk Factor Surveillance System

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2006 Annual Report

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May 2007

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Finally, special thanks goes to the people of Alaska who participated in this survey.

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Introduction

Introduction

In 2005 there were 3,149 deaths in Alaska and 63% were identified within the top 5 causes of death. Mokdad, Marks, Stroup and Gerberding (2004) summarized published research and concluded that the greatest contributors to death in the United States in 2000 were tobacco use, poor diet, physical inactivity and alcohol consumption. Other causes of death included infections, toxic agents, firearms, sexual behaviors, motor vehicles, and illicit drugs[1].

Modifying risk behaviors contributing to premature deaths and impaired quality of life is a public health challenge. For example, the behavioral risk factor of tobacco use has been estimated to contribute to a range of 11–30% of cancer deaths, 17–30% of cardiovascular deaths, 80-90% of lung disease deaths[2] and 24% of pneumonia and influenza deaths. Nationally, smoking results in approximately 440,000 annual preventable deaths and costs greater than $75 billion in medical care[3]. Information on the prevalence of these health risk behaviors and clinical preventive health practices is essential for chronic disease prevention planning and injury prevention.

The National Centers for Disease Control and Prevention (CDC) developed the Behavioral Risk Factor Surveillance System (BRFSS) to monitor state-level prevalence of the major behavioral risks among adults associated with premature morbidity and mortality. Data are collected on risk and preventive behaviors and chronic disease prevalence that are especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs. The State of Alaska began the BRFSS in 1991 as a point-in-time study and has continued yearly since. The Alaska Behavioral Risk Factor Surveillance System is a collaborative project with the CDC and the Alaska Division of Public Health. Alaska's data are combined with all other states and U.S. territories participating in surveillance. The BRFSS is the longest running and largest telephone health survey in the world. In 2006, 355,710 interviews were completed throughout the United States, District of Columbia, U.S. Virgin Islands, Guam, and Puerto Rico. The BRFSS data have proven to be instrumental in formulating policy, proposing legislation for health initiatives and to focus resources on emergent and critical health concerns.

Since 1979, the Healthy People initiative has been the framework for identifying the most significant preventable threats to health and established prevention goals and objectives to address those issues. The goal is to increase quality and years of healthy life and to eliminate health disparities. Healthy People 2010 is a scientific research system based on over 190 health surveillance and data systems, which includes the BRFSS. Alaska has established state targets within the framework of the national Healthy People objectives to address Alaska's specific health status, prevention priorities and objectives. *Healthy Alaskans 2010* was published in 2002 and serves as the structure for health policy development. In Alaska, seven of the ten leading health indicators for the 2010 goals are assessed with the BRFSS.

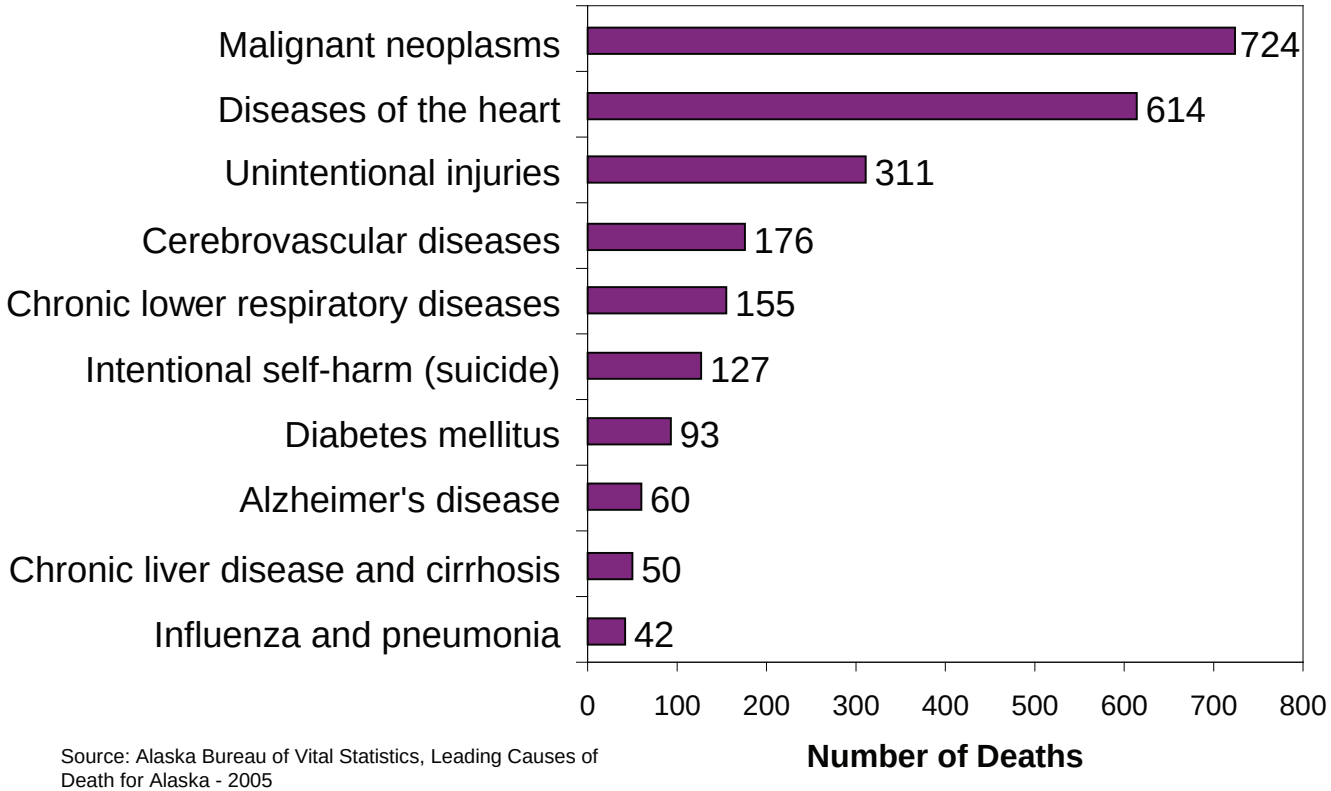
Endnotes:

[1] Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States, 2000. JAMA 2004; 291 (10) 1238–1245

[2] U.S. Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed: December 2006.

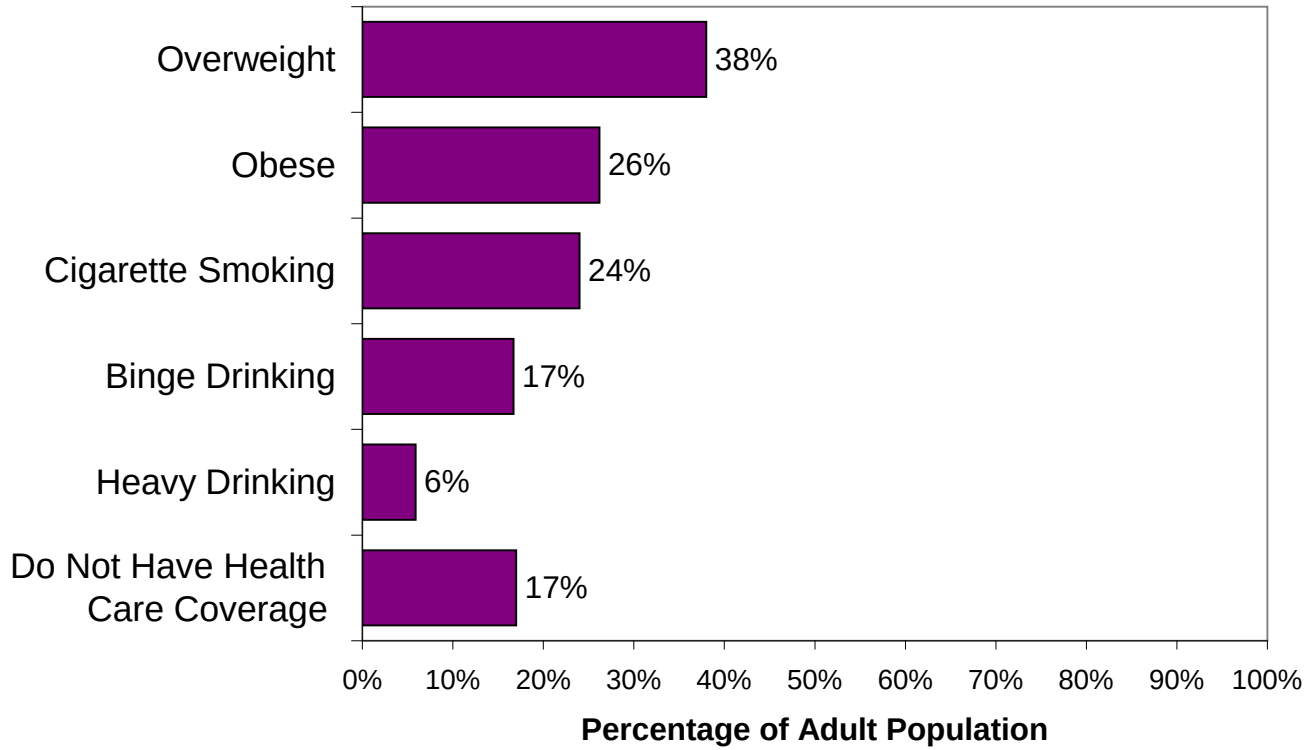
[3] CDC SAMMEC,MMWR 2002; vol 51, No. 14:300-3.

Leading Causes of Death in Alaska, 2005



Source: Alaska Bureau of Vital Statistics, Leading Causes of Death for Alaska - 2005

Behavioral Risk Factor Prevalence in Alaska, 2006



At Risk for Specific Risk Factors

2006

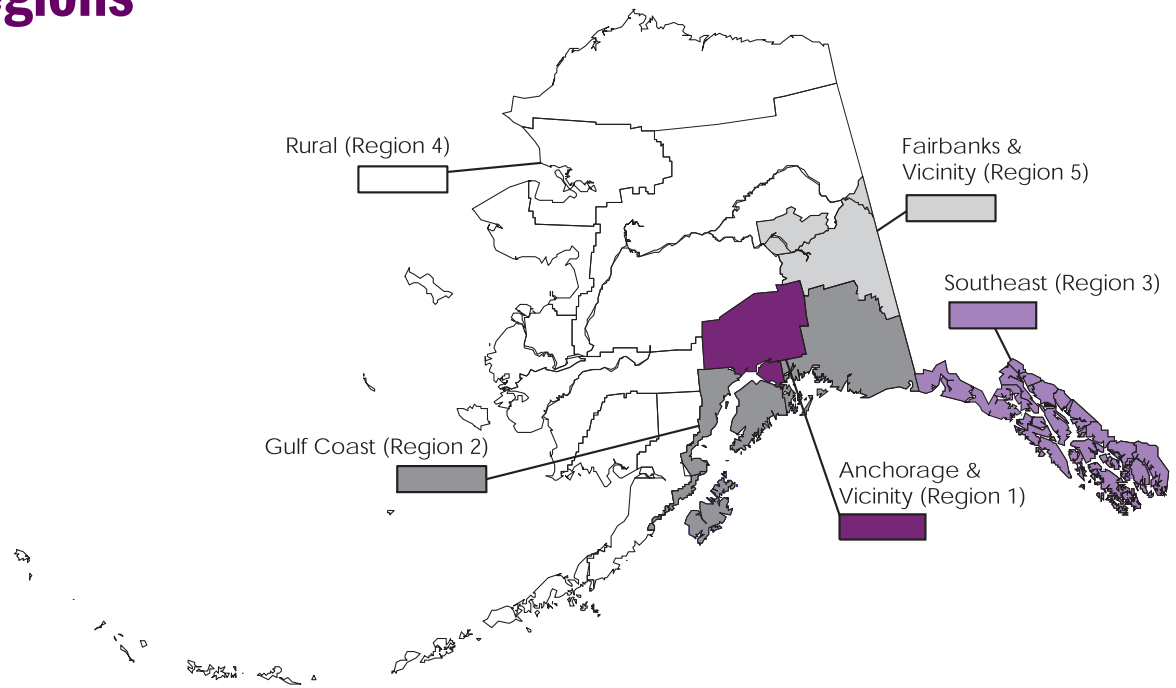
Population = 474,992*

Behavioral Risk Factor	Proportion of Population at Risk (Prevalence)	Estimated Number of Adults
Overweight	38%	180,497
Obese	26%	124,448
Cigarette Smoking	24%	113,998
Binge Drinking	17%	79,324
Heavy Drinking	6%	28,025
Do Not Have Health Care Coverage	17%	80,749

**Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2006.*

2006 BRFSS Sampling Regions

The Alaska sample was stratified into five regions based on common demographics:



	2006 Population 18 years and older*	2006 Number of Interviews
Anchorage and Vicinity (Region 1) Anchorage and vicnity	255,852	495
Gulf Coast (Region 2) Kenai, Kodiak, Valdez, Cordova and vicinity	54,322	438
Southeast (Region 3) All of Southeast Alaska	52,736	390
Rural (Region 4) All other non-urban areas of Alaska	45,241	364
Fairbanks and Vicinity (Region 5) Fairbanks and vicinity	66,841	426
Total	474,992	2,113

**Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2006.*

Methodology

Methodology

Sample Design

Although the main purpose of the BRFSS is to estimate the prevalence of behavioral risk factors in the general population, interviewing each person is not economically feasible. Thus, a probability or random sample is drawn in which all persons have a known chance of selection. The BRFSS in Alaska uses a disproportionate stratified random sampling design, stratified into five regions based on common demographics. An equal number of interviews are conducted from each region, which purposely over-samples the non-urban areas of Alaska. Over-sampling results in an adequate sample size collected from rural areas and allows analysis of the BRFSS data by region.

Sample Size

The survey is conducted throughout the year. Each month approximately 210 Alaska residents, age 18 years and older, are interviewed by telephone from an onsite health survey lab in Juneau. The goal for a year of data collection is 500 surveys from each of the 5 regions in Alaska, for a total of 2,500 surveys statewide.

Sampling Process

The GENESYS sampling system through Marketing Systems Group provides the telephone number generation each month for the random sample. They use a Disproportionate Stratified Sample (DSS) process that is designed to improve the probability that all households in Alaska with telephones have a chance of inclusion in the study. For DSS, 100 number blocks of telephone numbers are placed into two strata based on the presumed density (high or low) of residential telephone numbers. One-plus block strata have at least one residential telephone number while zero blocks do not. The BRFSS sample is drawn from one-plus blocks; zero blocks are not sampled. The one-plus blocks are further divided based on whether the numbers are listed in a directory (listed one-plus block) or not listed (not listed one-plus block). Numbers in the listed one-plus blocks are sampled at a higher rated than those in the not listed one-plus blocks. In addition, GENESYS electronically identifies business and non-working numbers through its identification services and has modified its identification services to detect non-working numbers in rural Alaska. This technological adjustment has improved the process and the survey efficiency for Alaska. Because Alaska has such a low number of active residential lines, the study requires a large phone sample each month to operate successfully.

Survey Instrument

Participation is random, anonymous and confidential. Respondents are randomly selected from household residents 18 years of age or older. Only those living in households are surveyed, omitting residents of institutions, nursing homes, dormitories and group homes.

The questionnaire has three parts:

- Core
- Optional standard modules
- State added questions

The core is a standard set of questions asked by all states. It includes questions about current health related perceptions, conditions, and behaviors (e.g., health status, health insurance, diabetes, tobacco use, selected cancer screening procedures, and HIV/AIDS risks) and questions on demographic characteristics.

Optional modules are CDC supported sets of questions on specific topics that states can choose to add to their survey. State-added questions are developed or acquired by participating states and added to the questionnaire, they are not edited or evaluated by CDC. States are selective with choices of modules and state specific questions to keep the questionnaires at a reasonable length of around 100 questions or approximately 20 minutes.

Each year the states and CDC agree on the content of the core component and possible optional modules. BRFSS protocol specifies that all states ask the core component questions without modification and may elect to add modules and state-added questions. Any new questions proposed as additions to the BRFSS must go through cognitive and field-testing prior to their inclusion in the survey. The practice of utilizing questions from other surveys such as the National

Health Interview Survey or the National Health and Nutrition Examination Survey allows the BRFSS to take advantage of cross comparison between studies.

Data Analysis

Data processing is an integral part of this study, with collected data sent to CDC during each month of the year. Data conversion tables are developed to read the survey data from the entry module and call information from the sample tracking module and to combine information into the final format specified for the data year. At the end of each survey year, data are compiled and weighted by CDC, and cross tabulations and prevalence reports are prepared using SAS and SUDAAN software. To create the specific at risk variables, several variables from the data file are combined with varying complexity. Some only combine codes, while others require sorting and combining selected codes from multiple variables.

Weighting

Unweighted data are the actual responses of each survey respondent. The data are weighted or adjusted to compensate for the over-representation or under-representation of persons in various subgroups. The data are further weighted to adjust the distribution of the sample data so that it reflects the total population of the sampled area. (See appendix G for more weighting information).

Data Reporting

Please note that for this report the BRFSS data were not age adjusted. Use caution when comparing the BRFSS data to another population that may have a different age distribution than Alaska. Data are analyzed by the CDC for Alaska by sex, race, age, education, income and employment and standard tables are produced for each risk factor and health-related behavior. For this document, race was categorized as Alaska Native or non-Native. Alaska Native respondents were those who said they were American Indian or Alaska Native, alone or in combination with any other race(s).

Confidence Intervals

A confidence interval is a range around a measure that conveys how precise the measurement is thought to be. A 95% confidence interval around an estimate specifies a range in which we believe a true estimate lies with a 95% probability. Confidence intervals are also used as a statistical significance test. If two confidence intervals intersect one another the measures are not significantly different. If the confidence intervals do not intersect one another then there is a statistically significant difference.

Comparisons

All comparisons made to the national BRFSS median are comparisons made to the median prevalence of the 50 states participating in the Behavioral Risk Factor Surveillance System, plus the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands.

Limitations

The BRFSS uses telephone interviewing for several reasons. Telephone interviews are faster and less expensive than face-to-face interviews. Calls are made from one central location in Juneau and are monitored for quality control.

The main limitation of any telephone survey is that people without landline phones cannot be reached and are not represented. In Alaska, about 97% of households have phones[1] with the U.S. average of phone coverage being 97.6%. The percentage of households with a telephone varies by region in Alaska (see appendix E). In general, persons of lower socioeconomic status are less likely than persons of higher socioeconomic status to have phones and may be under-sampled. With surveys based on self-reported information, the potential for bias must be kept in mind when interpreting results. Survey response rates may also affect the potential for bias in the data. The literature shows that most questions on the core BRFSS instrument are at least moderately reliable and valid and many were reported to be highly reliable and valid[2].

The reliability of a prevalence estimate depends on the actual, unweighted number of respondents in a category or demographic subgroup. Interpreting and reporting weighted numbers that are based on a small unweighted number of respondents can be misleading since the degree of precision for this instrument increases as the sample size increases.

Prevalence estimates are not usually reported for those categories in which there were less than 50 respondents. Estimates are rounded to the nearest whole percent when there are less than 500 observations.

Endnotes:

[1] Census 2000 Summary File 4 (SF 4)

[2] Nelson, DE, Holtzman D, Bolen J, et al. Reliability and validity of BRFSS measures. Soz Praventivmed. 2001; Vol. 46:suppl.1

Survey Population by Selected Demographics

	2006	
	n	Weighted %
Gender		
Male	956	52%
Female	1,157	48%
Total	2,113	
Race		
Native (any mention)	464	18%
Non-Native	1,634	82%
Unknown	15	1%
Age		
18 - 24	175	15%
25 - 34	346	17%
35 - 44	420	21%
45 - 54	493	22%
55 - 64	369	14%
65 or older	278	10%
Unknown	32	1%
Education		
Less than High School	170	7%
H.S. Grad or GED	647	31%
Some College or Tech School	628	30%
College Grad	663	32%
Unknown	5	0%
Income		
Less than $15,000	165	6%
$15,000 - 24,999	220	10%
$25,000 - 34,999	217	9%
$35,000 - 49,999	299	14%
$50,000 - 74,999	429	21%
> $75,000	552	29%
Unknown	231	11%

Quality of Life

Health Status

Question: Would you say that in general, your health is excellent, very good, good, fair, or poor?

- In 2006, Alaskans generally reported their health to be good. Over half said their health was very good or excellent.
- Significantly more non-Natives than Alaska Natives rate their health as very good or excellent.
- Ratings of general health status appear to improve with higher levels of education and income.
- In 2006, 96% of respondents reported that they were either satisfied or very satisfied with their lives; 80% report that they usually or always got the social and emotional support they needed.

Healthy Alaskans 2010

Objective 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

Health Status — Excellent or Very Good: Alaska vs. Nationwide

Health Status — Excellent/Very Good

	2006			
	n	weighted %	N	95% CI
Gender				
Male	510	60%	951	56.1 - 64.7
Female	655	56%	1,154	52.3 - 60.2
Total	1,165	58%	2,105	55.5 - 61.4
Race				
Native (any mention)	166	43%	458	35.6 - 50.1
Non-Native	994	62%	1,632	58.7 - 65.2
Age				
18–24	100	63%	175	53.4 - 71.9
25–34	218	66%	345	59.5 - 72.7
35–44	249	59%	420	53.1 - 65.1
45–54	270	59%	492	52.9 - 64.7
55–64	201	57%	366	49.1 - 64.4
65 or older	109	36%	275	29.1 - 43.9
Education				
Less than H.S	49	37%	168	24.1 - 52.6
H.S. Grad or GED	288	52%	645	46.5 - 57.4
Some College or Tech School	365	59%	625	53.7 - 64.4
College Grad	460	69%	662	63.6 - 73.5
Income				
Less than $15K	49	34%	163	24.4 - 44.8
$15,000–24,999	94	53%	218	42.9 - 62.9
$25,000–34,999	109	50%	217	40.8 - 59.3
$35,000–49,999	171	59%	298	50.2 - 67.2
$50,000–74,999	282	65%	429	58.5 - 71.0
$75K+	366	68%	552	63.0 - 73.0

n = Number of respondents who reported excellent or very good health status.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

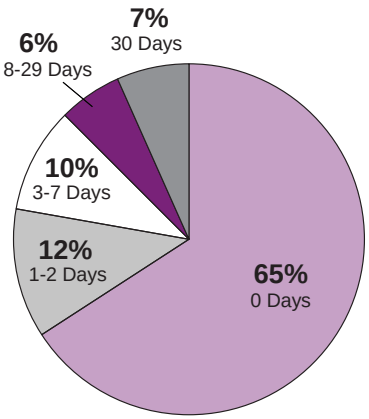
N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Health Status

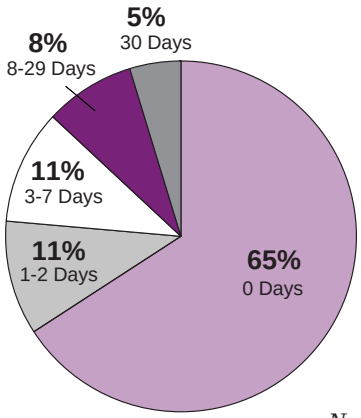
Physical Health:
How many days during the past 30 days was your physical health not good?

2006



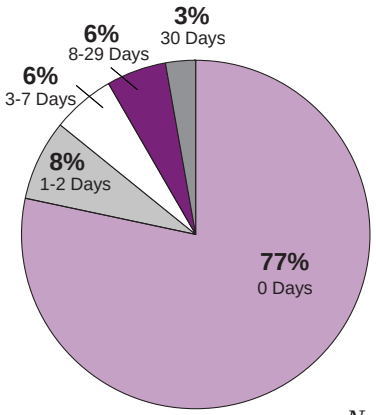
N=2,068

Mental Health:
How many days during the past 30 days was your mental health not good?



N=2,061

Activities Limited:
How many days did poor health keep you from doing your usual activities?



N=2,089

- In 2006, 21% of Alaskans adults reported they were limited in some way because of physical, mental, or emotional problems.
- In 2006, 6% of Alaskans reported needing special equipment, such as a cane, wheelchair, special bed, or a special telephone.

Depressive Disorders

Question: Has a doctor or other healthcare provider ever told you that you have a depressive disorder (including depression, major depression, dysthymia or minor depression)?

- In 2006, the national median prevalence of depression was 17%. In Alaska, 17% of adults reported ever being told that they had a depressive disorder.
- Females were significantly more likely than males to report depression.
- There were no significant differences in the prevalence of depression by race or education.

Depressive Disorders

	2006			
	n	weighted %	N	95% CI
Gender				
Male	117	13%	900	10.4 - 16.3
Female	249	22%	1,098	19.1 - 25.4
Total	366	17%	1,998	15.4 - 19.7
Race				
Native (any mention)	63	15%	420	11.0 - 20.1
Non-Native	300	18%	1,564	15.6 - 20.5
Age				
18–24	33	18%	162	12.4 - 26.6
25–34	63	17%	329	12.4 - 22.4
35–44	77	17%	405	12.6 - 21.4
45–54	95	21%	459	16.1 - 26.2
55–64	75	19%	359	14.2 - 24.9
65 or older	19	8%	260	4.9 - 14.4
Education				
Less than H.S	29	18%	154	11.2 - 27.5
H.S. Grad or GED	94	16%	596	12.8 - 20.9
Some College or Tech School	121	19%	602	15.1 - 23.2
College Grad	121	17%	641	13.6 - 20.9
Income				
Less than $15K	46	31%	155	21.9 - 41.3
$15,000–24,999	39	17%	207	11.4 - 25.5
$25,000–34,999	41	23%	208	16.1 - 32.6
$35,000–49,999	46	14%	284	9.5 - 19.7
$50,000–74,999	84	17%	414	12.8 - 21.5
$75K+	77	16%	531	12.0 - 20.3

n = Number of respondents who reported ever being told they have a depressive disorder.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Anxiety Disorders

Question: Has a doctor or other healthcare provider ever told you that you had an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)?

- In 2006, 12% of Alaskans reported ever being told they had an anxiety disorder, the same as the national median prevalence.
- As with depression, females are significantly more likely to report an anxiety disorder than males.

Anxiety Disorders

	2006			
	n	weighted %	N	95% CI
Gender				
Male	82	9%	902	6.5 - 11.3
Female	160	16%	1,098	12.9 - 18.9
Total	242	12%	2,000	10.2 - 14.1
Race				
Native (any mention)	58	14%	419	9.9 - 18.5
Non-Native	184	12%	1,567	9.8 - 14.1
Age				
18–24	23	13%	163	8.1 - 21.5
25–34	42	13%	329	8.9 - 18.2
35–44	53	11%	404	8.2 - 15.7
45–54	65	14%	461	10.3 - 18.8
55–64	39	11%	356	7.4 - 16.7
65 or older	19	7%	263	4.2 - 12.4
Education				
Less than H.S	22	13%	153	7.1 - 21.3
H.S. Grad or GED	75	12%	595	9.1 - 15.9
Some College or Tech School	82	14%	602	10.7 - 18.5
College Grad	63	10%	645	7.2 - 13.4
Income				
Less than $15K	38	26%	155	17.4 - 36.0
$15,000–24,999	30	16%	207	9.9 - 23.6
$25,000–34,999	25	12%	207	7.2 - 19.0
$35,000–49,999	31	10%	285	6.7 - 16.0
$50,000–74,999	56	13%	414	9.0 - 17.4
$75K+	39	8%	531	5.6 - 11.9

n = Number of respondents who reported ever being told that they have an anxiety disorder.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Risk Factors

Alcohol Use — Binge Drinking

Definition: 5 or more drinks on one or more occasions in the past 30 days.

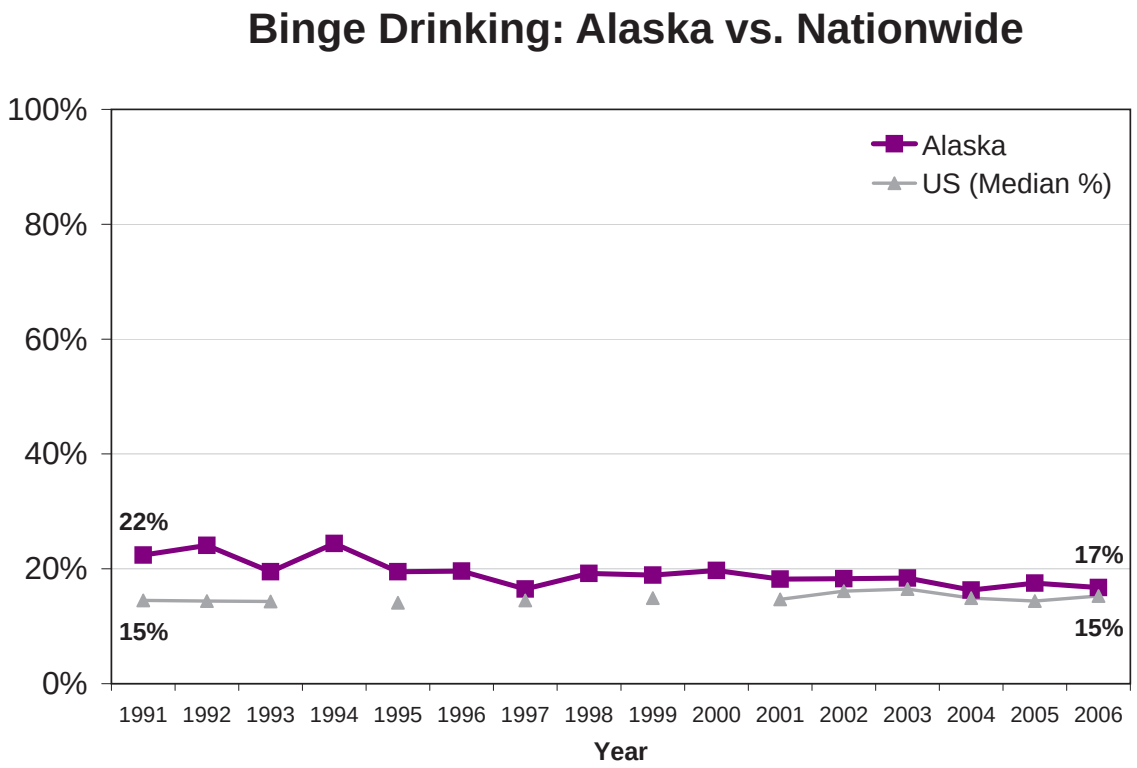
- This behavior was strongly associated with gender; males were significantly more likely than females to report binge drinking.
- Alaskans between the ages of 25 and 34 years reported more binge drinking than those in older age groups.
- Alaska Native and non-Native binge drinking rates did not differ significantly in 2006.

Healthy People 2010

Objective 26.11c: Reduce binge drinking among adults to 6%.

Healthy Alaskans 2010

Objective 4.4: Reduce binge drinking among adults to 13%.



Alcohol Use — Binge Drinking

	2006			
	n	weighted %	N	95% CI
Gender				
Male	202	21%	911	17.8 - 25.2
Female	123	12%	1,116	9.4 - 15.0
Total	325	17%	2,027	14.5 - 19.2
Race				
Native (any mention)	71	15%	427	10.8 - 19.3
Non-Native	253	17%	1,587	14.7 - 20.1
Age				
18–24	32	22%	169	14.6 - 31.7
25–34	102	34%	330	27.5 - 41.6
35–44	77	17%	404	13.3 - 22.5
45–54	66	12%	468	8.8 - 16.7
55–64	32	5%	359	3.5 - 7.8
65 or older	16	5%	270	2.5 - 9.0
Education				
Less than H.S.	19	13%	158	6.3 - 25.7
H.S. Grad or GED	119	20%	610	15.6 - 24.4
Some College or Tech School	89	15%	603	11.7 - 20.2
College Grad	98	16%	653	12.5 - 20.4
Income				
Less than $15K	20	15%	154	7.1 - 29.7
$15,000–24,999	19	9%	209	4.4 - 17.3
$25,000–34,999	41	25%	206	16.8 - 35.9
$35,000–49,999	51	18%	292	12.4 - 26.1
$50,000–74,999	84	23%	420	17.8 - 29.0
$75K+	92	15%	536	11.9 - 19.4

n = Number of respondents who had 5 or more drinks on one or more occasions in the past 30 days.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

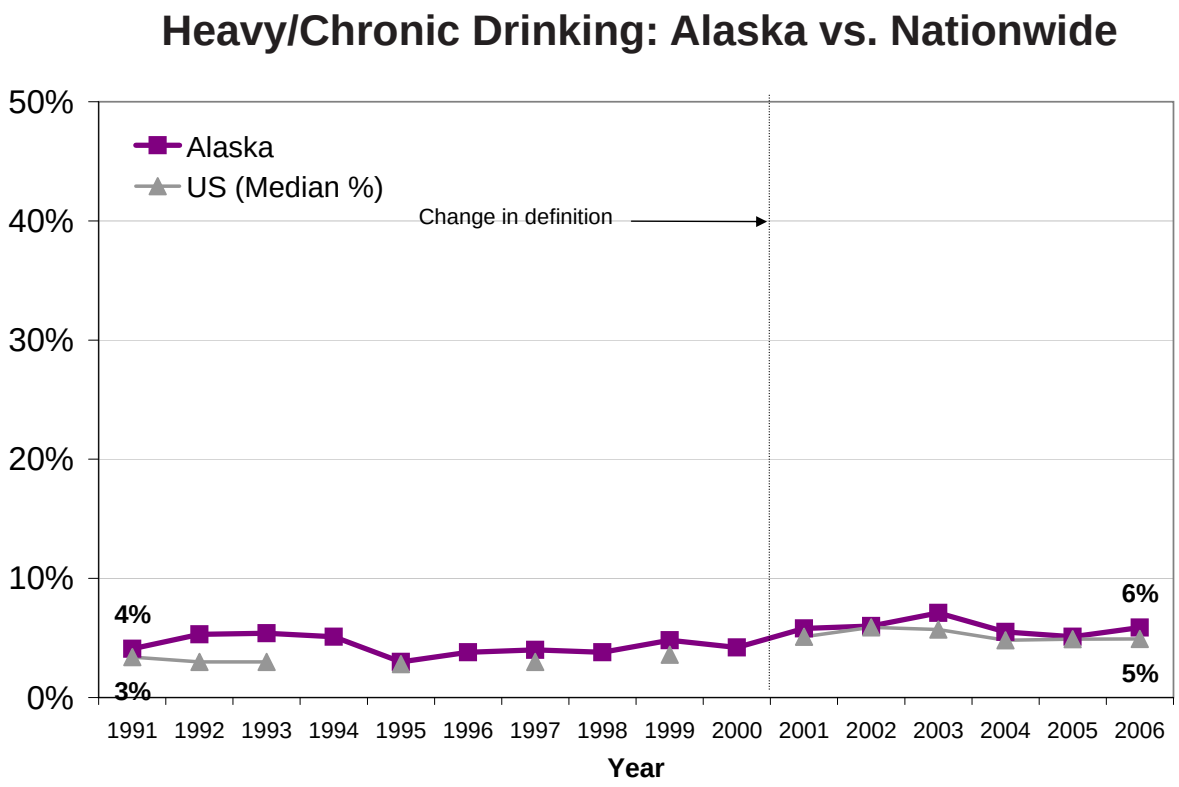
N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Alcohol Use — Heavy Drinking

Definition: Men reporting more than 2 drinks per day or women reporting more than 1 drink per day.

- In 2006, 6% of Alaskans were classified as "heavy drinkers," meaning that men drank an average of more than two alcohol drinks per day and women drank an average of more than one drink per day.
- No differences were found in the prevalence of heavy drinking by age, education or income level.
- Males and non-Natives were significantly more likely to report heavy drinking than females and Alaska Natives, respectively.



Alcohol Use — Heavy Drinking

	2006			
	n	weighted %	N	95% CI
Gender				
Male	65	8%	909	5.6 - 10.7
Female	51	4%	1,110	2.7 - 5.4
Total	116	6%	2,019	4.6 - 7.5
Race				
Native (any mention)	15	2%	423	1.3 - 4.2
Non-Native	100	7%	1,583	5.1 - 8.6
Age				
18–24	7	6%	165	2.5 - 13.2
25–34	25	8%	332	5.0 - 14.1
35 –44	26	6%	400	3.4 - 9.1
45–54	31	6%	468	3.9 - 9.4
55–64	13	3%	357	1.3 - 6.6
65 or older	14	6%	270	3.0 - 12.9
Education				
Less than H.S.	5	3%	154	0.9 - 8.6
H.S. Grad or GED	42	7%	610	4.7 - 10.9
Some College or Tech School	34	4%	600	2.4 - 5.9
College Grad	35	7%	652	4.7 - 10.9
Income				
Less than $15K	4	1%	152	0.4 - 3.3
$15,000–24,999	8	6%	210	2.2 - 16.8
$25,000–34,999	18	10%	204	4.9 - 19.9
$35,000–49,999	19	5%	293	2.8 - 8.6
$50,000–74,999	22	6%	418	3.6 - 10.2
$75K+	40	7%	534	4.6 - 10.1

n = Number of women who report more than one drink per day, and men reporting more than two drinks per day.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

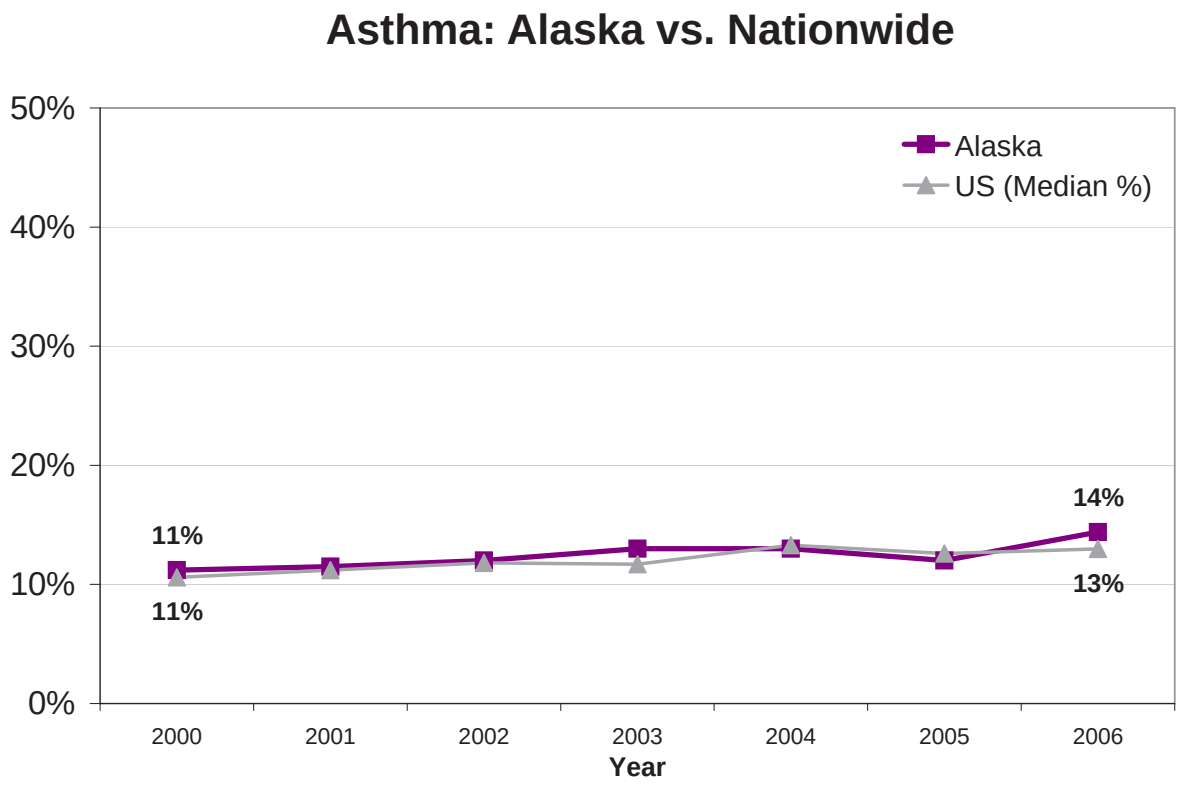
Chronic Disease — Asthma

Definition: Ever been told by a doctor, nurse or other health professional that you have asthma.

- Fourteen percent of adult Alaskans in 2006 reported being told by their doctor they have asthma.
- In 2006, significantly more females than males reported being told they have asthma.
- Of those reporting having ever been told they have asthma, approximately two-thirds reported they currently have asthma.

Healthy People 2010

Objective 24.2a: **Reduce lifetime asthma prevalence (adults ever told by a doctor that they have asthma) to 8%.**



Chronic Disease — Asthma

	2006			
	n	weighted %	N	95% CI
Gender				
Male	91	10%	954	7.4 - 12.5
Female	217	19%	1,156	16.5 - 22.8
Total	308	14%	2,110	12.5 - 16.6
Race				
Native (any mention)	75	16%	463	11.9 - 20.3
Non-Native	231	14%	1,632	12.0 - 16.6
Age				
18–24	35	16%	175	10.4 - 24.1
25–34	54	14%	346	10.3 - 19.4
35–44	60	16%	420	11.9 - 21.3
45–54	61	11%	492	7.9 - 15.0
55–64	54	14%	368	9.7 - 19.9
65 or older	39	16%	277	11.0 - 22.4
Education				
Less than H.S.	30	20%	169	12.7 - 28.9
H.S. Grad or GED	90	12%	647	9.2 - 15.4
Some College or Tech School	101	18%	628	13.8 - 22.6
College Grad	86	12%	661	9.5 - 15.9
Income				
Less than $15K	36	24%	164	16.3 - 34.6
$15,000–24,999	38	17%	220	11.1 - 24.0
$25,000–34,999	27	12%	217	7.4 - 18.8
$35,000–49,999	52	18%	299	12.4 - 25.9
$50,000–74,999	51	13%	428	8.8 - 17.4
$75K+	66	11%	551	8.0 - 14.4

n = Number of respondents who report ever being told they have asthma.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

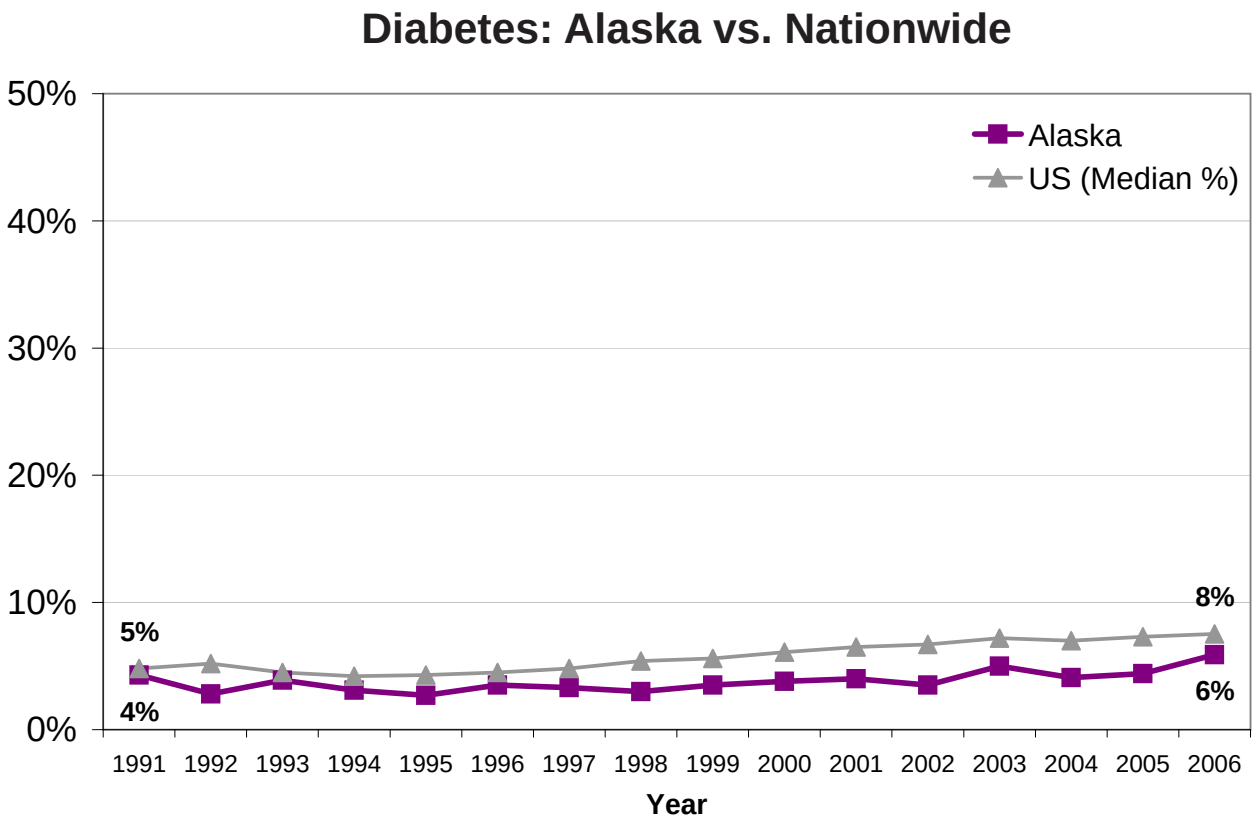
N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Chronic Disease — Diabetes

Definition: Ever been told by a doctor that you have diabetes.

- In Alaska, the prevalence of diabetes has remained relatively stable for the sixteen years of this survey, although there appears to have been a slight increase in 2006.
- The prevalence of diabetes increased with age in 2006.
- In 2006, Fifty-nine percent of adult Alaskans with diabetes reported having taken a course in how to manage diabetes, nearly identical to the Healthy Alaskans 2010 goal of 60% (Goal 23.3).
- In 2006, 59% of Alaskans with diabetes had their feet checked by a health professional at least once in the 12 months before the interview. This is below the Healthy Alaskans 2010 goal of 80% (Goal 23.7).
- In 2006, 83% of Alaskans with diabetes reported a glycosylated hemoglobin test at least once in the 12 months before the interview, above the Healthy Alaskans 2010 goal of 80% (Goal 23.8).
- Sixty-six percent of Alaskans with diabetes reported having a dilated eye exam in the past year in 2006. This is below the Healthy Alaskans 2010 goal of 80% (Goal 23.9).



Chronic Disease — Diabetes

	2006			
	n	weighted %	N	95% CI
Gender				
Male	72	6%	955	4.2 - 7.9
Female	72	6%	1,156	4.4 - 8.2
Total	144	6%	2,111	4.7 - 7.4
Race				
Native (any mention)	32	7%	463	3.7 - 11.3
Non-Native	111	6%	1,633	4.5 - 7.3
Age				
18–24	0		175	
25–34	2	<1%	346	0.0 - 0.7
35–44	13	2%	420	1.2 - 4.2
45–54	30	5%	492	3.0 - 9.6
55–64	43	13%	369	8.8 - 19.3
65 or older	54	23%	277	17.3 - 31.0
Education				
Less than H.S.	10	4%	170	1.8 - 7.0
H.S. Grad or GED	35	4%	646	2.3 - 6.0
Some College or Tech School	51	9%	627	6.0 - 12.4
College Grad	48	6%	663	4.1 - 8.4
Income				
Less than $15K	23	10%	165	6.0 - 15.4
$15,000–24,999	24	8%	220	4.3 - 12.8
$25,000–34,999	10	5%	217	2.7 - 10.6
$35,000–49,999	16	5%	299	2.4 - 8.5
$50,000–74,999	21	5%	428	2.6 - 8.7
$75K+	33	5%	552	3.5 - 8.2

n = Number of respondents who report ever being told by doctor that they have diabetes.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Chronic Disease — Prostate Cancer

Definition: Ever been told by doctor that you had prostate cancer.

- In 2006, 2% of the Alaska male population age 40 years or older reported having been diagnosed with prostate cancer compared to the national median prevalence of 4%.
- The subgroup of respondents reporting prostate cancer is small and precludes detailed analysis.
- In 2006, 46% of the Alaska male population 40 years of age or greater reported having had a Prostate Specific Antigen (PSA) test; 73% have had a digital rectal examination.
- Interested persons should consider other data sources such as the Alaska Cancer Registry, vital statistics mortality reports, or hospital discharge data.

Chronic Disease — Heart Attack

Definition: Ever been told by a doctor, nurse, or other health professional that you had a heart attack, also known as a myocardial infarction.

- In 2006, 3% of Alaskan adults reported having ever been told they had a heart attack compared to the 4% national median prevalence.
- There was no difference in the prevalence of history of heart attack by sex or race.
- The prevalence of history of heart attack was significantly higher in adults age 65 years and older than those in younger age groups.
- The prevalence of history of heart attack appears to increase with decreasing income and education.

	2006			
	n	weighted %	N	95% CI
Gender				
Male	52	4%	950	2.5 - 5.1
Female	34	3%	1,155	1.8 - 5.0
Total	86	3%	2,105	2.4 - 4.5
Race				
Native (any mention)	21	3%	459	1.8 - 4.8
Non-Native	65	3%	1,631	2.4 - 4.8
Age				
18–24	5	4%	175	1.2 - 11.6
25–34	2	<1%	345	0.0 - 0.6
35–44	4	1%	420	0.2 - 1.9
45–54	16	3%	492	1.5 - 5.5
55–64	19	4%	367	2.6 - 7.5
65 or older	40	14%	274	9.2 - 19.9
Education				
Less than H.S.	12	8%	168	2.7 - 21.3
H.S. Grad or GED	33	4%	644	2.7 - 6.8
Some College or Tech School	24	3%	626	1.8 - 4.4
College Grad	17	2%	662	1.0 - 3.3
Income				
Less than $15K	14	11%	165	4.2 - 25.0
$15,000–24,999	12	4%	218	1.9 - 7.4
$25,000–34,999	9	4%	215	1.8 - 9.2
$35,000–49,999	11	2%	298	0.8 - 3.2
$50,000–74,999	8	2%	429	0.7 - 3.8
$75K+	18	3%	551	1.6 - 5.4

n = Number of respondents who report ever being told by doctor that they had a heart attack.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Chronic Disease — Coronary Heart Disease

Definition: Ever been told by a doctor, nurse, or other health professional that you had angina or coronary heart disease.

- In 2006, 3% of Alaskan adults reported having been told they have angina or coronary heart disease; the national median prevalence of angina was 5%.
- There was no difference in the prevalence of coronary heart disease by sex or race.
- The prevalence of coronary heart disease was significantly higher in adults age 65 years and older than those in younger age groups.

	2006			
	n	weighted %	N	95% CI
Gender				
Male	39	3%	945	2.2 - 5.0
Female	41	3%	1,149	2.0 - 4.3
Total	80	3%	2,094	2.3 - 4.2
Race				
Native (any mention)	17	3%	458	1.5 - 5.7
Non-Native	63	3%	1,621	2.3 - 4.4
Age				
18–24	1	<1%	174	0.0 - 1.5
25–34	1	<1%	342	0.0 - 0.6
35–44	5	1%	420	0.5 - 3.0
45–54	17	3%	489	1.6 - 5.4
55–64	20	5%	364	2.4 - 8.4
65 or older	36	16%	273	10.9 - 23.4
Education				
Less than H.S.	7	3%	167	1.1 - 5.9
H.S. Grad or GED	27	3%	639	2.0 - 5.3
Some College or Tech School	23	3%	624	1.6 - 4.4
College Grad	23	4%	659	2.1 - 6.1
Income				
Less than $15K	15	8%	160	4.2 - 13.6
$15,000–24,999	13	4%	217	2.0 - 9.6
$25,000–34,999	8	3%	215	1.3 - 6.2
$35,000–49,999	8	2%	295	0.9 - 4.6
$50,000–74,999	11	2%	427	0.9 - 4.0
$75K+	15	3%	552	1.5 - 5.7

n = Number of respondents who report ever being told by doctor they have angina or coronary heart disease.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Chronic Disease — Stroke

Definition: Ever been told by a doctor, nurse, or other health professional that you had a stroke.

- In 2006, the national median prevalence of stroke was 3%. Two percent of Alaskan adults reported having been told they had a stroke during the same time period.
- There was no difference in the prevalence of history of stroke by sex or race.

	2006			
	n	weighted %	N	95% CI
Gender				
Male	33	3%	953	1.4 - 4.9
Female	32	2%	1,151	1.4 - 3.2
Total	65	2%	2,104	1.6 - 3.6
Race				
Native (any mention)	21	3%	460	1.9 - 5.5
Non-Native	44	2%	1,629	1.3 - 3.7
Age				
18–24	2	<1%	175	0.1 - 1.9
25–34	2	<1%	345	0.0 - 0.8
35–44	2	<1%	420	0.1 - 1.2
45–54	8	1%	492	0.5 - 2.4
55–64	19	7%	366	3.4 - 15.6
65 or older	32	10%	274	6.5 - 14.6
Education				
Less than H.S.	16	7%	167	3.7 - 12.5
H.S. Grad or GED	21	2%	645	1.2 - 3.3
Some College or Tech School	18	3%	625	1.3 - 5.1
College Grad	10	2%	662	0.5 - 5.9
Income				
Less than $15K	17	8%	164	4.1 - 13.9
$15,000–24,999	10	3%	217	1.4 - 6.6
$25,000–34,999	8	2%	216	1.2 - 5.0
$35,000–49,999	9	4%	297	1.2 - 12.7
$50,000–74,999	3	<1%	429	0.1 - 1.1
$75K+	9	2%	552	0.6 - 4.5

n = Number of respondents who report ever told by doctor that they had a stroke.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Exercise — No Leisure Time Physical Activity

Definition: No physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise in the past 30 days other than regular job.

- Slightly more Alaskans report leisure time physical activity than the national median.
- Alaskans' leisure time physical activity levels have remained consistent throughout the years of this survey with approximately one-fifth of adults reporting no leisure time physical activity.
- Leisure time physical activity decreased with increasing age in 2006.

Healthy People 2010

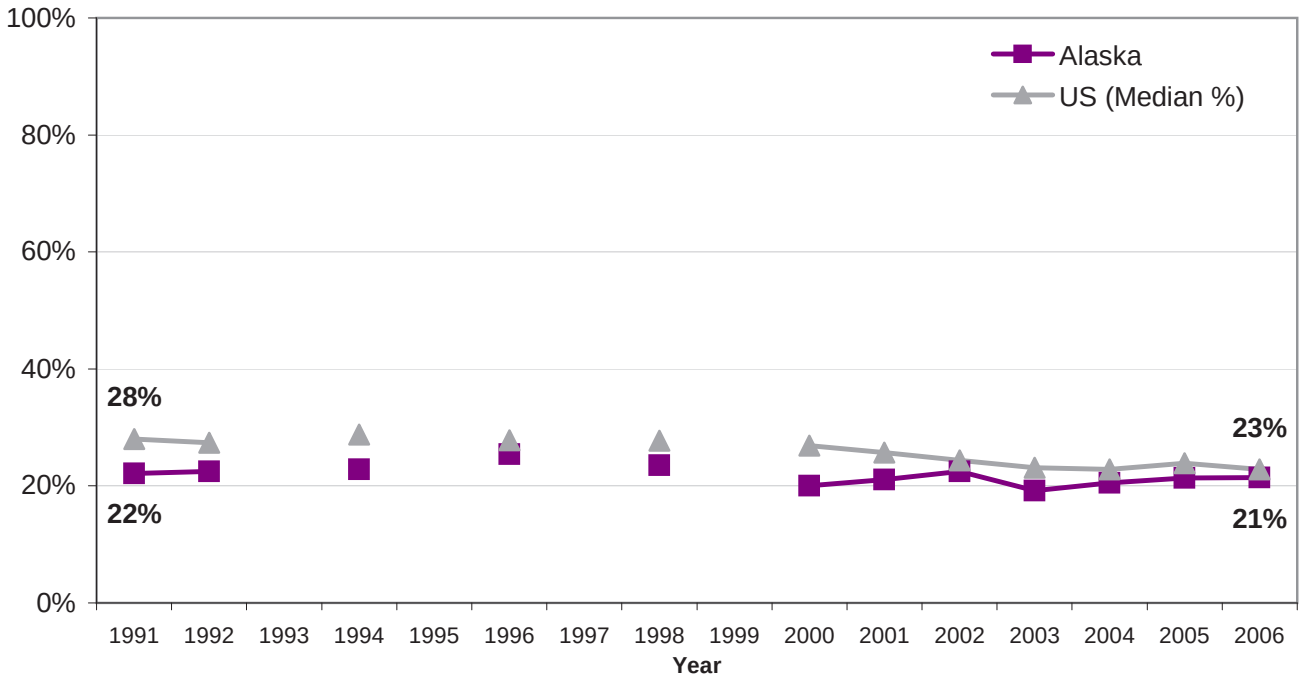
Objective 22.1: **Reduce the proportion of adults who are physically inactive to 20%**

Healthy Alaskans 2010

Objective 1.1: **Reduce the proportion of adults who are physically inactive to 15%.**

- Alaskans with less income and those with less education were more likely than those with more socioeconomic resources to report no leisure time physical activity.

No Leisure Time Physical Activity: Alaska vs. Nationwide



Exercise — No Leisure Time Physical Activity

	2006			
	n	weighted %	N	95% CI
Gender				
Male	226	19%	954	16.4 - 23.0
Female	270	24%	1,155	20.2 - 27.2
Total	496	21%	2,109	19.1 - 23.9
Race				
Native (any mention)	139	26%	463	20.6 - 31.5
Non-Native	354	21%	1,632	17.9 - 23.4
Age				
18–24	31	17%	171	10.6 - 24.9
25–34	71	19%	346	13.4 - 25.4
35–44	77	18%	420	14.0 - 24.0
45–54	114	23%	493	18.1 - 28.2
55–64	101	25%	369	19.1 - 31.7
65 or older	97	33%	278	26.2 - 40.6
Education				
Less than H.S.	73	39%	168	27.8 - 51.6
H.S. Grad or GED	189	26%	646	21.5 - 31.2
Some College or Tech School	131	20%	627	16.4 - 24.9
College Grad	101	14%	663	10.8 - 17.8
Income				
Less than $15K	72	41%	165	31.2 - 52.5
$15,000–24,999	67	29%	219	20.4 - 40.1
$25,000–34,999	50	22%	217	15.3 - 29.9
$35,000–49,999	75	24%	298	18.0 - 32.3
$50,000–74,999	79	18%	429	13.4 - 23.3
$75K+	85	15%	552	11.5 - 19.0

n = Number of respondents who report no leisure time physical activity or exercise.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Overweight and Obesity

Definitions: Obese: Have body mass index (BMI) 30 or greater. Overweight: Have a BMI 25–29.9

- Overweight status has remained relatively stable from 1991 to 2006 in both the US and Alaska; in 2006, nearly 40% of adult Alaskans met the definition of being overweight.
- Obesity has increased on a state and national level during this time period; in 2006, approximately one quarter of Alaskan adults met the definition for being obese.
- There was no significant difference between Natives and non-Natives in the prevalence of overweight or obesity in 2006.
- Males were significantly more likely to be overweight than females, but equally likely to be obese.

Healthy People 2010

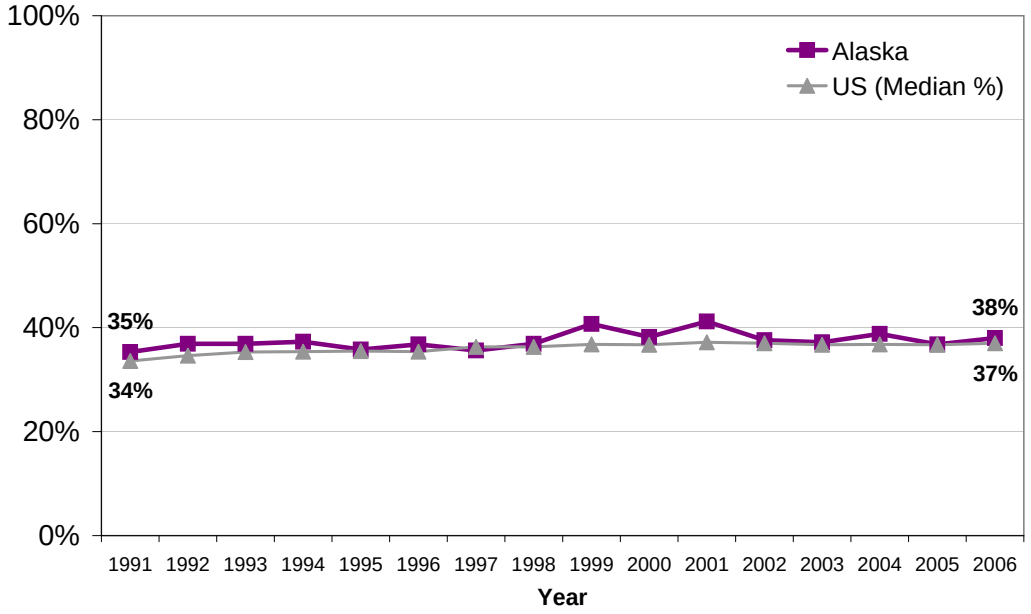
Objective 19.1 & 19.2: **Increase proportion of adults who are at a healthy weight to 60%. Reduce the proportion of adults who are obese to 15%.**

Healthy Alaskans 2010

Objective 2.1a & 2.1b: **Reduce the proportion of adults who meet criteria for overweight to 30%; and reduce obesity to 18%.**

Overweight (25 - 29.9 BMI)*

Overweight (25-29.9 BMI): Alaska vs. Nationwide



	2006 n	weighted %	N	95% CI
Gender				
Male	423	45%	947	40.2 - 49.2
Female	339	31%	1,094	26.9 - 34.4
Total	762	38%	2,041	35.0 - 41.1
Race				
Native (any mention)	146	32%	446	26.4 - 39.1
Non-Native	614	39%	1,583	36.0 - 42.8
Age				
18–24	60	35%	173	26.5 - 45.6
25–34	109	31%	337	25.0 - 38.5
35–44	159	43%	407	36.9 - 49.5
45–54	185	41%	468	35.0 - 47.4
55–64	137	38%	364	31.1 - 46.4
65 or older	101	34%	266	27.3 - 42.1
Education				
Less than H.S.	50	28%	159	19.2 - 39.3
H.S. Grad or GED	219	35%	628	29.8 - 40.3
Some College or Tech School	230	38%	603	33.1 - 44.0
College Grad	261	43%	647	37.7 - 48.2
Income				
Less than $15K	44	25%	160	17.4 - 35.2
$15,000–24,999	74	37%	214	27.5 - 47.6
$25,000–34,999	64	30%	210	22.0 - 39.5
$35,000–49,999	121	42%	290	33.6 - 51.2
$50,000–74,999	179	43%	419	37.0 - 50.1
$75K+	217	41%	545	35.6 - 46.5

*BMI = weight in kilograms divided by height in meters squared ([weight in kg]/[height in meters]^2)

n = Number of respondents who are overweight based on Body Mass Index (BMI) 25-29.9.

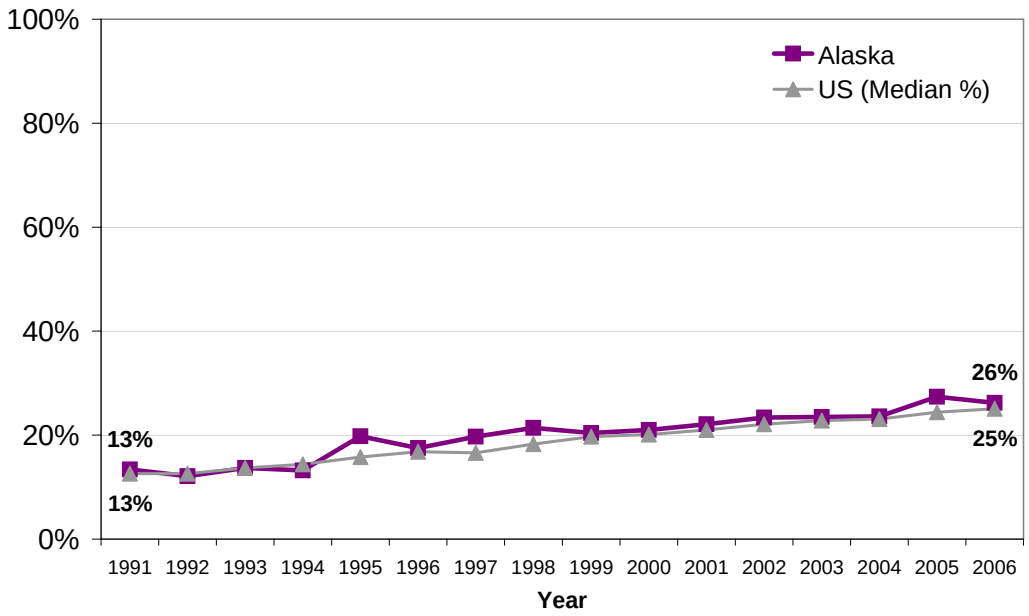
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Obesity (30+ BMI)*

Obesity (30+ BMI): Alaska vs. Nationwide



	2006			
	n	weighted %	N	95% CI
Gender				
Male	258	26%	947	22.2 - 30.0
Female	320	27%	1,094	23.1 - 30.2
Total	578	26%	2,041	23.6 - 28.9
Race				
Native (any mention)	144	29%	446	23.1 - 35.1
Non-Native	429	26%	1,583	22.8 - 28.7
Age				
18–24	23	13%	173	7.8 - 21.4
25–34	78	22%	337	16.7 - 27.9
35–44	116	27%	407	21.8 - 32.5
45–54	148	31%	468	25.2 - 37.5
55–64	138	39%	364	31.2 - 46.6
65 or older	70	26%	266	19.3 - 33.1
Education				
Less than H.S.	43	23%	159	14.4 - 34.9
H.S. Grad or GED	206	29%	628	24.0 - 33.7
Some College or Tech School	171	30%	603	24.7 - 35.2
College Grad	157	21%	647	17.4 - 25.5
Income				
Less than $15K	57	35%	160	25.3 - 46.9
$15,000–24,999	67	27%	214	19.5 - 35.9
$25,000–34,999	63	32%	210	23.8 - 41.4
$35,000–49,999	66	17%	290	12.1 - 23.2
$50,000–74,999	111	25%	419	20.0 - 31.4
$75K+	161	28%	545	23.1 - 33.2

*BMI = weight in kilograms divided by height in meters squared ([weight in kg]/[height in meters]^2)

n = Number of respondents who are obese based on Body Mass Index (BMI) of 30 or greater.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Tobacco Use — Smoking

Definition: Have smoked at least 100 cigarettes in your lifetime and currently smoke everyday or some days.

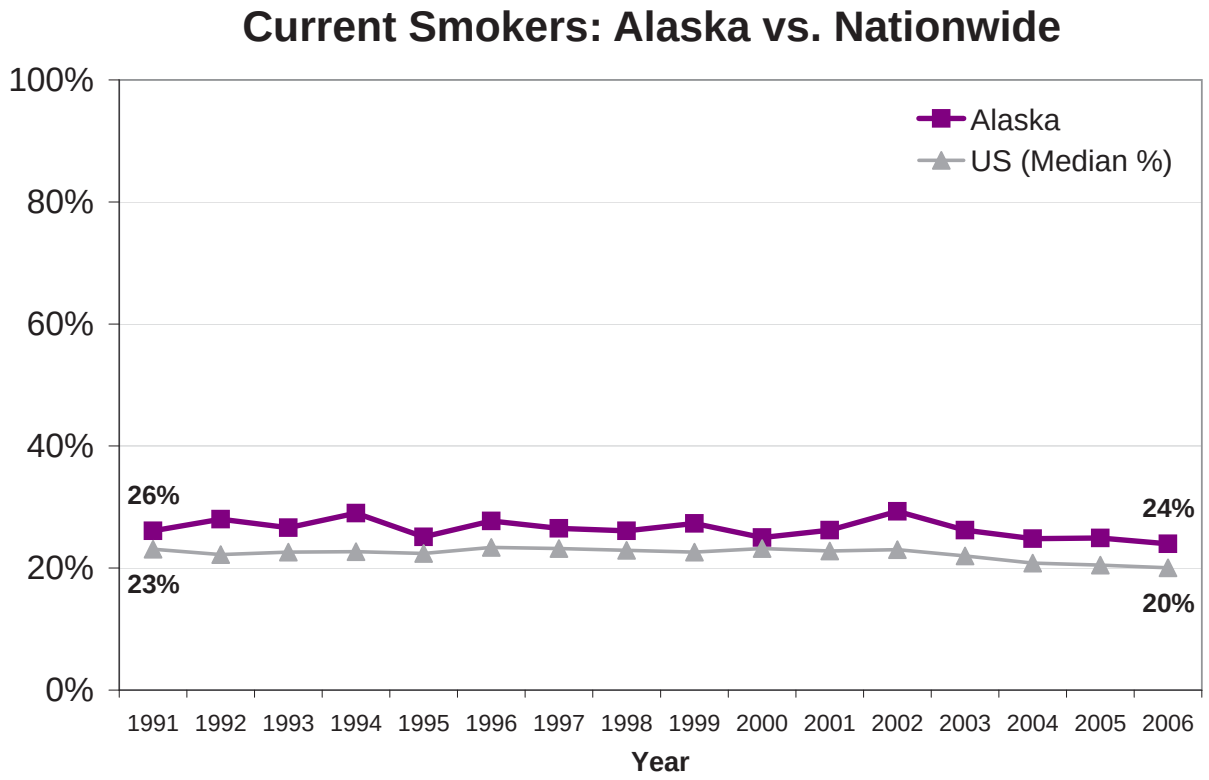
- Approximately one in four Alaskans currently smoke, either some days or everyday.
- Prevalence of current smoking among adults remained relatively constant from 1991 to 2006.
- Forty-five percent of Alaska Natives reported being smokers compared to 19% of non-Natives; this difference is statistically significant.
- Smoking prevalence was greatest in younger respondents, those with less education and those with lower income.
- Fifty-four percent of current everyday smokers reported having tried to quit smoking for 1 day or longer in the past year.

Healthy People 2010

Objective 3.8: Reduce the percentage of adults who smoke cigarettes to 14%

Healthy Alaskans 2010

Objective 27.1a: Reduce tobacco use by adults to 12%.



Tobacco Use — Smoking

	2006			
	n	weighted %	N	95% CI
Gender				
Male	259	25%	948	21.4 - 29.5
Female	260	23%	1,150	19.4 - 26.2
Total	519	24%	2,098	21.4 - 26.7
Race				
Native (any mention)	197	45%	456	37.7 - 52.0
Non-Native	318	19%	1,627	16.9 - 22.3
Age				
18–24	58	34%	173	24.5 - 44.7
25–34	100	30%	343	23.7 - 37.3
35–44	110	21%	416	16.6 - 25.6
45–54	126	25%	492	19.7 - 30.1
55–64	71	16%	369	11.6 - 22.4
65 or older	48	17%	273	11.2 - 23.8
Education				
Less than H.S.	77	54%	167	40.7 - 65.9
H.S. Grad or GED	219	31%	640	26.7 - 36.6
Some College or Tech School	138	22%	624	17.8 - 26.7
College Grad	84	12%	663	8.9 - 16.2
Income				
Less than $15K	64	41%	163	30.0 - 52.0
$15,000–24,999	88	38%	216	28.4 - 48.0
$25,000–34,999	69	39%	214	29.5 - 48.5
$35,000–49,999	72	29%	297	20.3 - 38.8
$50,000–74,999	86	18%	428	14.0 - 23.4
$75K+	83	13%	552	10.1 - 17.5

n = Number of respondents who report they have smoked at least 100 cigarettes in their lifetime and currently smoke.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Tobacco Use — Smokeless Tobacco

Definition: Current users of smokeless tobacco.

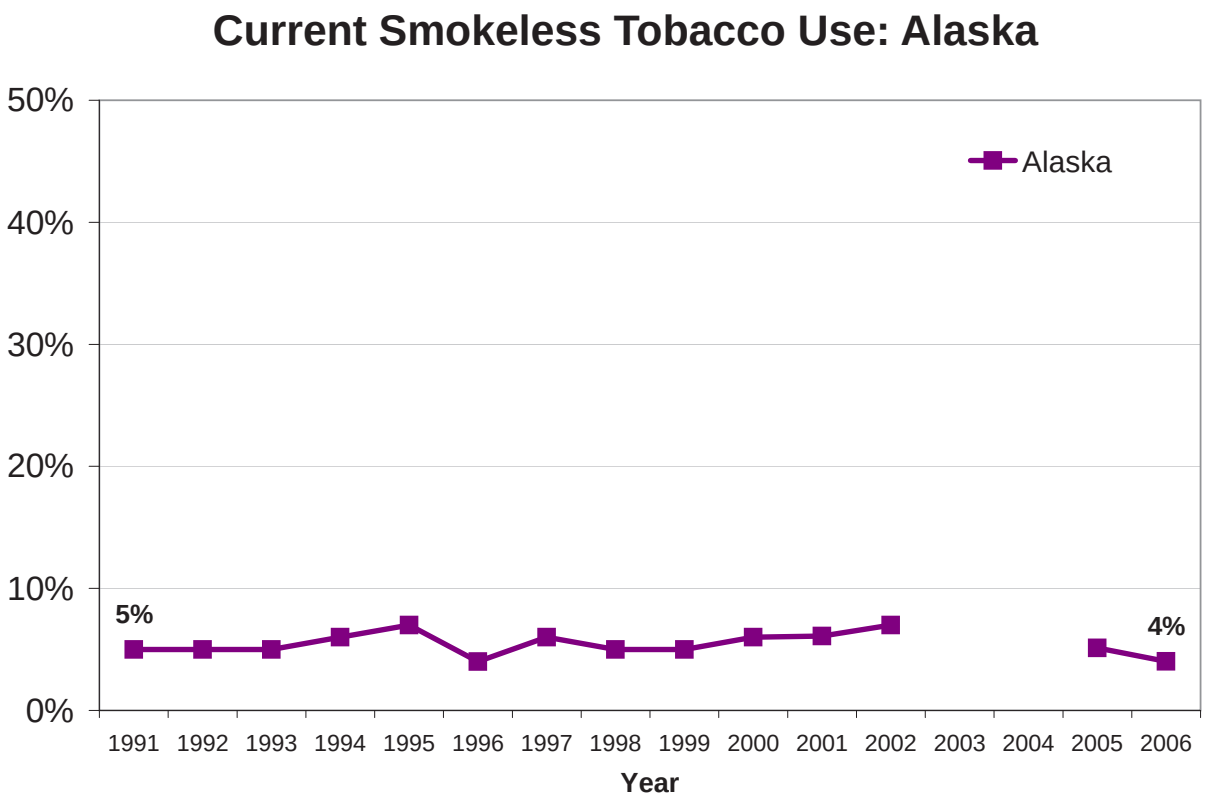
- During the 16 years of surveillance, the prevalence of smokeless tobacco use has remained relatively constant.
- Alaska Natives (9%) were more than twice as likely as non-Natives (3%) to report current smokeless tobacco use in 2006; this difference is statistically significant.
- Males were significantly more likely than females to report current smokeless tobacco use.

Healthy People 2010

Objective 27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.

Healthy Alaskans 2010

Objective 3.9: Reduce the percentage of adult use of smokeless tobacco to 3%.



Tobacco Use — Smokeless Tobacco

	2006			
	n	weighted %	N*	95% CI
Gender				
Male	81	7%	902	5.0 - 9.0
Female	16	1%	1,101	0.6 - 1.9
Total	97	4%	2,003	3.1 - 5.2
Race				
Native (any mention)	45	9%	423	6.3 - 12.2
Non-Native	51	3%	1,567	2.0 - 4.3
Age				
18–24	7	2%	159	1.1 - 5.2
25–34	32	9%	331	5.7 - 14.9
35–44	24	5%	404	3.1 - 7.8
45–54	18	3%	461	1.6 - 4.6
55–64	12	2%	359	1.2 - 4.1
65 or older	4	1%	264	0.3 - 2.1
Education				
Less than H.S.	10	5%	155	2.2 - 9.5
H.S. Grad or GED	37	5%	595	3.3 - 7.1
Some College or Tech School	32	3%	601	2.2 - 4.8
College Grad	18	4%	647	2.0 - 7.2
Income				
Less than $15K	9	4%	156	2.0 - 8.7
$15,000–24999	8	5%	206	1.5 - 14.8
$25,000–34999	13	6%	205	3.0 - 10.2
$35,000–49999	13	4%	285	1.7 - 7.7
$50,000–74999	20	5%	414	2.7 - 8.0
$75K+	21	3%	531	1.7 - 4.5

n = Number of respondents who reported ever using smokeless tobacco products.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Firearms

Definition: Any firearms now kept in or around your home that are both loaded and unlocked.

- In 2006, 59% of adult Alaskans reported they have firearms in the home.
- Ten percent of Alaskans reported living in a household with a loaded and unlocked firearm in 2006.
- Males and non-Native Alaskans were more than twice as likely as females and Alaska Natives respectively to report a loaded and unlocked firearm in the home; these differences are significant.

Healthy People 2010

Objective 15.4: Reduce the proportion of persons living in homes with firearms that are loaded and unlocked to 16%.

Healthy Alaskans 2010

Objective 8.16: Reduce prevalence of Alaskan adults reporting firearms in or around the house and at least one firearm is kept loaded and unlocked to 10%.

	2006			
	n	weighted %	N	95% CI
Gender				
Male	131	14%	864	11.0 - 17.4
Female	65	6%	1,051	4.6 - 8.1
Total	196	10%	1,915	8.4 - 12.1
Race				
Native (any mention)	20	4%	405	2.4 - 7.0
Non-Native	171	11%	1,498	9.1 - 13.5
Age				
18–24	14	8%	153	3.9 - 15.6
25–34	23	9%	320	5.4 - 13.5
35–44	26	5%	392	3.5 - 8.1
45–54	47	10%	435	6.9 - 14.2
55–64	51	18%	345	12.5 - 25.8
65 or older	31	14%	248	9.1 - 22.3
Education				
Less than H.S.	12	7%	150	3.6 - 14.7
H.S. Grad or GED	52	9%	572	5.9 - 13.0
Some College or Tech School	77	13%	568	9.7 - 17.2
College Grad	55	9%	623	6.7 - 12.6
Income				
Less than $15K	13	11%	154	5.6 - 19.9
$15,000–24,999	16	7%	201	3.6 - 13.7
$25,000–34,999	17	6%	202	3.4 - 11.1
$35,000–49,999	24	7%	275	4.1 - 13.4
$50,000–74,999	41	10%	391	6.6 - 14.6
$75K+	74	14%	511	10.9 - 18.7

n = Number of respondents who reported their firearm(s) were loaded and unlocked.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

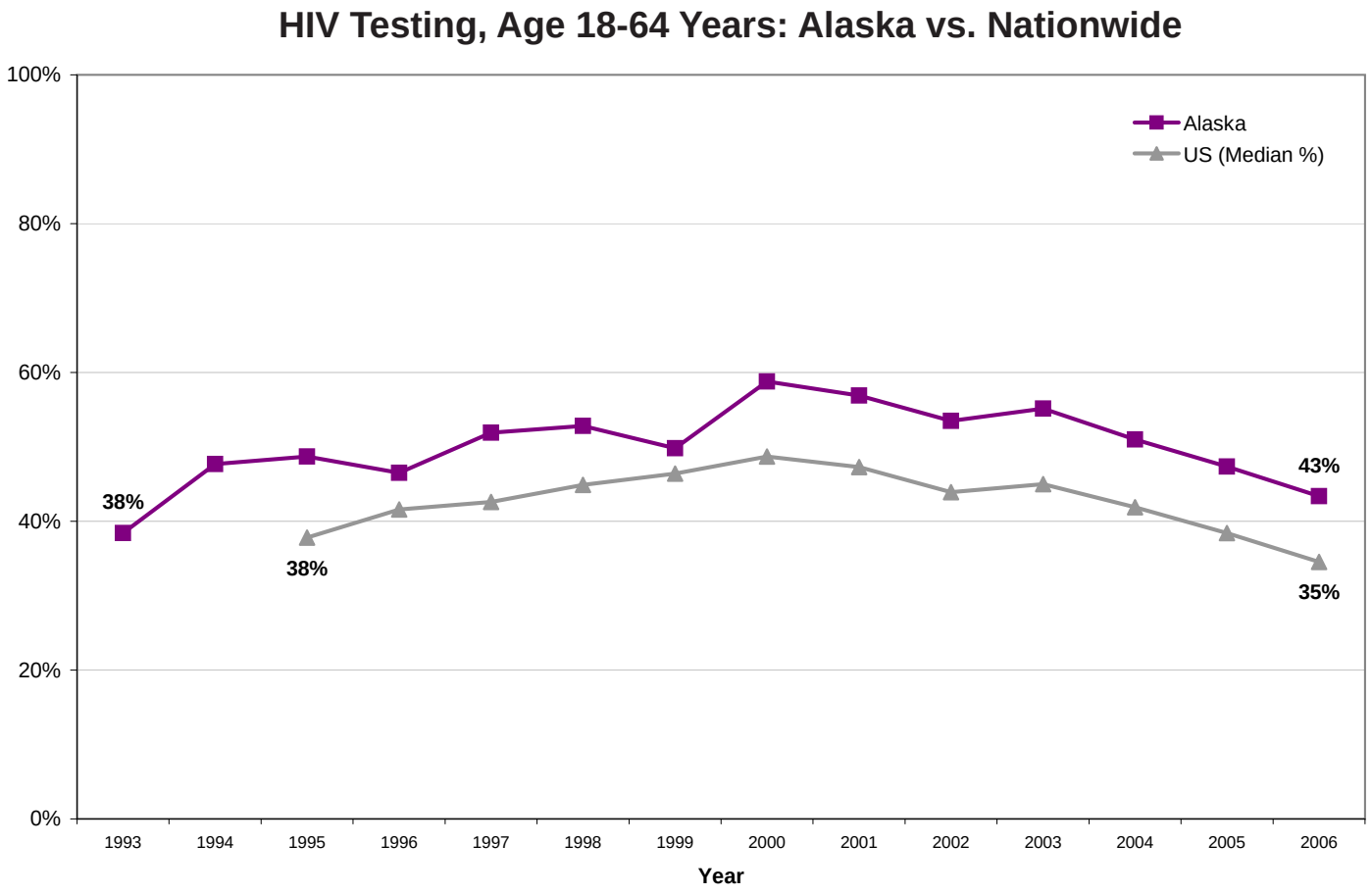
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Preventive Practices

HIV Test

Definition: Ever had an HIV test that was not part of a blood donation.

- The prevalence of ever having an HIV test peaked in 2000 in both Alaska and the US; the prevalence has declined in recent years.
- In 2006, 43% of Alaskan adults reported ever having an HIV test.
- There was no difference in the prevalence of HIV testing by sex, race, education or income.
- Alaskans age 25-34 years had the highest prevalence of HIV testing compared to adults in other age groups.



HIV Test

	2006			
	n	weighted %	N	95% CI
Gender				
Male	309	43%	786	37.8 - 47.8
Female	420	44%	934	39.7 - 48.5
Total	729	43%	1,720	40.0 - 46.8
Race				
Native (any mention)	156	46%	372	38.1 - 54.0
Non-Native	567	43%	1,339	39.0 - 46.4
Age				
18–24	70	42%	168	32.0 - 52.7
25–34	201	63%	332	55.3 - 69.2
35 –44	206	50%	407	43.5 - 56.0
45–54	158	35%	460	29.3 - 41.7
55–64	94	24%	353	17.8 - 30.8
Education				
Less than H.S.	50	47%	117	31.1 - 63.2
H.S. Grad or GED	202	39%	517	32.9 - 45.0
Some College or Tech School	244	49%	518	42.9 - 54.9
College Grad	233	42%	565	36.7 - 47.7
Income				
Less than $15K	52	44%	116	31.7 - 56.8
$15,000–24,999	66	42%	158	30.4 - 54.1
$25,000–34,999	84	52%	161	40.9 - 62.3
$35,000–49,999	102	44%	247	34.7 - 54.6
$50,000–74,999	175	48%	386	41.2 - 55.0
$75K+	188	39%	497	33.8 - 45.3

n = Number of respondents who report ever having an HIV test that was not a part of a blood donation, 18-64 years.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Seatbelt Use

Definition: Always or nearly always wear a seatbelt while riding in a car.

- In 2006, 90% of Alaskans reported that they always or nearly always use a seatbelt when riding in a car; 78% report they always wear a seatbelt.
- The national median prevalence of always or nearly always wearing a seatbelt was 92% in 2006.
- Females and non-Native Alaskans were significantly more likely to always or nearly always wear a seatbelt than males and Alaska Natives respectively.
- Seatbelt use appears to increase with increasing age education.

Healthy People 2010

Objective 15.19: Increase use of safety belts to 92%.

Healthy Alaskans 2010

Objective 8.9: Increase the of safety belts by drivers and passengers to 80%

	2006			
	n	weighted %	N	95% CI
Gender				
Male	791	87%	936	83.9 - 89.5
Female	1,053	94%	1,143	91.7 - 95.3
Total	1,844	90%	2,079	88.4 - 91.8
Race				
Native (any mention)	358	82%	448	77.0 - 85.8
Non-Native	1,475	92%	1,616	90.1 - 93.8
Age				
18–24	135	81%	171	73.3 - 87.6
25–34	305	92%	342	87.7 - 94.7
35 –44	379	93%	419	89.5 - 94.7
45–54	420	91%	480	87.4 - 93.3
55–64	327	92%	365	85.1 - 95.6
Education				
Less than H.S.	138	82%	166	70.1 - 89.7
H.S. Grad or GED	531	87%	630	83.0 - 89.5
Some College or Tech School	558	93%	617	90.5 - 94.9
College Grad	613	93%	661	89.3 - 95.5
Income				
Less than $15K	129	78%	162	66.1 - 86.8
$15,000–24,999	191	93%	213	88.6 - 95.7
$25,000–34,999	184	88%	212	82.7 - 92.5
$35,000–49,999	266	90%	298	82.9 - 94.4
$50,000–74,999	384	91%	425	86.8 - 94.1
$75K+	497	93%	546	90.0 - 95.1

n = Number of respondents who report always or nearly always wearing a seatbelt when they ride in a car.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Breast Cancer Screening

Definition: Female respondents age 40 and older who report a mammogram within 2 years.

- In Alaska and nationwide, the prevalence of mammography screening has increased over the 16 years of data collection.
- Seventy-three percent of Alaskan women over the age of 40 reported obtaining a mammogram in the prior two years in 2006.

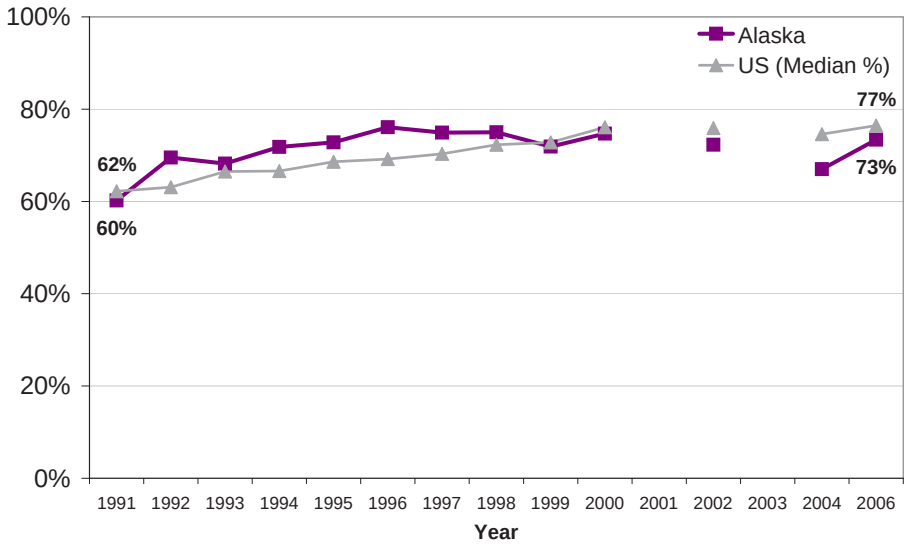
Healthy People 2010

Objective 3.13: **Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.**

Healthy Alaskans 2010

Objective 22.11: **Increase the proportion of women aged 40 years and older who have received a mammogram with the preceding 2 years to 76%.**

Mammogram in Last 2 Years (Women Age 40+): Alaska vs. Nationwide



2006

	n	weighted %	N	95% CI
Gender				
Female	527	73%	722	69.0 - 77.4
Race				
Native (any mention)	114	81%	144	71.7 - 87.1
Non-Native	409	72%	574	66.9 - 76.4
Education				
Less than H.S.	42	72%	62	56.6 - 82.9
H.S. Grad or GED	131	70%	178	60.2 - 78.5
Some College or Tech School	163	73%	234	65.5 - 79.6
College Grad	190	76%	247	68.8 - 82.7
Income				
Less than $15K	44	66%	70	51.4 - 78.8
$15,000–24,999	50	66%	76	49.6 - 79.0
$25,000–34,999	55	76%	69	61.0 - 86.1
$35,000–49,999	60	66%	90	52.1 - 77.6
$50,000–74,999	110	75%	146	64.2 - 82.9
$75K+	152	79%	196	70.9 - 85.2

n = Number of female respondents age 40 and older who report a mammogram within 2 years.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

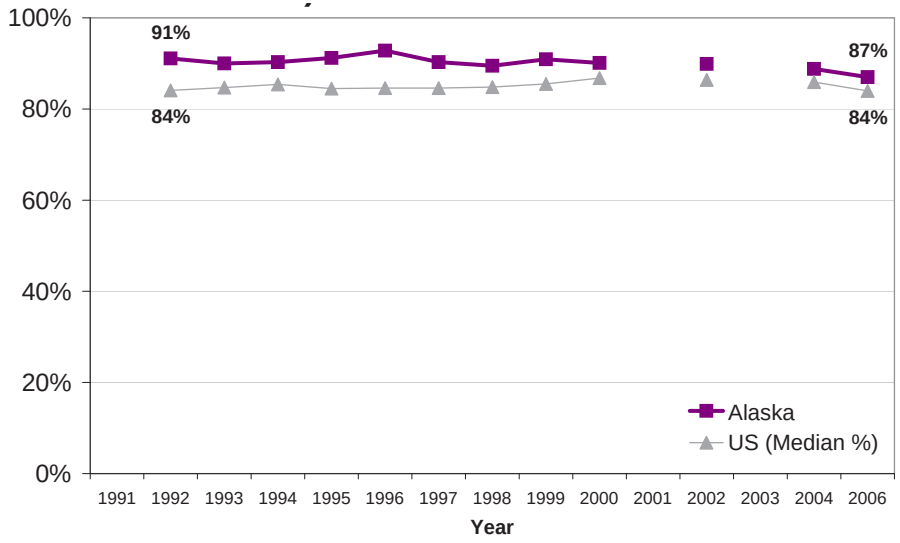
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Cervical Cancer Screening

Definition: Female respondents age 18 and older who report a pap test within 3 years.

- The percentage of Alaskan women who have had a pap test within the last 3 years has consistently been higher than the national average, although the difference has decreased with time.
- The prevalence of cervical cancer screening appears stable with no significant change over the sample period.
- In 2006, there was no significant difference between Alaska Native women and non-Native women in the prevalence of a Pap test within the last 3 years.
- No significant differences in Pap test prevalence were noted by age, education or income level.

Cervical Cancer Screening (Pap Smear in Last 3 Years): Alaska vs. Nationwide



n = Number of female respondents age 18 and older who report a pap test within 3 years.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Healthy People 2010

Objective 3.11: Increase the proportion of women aged 18 years and older who received a pap test within preceding 3 years to 90%.

Healthy Alaskans 2010

Objective 22.8: Increase the proportion of women aged 18 years and older who received a pap test within preceding 3 years to 95%.

	2006			
	n	weighted %	N	95% CI
Gender				
Female	790	87%	896	83.0 - 90.1
Race				
Native (any mention)	174	88%	201	81.7 - 92.1
Non-Native	611	87%	690	82.0 - 90.4
Age				
18–24	80	81%	95	67.0 - 90.3
25–34	169	89%	184	75.7 - 95.5
35–44	194	90%	215	83.6 - 94.0
45–54	187	94%	202	88.8 - 96.5
55–64	104	78%	124	64.1 - 88.1
65 or older	56	78%	76	64.1 - 87.2
Education				
Less than H.S.	63	88%	74	77.7 - 94.2
H.S. Grad or GED	207	85%	240	75.5 - 91.2
Some College or Tech School	245	84%	281	75.2 - 89.9
College Grad	274	92%	300	86.7 - 94.7
Income				
Less than $15K	57	91%	68	82.6 - 95.7
$15,000–24,999	79	78%	94	56.0 - 90.6
$25,000–34,999	82	82%	97	70.7 - 90.2
$35,000–49,999	127	91%	141	82.7 - 95.2
$50,000–74,999	173	94%	186	87.9 - 97.0
$75K+	193	91%	213	85.2 - 94.8

Colorectal Cancer Screening

Definitions: 1) Have used a home blood stool test (FOBT) in past 2 years, age 50 and over. 2) Had a sigmoidoscopy or colonoscopy, age 50 years and over.

- The prevalence of ever having had a sigmoidoscopy or colonoscopy has been increasing in the US and Alaska since 2001.
- In 2006, the prevalence of ever having had a FOBT was 17% and the prevalence of ever having had a sigmoidoscopy or colonoscopy was 55%.
- There were no significant differences by gender or race in the prevalence of ever having had a FOBT or colonoscopy or sigmoidoscopy.
- The prevalence of having had a sigmoidoscopy or colonoscopy appears to increase with level of education and income.

Healthy People 2010

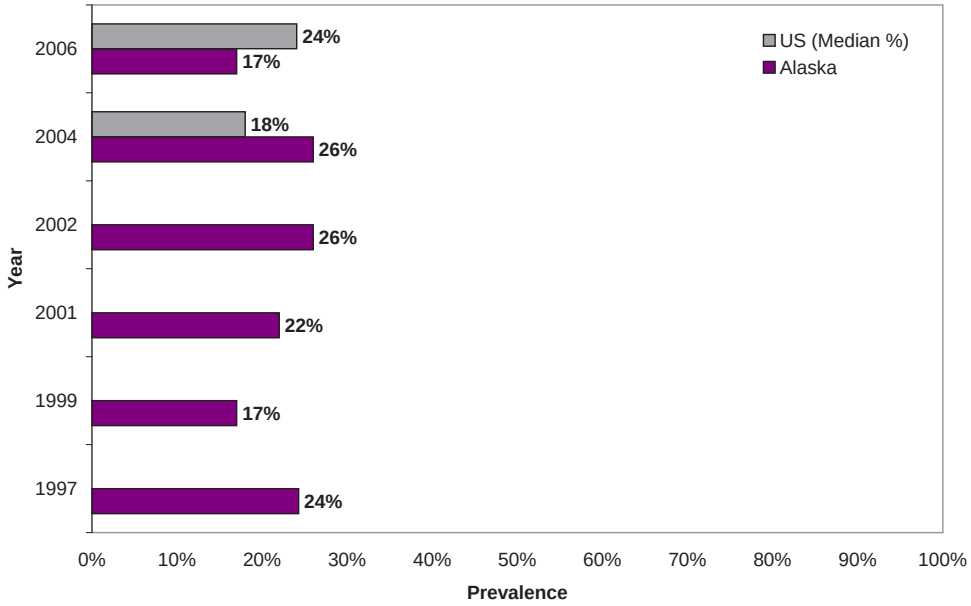
Objective 3.12a: Increase proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Objective 3.12b: Increase proportion of adults aged 50 years and older who have ever received a sigmoidoscopy to 50%.

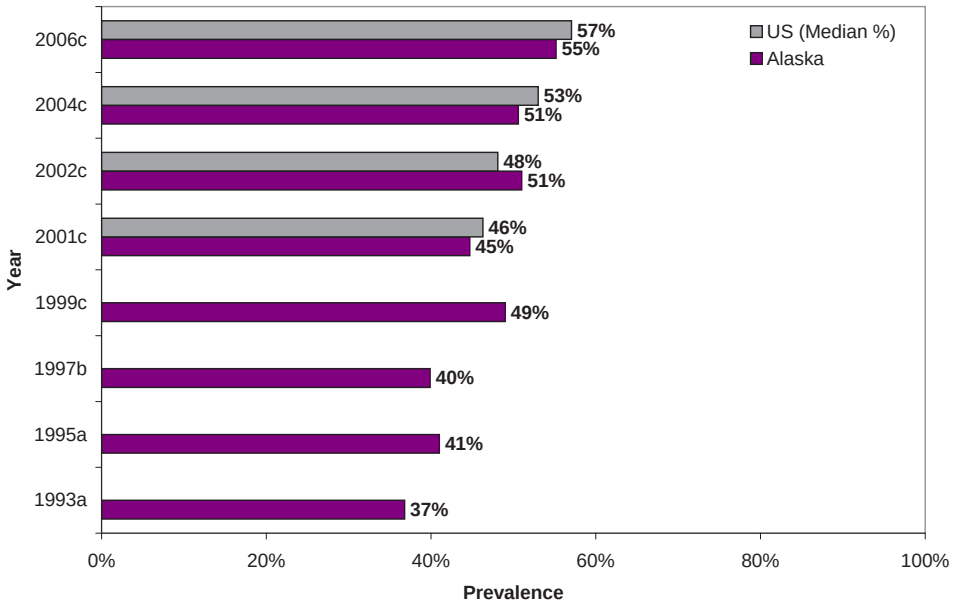
Healthy Alaskans 2010

Objective 22.10: Increase the proportion of adults 50 years and older who received colorectal screening examinations to 64%.

Colorectal Cancer Screening — Fecal Occult Blood Test



Colorectal Cancer Screening — Sigmoidoscopy or Colonoscopy



(a) Proctoscopy
(b) Sigmoidoscopy or proctoscopy
(c) Sigmoidoscopy or colonoscopy

Colorectal Cancer Screening

	2006 Fecal occult blood test				2006 Sigmoidoscopy or Colonoscopy			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	56	14%	410	9.9 - 20.6	215	56%	412	49.1 - 63.1
Female	87	20%	461	15.4 - 25.3	259	54%	469	47.7 - 60.2
Total	143	17%	871	13.7 - 21.0	474	55%	881	50.4 - 59.9
Race								
Native (any mention)	24	18%	173	9.6 - 31.1	90	57%	172	46.1 - 66.8
Non-Native	119	17%	693	13.4 - 21.2	382	55%	705	49.5 - 60.1
Education								
Less than H.S.	9	9%	85	4.4 - 18.8	32	44%	81	31.2 - 56.9
H.S. Grad or GED	30	14%	228	8.9 - 22.7	119	51%	232	42.4 - 60.5
Some College or Tech School	50	23%	252	15.9 - 31.7	147	59%	256	49.8 - 67.1
College Grad	54	15%	305	10.7 - 21.3	175	56%	311	48.2 - 64.4
Income								
Less than $15K	13	22%	88	11.7 - 36.6	45	49%	93	36.1 - 62.0
$15,000–24,999	13	7%	103	3.6 - 14.1	45	40%	103	26.9 - 53.8
$25,000–34,999	15	16%	90	8.5 - 27.0	49	52%	91	38.6 - 64.3
$35,000–49,999	19	17%	105	8.7 - 31.1	56	52%	104	37.2 - 66.9
$50,000–74,999	25	16%	152	9.6 - 26.3	87	57%	154	45.5 - 68.3
$75K+	42	18%	235	12.3 - 25.6	136	62%	237	53.7 - 70.1

n = Number of respondents who have (1) have had a blood stool test (FOBT) in the past 2 years, age 50 and older; (2) have had a sigmoidoscopy or colonoscopy, age 50 and over.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Healthcare Access

Definition: Possession of any kind of healthcare coverage including health insurance, prepaid plans such as HMOs or a government plan such as Medicare, Native Health Service or Indian Health Service.

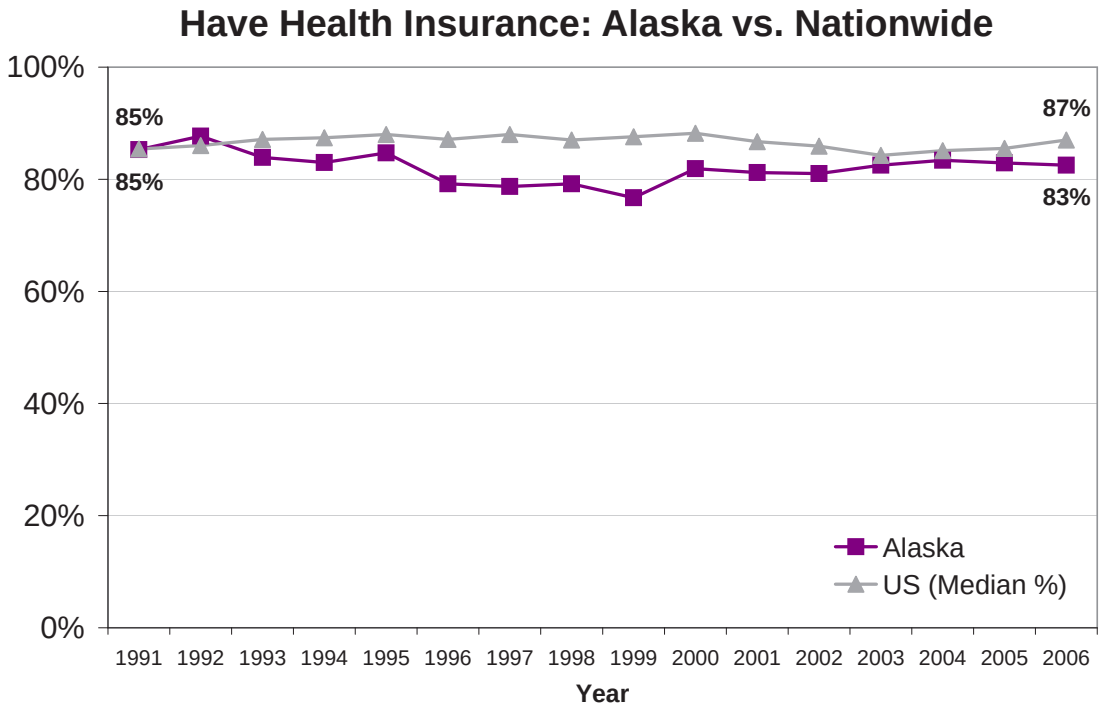
- Eighty-three percent of Alaskans reported having some type of health care coverage in 2006.
- There was no difference between Alaska Natives and non-Natives or between males and females in the prevalence of healthcare coverage in 2006.
- Healthcare coverage was more prevalent as age, income level, and education level increased.
- In 2006, 57% of respondents reported having one person they think of as their personal doctor or health provider, 11% had more than one and 32% had none.
- Fifteen percent of respondents in 2006 reported not being able to see a doctor because of the cost.

Healthy People 2010

Objective 1.1: Increase the proportion of persons with health insurance to 100%.

Healthy Alaskans 2010

Objective 15.1: Decrease the percent of Alaskans without health insurance coverage throughout the year to 5%.



Healthcare Access

	2006			
	n	weighted %	N	95% CI
Gender				
Male	791	83%	951	79.0 - 85.9
Female	969	82%	1,147	78.7 - 85.5
Total	1,760	83%	2,098	80.0 - 84.8
Race				
Native (any mention)	369	83%	455	78.5 - 86.7
Non-Native	1,378	82%	1,628	79.4 - 85.0
Age				
18–24	117	68%	169	58.0 - 76.7
25–34	272	75%	345	67.7 - 81.8
35–44	350	85%	418	80.3 - 88.6
45–54	413	85%	490	80.6 - 88.8
55–64	316	89%	367	83.6 - 92.5
65 or older	267	97%	278	93.4 - 98.3
Education				
Some H.S.	122	72%	169	60.5 - 81.7
H.S. Grad or GED	507	78%	639	72.6 - 82.2
Some College or Tech School	525	81%	623	76.5 - 85.5
College Grad	604	91%	662	86.8 - 93.4
Income				
Less than $15K	104	58%	164	46.6 - 68.4
$15,000–24,999	157	67%	219	56.2 - 76.7
$25,000–34,999	170	77%	215	67.4 - 84.3
$35,000–49,999	243	79%	299	71.5 - 85.0
$50,000–74,999	393	87%	429	81.7 - 91.2
$75K+	520	95%	551	92.4 - 96.8

n = Number of respondents who possess any type of healthcare coverage.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Vaccinations — Hepatitis B

Definition: Ever received the Hepatitis B vaccine (defined as complete when all three shots have been given).

- In 2006, nearly half of Alaskans reported ever having had a Hepatitis B vaccine compared to the national median prevalence of 38%.
- There was no difference in the prevalence of having had a Hepatitis B vaccine by sex or race.
- The prevalence of Hepatitis B vaccine increased with decreasing age and increasing education level.
- In 2006, 6% of respondents reported having participated in a high-risk activity for Hepatitis B infection.

	2006			
	n	weighted %	N	95% CI
Gender				
Male	328	48%	765	42.9 - 52.9
Female	450	48%	966	43.7 - 52.3
Total	778	48%	1,731	44.6 - 51.2
Race				
Native (any mention)	175	55%	354	47.7 - 61.8
Non-Native	593	46%	1,363	42.6 - 50.0
Age				
18–24	100	75%	129	63.4 - 83.6
25–34	143	58%	255	49.7 - 66.6
35–44	169	50%	340	43.4 - 57.2
45–54	184	42%	420	35.3 - 48.4
55–64	123	33%	330	26.3 - 41.3
65 or older	43	24%	231	17.1 - 32.5
Education				
Some H.S.	44	33%	129	23.8 - 43.8
H.S. Grad or GED	201	45%	514	38.8 - 51.6
Some College or Tech School	255	51%	521	44.8 - 56.6
College Grad	276	50%	563	44.8 - 56.1
Income				
Less than $15K	44	39%	133	27.4 - 51.0
$15,000–24,999	66	39%	178	28.2 - 50.0
$25,000–34,999	90	56%	183	46.2 - 65.7
$35,000–49,999	103	45%	242	36.0 - 53.7
$50,000–74,999	188	52%	355	44.3 - 58.8
$75K+	215	49%	463	43.4 - 55.4

n = Number of respondents who report having had a Hepatitis B vaccine.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Vaccinations — Influenza/Pneumonia

Definition: 1) Flu shot in the past 12 months adults age 65 years and older. 2) Ever received pneumonia shot, adults age 65 years and older.

- There has been an increase over time in the prevalence of adults age 65 years and older getting a pneumonia shot, however the prevalence has remained relatively flat since 2001.
- In 2006, 61% of adults age 65 years and older reported having had a flu shot in the past year.

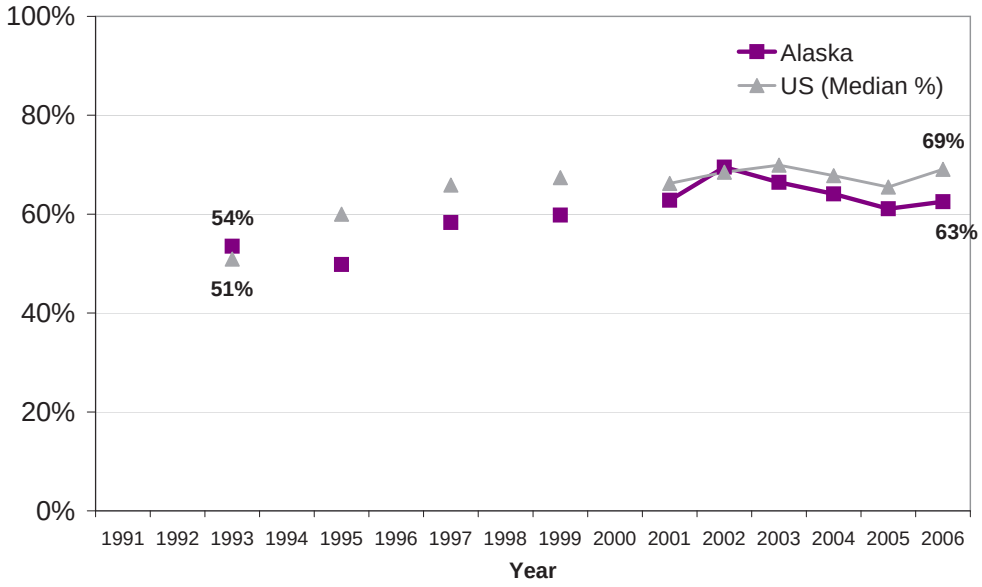
Healthy People 2010

14-29a, b: Increase the proportion of non-institutionalized adults age 65 and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

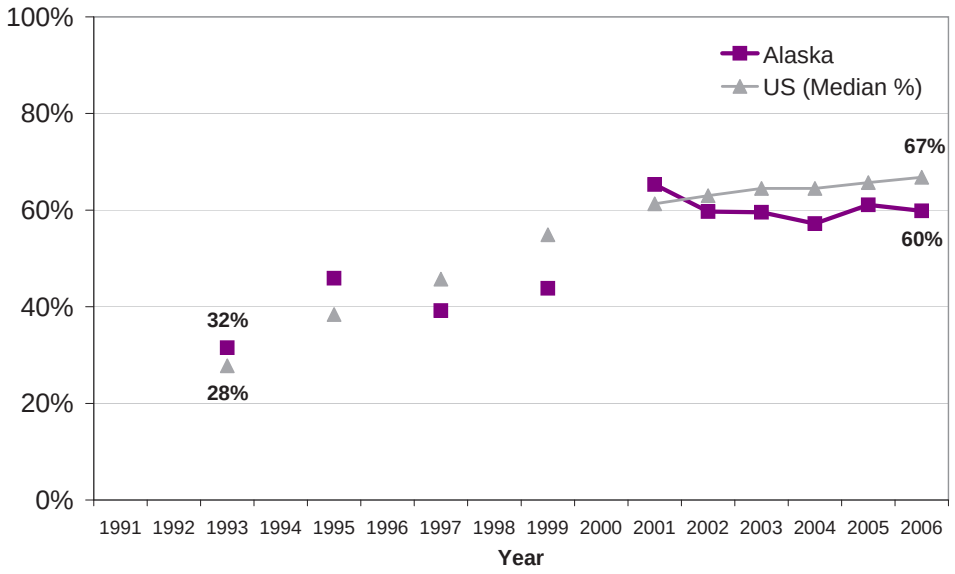
Healthy Alaskans 2010

Objectives 18.14 a, b: Increase the proportion of adults aged 65 and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Flu Shot in Last 12 Months (Age 65+ Only): Alaska vs. Nationwide



Ever Got a Pneumonia Shot (Age 65+ Only): Alaska vs. Nationwide



Risks by Region

Regional Summary

This section provides summary tables of the prevalence of behavioral health risks for each of the five BRFSS regions in Alaska. (see Appendix A).

Please note the following:

- Prevalence estimates for each region are weighted to the 18 and older population of the respective region. (see Appendix A).
- Consider the confidence intervals when comparing prevalence estimates.

Generally speaking, the smaller the sample size, the wider the range of values within which the true prevalence will occur in 95 out of 100 samples.

Definitions for Region tables

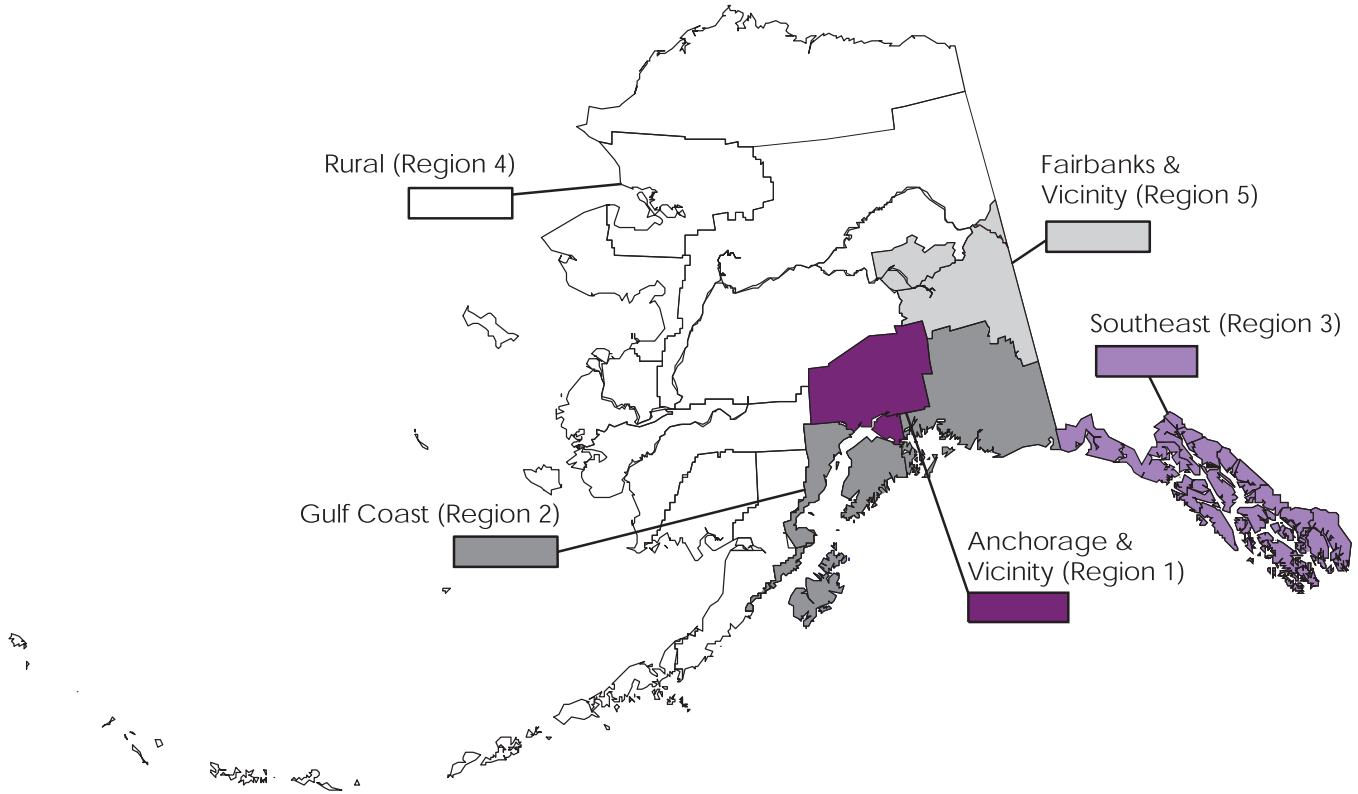
Note: See relevant sections of this document for definitions of individual indicators.

n = Number of respondents at risk

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup, in this region.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.



Regional Summary: Prevalence of Select Risk Factors

Binge Drinking

Region	2006 n	Weighted %	N	95% CI
Anchorage and Vicinity (Region 1)				
Male	40	19%	200	13.7 - 25.7
Female	34	13%	279	9.2 - 18.7
Total	74	16%	479	12.7 - 20.4
Gulf Coast (Region 2)				
Male	40	22%	151	16.2 - 30.0
Female	24	10%	205	6.3 - 15.0
Total	64	16%	356	12.7 - 21.2
Southeast (Region 3)				
Male	43	26%	170	18.9 - 34.3
Female	29	14%	206	9.1 - 20.0
Total	64	20%	376	15.5 - 25.0
Rural (Region 4)				
Male	33	19%	152	13.0 - 26.9
Female	22	12%	181	7.6 - 18.7
Total	55	16%	333	11.8 - 20.8
Fairbanks and Vicinity (Region 5)				
Male	46	27%	198	20.0 - 35.2
Female	14	7%	221	3.8 - 11.6
Total	60	17%	419	13.1 - 22.2

Regional Summary: Prevalence of Select Risk Factors

Heavy Drinking

Region	2006 n	Weighted %	N	95% CI
Anchorage and Vicinity (Region 1)				
Male	17	8%	199	4.8 - 13.4
Female	12	3%	279	1.8 - 6.2
Total	29	6%	478	3.9 - 8.7
Gulf Coast (Region 2)				
Male	12	8%	178	3.9 - 14.6
Female	12	4%	219	2.3 - 7.3
Total	24	6%	397	3.6 - 9.7
Southeast (Region 3)				
Male	19	10%	170	6.0 - 15.5
Female	13	7%	203	3.7 - 13.1
Total	24	8%	373	5.7 - 12.3
Rural (Region 4)				
Male	5	3%	151	1.4 - 8.6
Female	4	2%	178	0.7 - 5.3
Total	9	3%	329	1.3 - 5.6
Fairbanks and Vicinity (Region 5)				
Male	12	8%	199	4.1 - 15.3
Female	10	4%	219	1.9 - 7.2
Total	22	6%	418	3.6 - 9.9

Regional Summary: Prevalence of Select Risk Factors

Overweight/Obesity*

	2006			
	n	Weighted %	N	95% CI
Anchorage and Vicinity (Region 1)				
Male	150	72%	204	64.3 - 79.1
Female	154	55%	279	48.3 - 61.6
Total	304	64%	483	58.8 - 68.8
Gulf Coast (Region 2)				
Male	149	71%	50	63.2 - 78.1
Female	137	61%	87	53.6 - 68.3
Total	286	67%	137	61.2 - 71.7
Southeast (Region 3)				
Male	127	67%	176	58.3 - 75.0
Female	119	58%	201	50.6 - 65.6
Total	286	63%	377	57.1 - 68.4
Rural (Region 4)				
Male	109	61%	168	51.5 - 69.0
Female	121	62%	178	52.7 - 70.3
Total	230	61%	346	54.7 - 67.3
Fairbanks and Vicinity (Region 5)				
Male	146	73%	200	65.9 - 79.8
Female	128	58%	212	50.5 - 65.1
Total	274	66%	412	60.8 - 71.2

* BMI greater or equal to 25.0.

Regional Summary: Prevalence of Select Risk Factors

Current Smoking

	2006			
	n	Weighted %	N	95% CI
Anchorage and Vicinity (Region 1)				
Male	36	20%	204	13.8 - 27.5
Female	63	24%	289	18.4 - 29.8
Total	99	22%	493	17.5 - 26.5
Gulf Coast (Region 2)				
Male	60	31%	138	23.8 - 38.6
Female	44	18%	195	13.0 - 25.1
Total	104	25%	333	20.3 - 30.0
Southeast (Region 3)				
Male	43	26%	177	18.7 - 34.0
Female	44	18%	211	13.1 - 23.7
Total	104	22%	388	17.4 - 26.9
Rural (Region 4)				
Male	76	51%	166	41.8 - 59.7
Female	65	35%	189	27.3 - 43.0
Total	141	44%	355	37.4 - 49.9
Fairbanks and Vicinity (Region 5)				
Male	44	22%	203	16.0 - 29.5
Female	44	18%	222	13.3 - 24.3
Total	88	20%	425	16.1 - 24.9

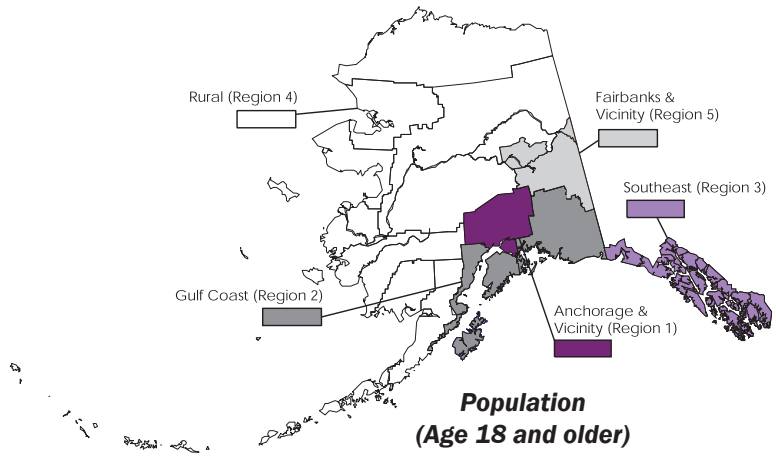
Regional Summary: Prevalence of Select Risk Factors

Have Health Care Coverage

	2006			
	n	Weighted %	N	95% CI
Anchorage and Vicinity (Region 1)				
Male	174	85%	204	78.1 - 89.5
Female	246	83%	288	76.4 - 87.6
Total	420	84%	492	79.3 - 87.3
Gulf Coast (Region 2)				
Male	168	81%	168	72.7 - 86.6
Female	190	77%	190	69.4 - 82.7
Total	358	79%	358	73.6 - 83.2
Southeast (Region 3)				
Male	155	88%	178	80.9 - 92.7
Female	187	88%	212	81.9 - 91.8
Total	358	88%	390	83.5 - 91.2
Rural (Region 4)				
Male	133	77%	168	68.8 - 83.7
Female	148	73%	188	64.2 - 80.5
Total	281	75%	356	69.4 - 80.4
Fairbanks and Vicinity (Region 5)				
Male	161	77%	202	69.4 - 83.6
Female	198	87%	223	80.8 - 91.4
Total	359	82%	425	77.0 - 86.0

Appendices

Appendix A: BRFSS Sampling Regions



Region	Population (Age 18 and older) by Region 2006*	Census Area	Population (Age 18 and older) by Census Area 2006*
1	255,852	Municipality of Anchorage	201,623
		Matanuska-Susitna Borough	54,229
2	54,322	Kenai Peninsula Borough	37,937
		Kodiak Island Borough	9,240
		Valdez-Cordova Census Area	7,145
3	52,736	Haines Borough	1,776
		Juneau City and Borough	23,103
		Ketchikan Gateway Borough	9,791
		Prince of Wales-Outer Ketchikan Census Area	4,032
		Sitka City and Borough	6,677
		Skagway-Hoonah-Angoon Census Area	2,389
		Yakutat Census Area	461
		Wrangall-Petersburg Census Area	4,507
4	45,241	Aleutians East Borough	2,307
		Aleutians West Borough	4,080
		Bethel Census Area	10,059
		Denali Borough	1,370
		Bristol Bay Borough	791
		Dillingham Census Area	3,024
		Lake and Peninsula Census Area	1,065
		Nome Census Area	5,812
		North Slope Borough	4,263
		Northwest Arctic Borough	4,307
		Wade Hampton Census Area	3,991
		Yukon-Koyukuk Census Area	4,172
5	66,841	Fairbanks North Star Borough	62,197
		Southeast Fairbanks Census Area	4,644
Totals	**474,992**		

**Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2006.*

Appendix B: Alaska BRFSS 2006 Survey Distribution

by Age and Region

Age	2006 n	2006 Weighted %
Anchorage and Vicinity (Region 1)		
18–24	41	15%
25–34	84	18%
35–44	117	21%
45–54	109	21%
55–64	66	14%
65 or older	66	9%
Unknown	12	2%
Gulf Coast (Region 2)		
18–24	27	14%
25–34	66	14%
35–44	87	19%
45–54	93	24%
55–64	88	16%
65 or older	71	11%
Unknown	6	1%
Southeast (Region 3)		
18–24	28	13%
25–34	54	14%
35–44	63	19%
45–54	103	24%
55–64	76	17%
65 or older	63	12%
Unknown	3	1%

Age	2006 n	2006 Weighted %
Rural (Region 4)		
18–24	32	17%
25–34	70	18%
35–44	65	22%
45–54	93	21%
55–64	66	13%
65 or older	29	9%
Unknown	9	1%
Fairbanks and Vicinity (Region 5)		
18–24	47	16%
25–34	72	21%
35–44	88	21%
45–54	95	20%
55–64	73	13%
65 or older	49	8%
Unknown	2	<1%

Appendix C: Alaska BRFSS 2006 Survey Distribution

by Race and Region

Race	2006 n	2006 Weighted %
Anchorage and Vicinity (Region 1)		
White only	384	75%
Black only	17	4%
Asian only	8	2%
Native Hawaiian or other Pacific Islander only	2	1%
American Indian or Alaskan Native only	32	7%
Other Race only	8	2%
Multiracial	19	3%
Hispanic	19	6%
Unknown	6	1%
Gulf Coast (Region 2)		
White only	335	74%
Black only	4	1%
Asian only	4	1%
Native Hawaiian or other Pacific Islander only	4	1%
American Indian or Alaskan Native only	45	11%
Other Race only	6	1%
Multiracial	17	5%
Hispanic	18	4%
Unknown	5	1%
Southeast (Region 3)		
White only	284	73%
Black only	1	<1%
Asian only	4	1%
Native Hawaiian or other Pacific Islander only	3	1%
American Indian or Alaskan Native only	52	13%
Other Race only	6	1%
Multiracial	21	5%
Hispanic	13	4%
Unknown	6	1%
Rural (Region 4)		
White only	102	22%
Black only	1	<1%
Asian only	5	2%
Native Hawaiian or other Pacific Islander only	2	1%
American Indian or Alaskan Native only	214	62%
Other Race only	5	1%
Multiracial	15	6%
Hispanic	10	4%
Unknown	10	4%
Fairbanks and Vicinity (Region 5)		
White only	333	76%
Black only	12	4%
Asian only	5	1%
Native Hawaiian or other Pacific Islander only	6	2%
American Indian or Alaskan Native only	21	5%
Other Race only	7	2%
Multiracial	23	6%
Hispanic	16	4%
Unknown	3	<1%

Appendix D: Alaska BRFSS 2006 Survey Distribution

by Race and Sex

	2006					
	Male		Female		Total	
Race	N	Weighted %	N	Weighted %	N	Weighted %
White only	646	36%	792	34%	1438	69%
Black only	22	2%	13	1%	35	3%
Asian only	10	1%	16	1%	26	2%
Native Hawaiian or other Pacific Islander only	7	<1%	10	<1%	17	1%
American Indian or Alaskan Native only	161	6%	203	7%	364	13%
Other Race only	20	1%	12	<1%	32	1%
Multiracial	36	2%	59	3%	95	4%
Hispanic	36	3%	40	2%	76	5%
Unknown	18	1%	12	<1%	30	1%

Appendix E: Telephone Coverage in Alaska

Region	Census Area	Occupied Housing	Number with Telephones	Percent total
1	Municipality of Anchorage	94,822	94,032	99%
	Matanuska-Susitna Borough	20,556	19,832	96%
	TOTAL	**115,378**	**113,864**	**99%**
2	Kenai Peninsula Borough	18,438	17,725	96%
	Kodiak Island Borough	4,424	4,337	98%
	Valdez-Cordova Census Area	3,884	3,560	92%
	TOTAL	**26,746**	**25,622**	**96%**
3	Haines Borough	991	889	90%
	City and Borough of Juneau	11,543	11,361	98%
	Ketchikan Gateway Borough	5,399	5,285	98%
	Prince of Wales-Outer Ketchikan	2,262	2,070	92%
	City and Borough of Sitka	3,278	3,229	99%
	Skagway-Hoonah-Angoon Census Area	1,369	1,196	87%
	City and Borough of Yakutat	265	240	96%
	Wrangell-Petersburg Census Area	2,587	2,452	95%
	TOTAL	**27,694**	**26,722**	**96%**
4	Aleutians East Borough	526	506	96%
	Aleutians West Borough	1,270	1,224	96%
	Bethel Census Area	4,226	4,076	96%
	Denali Borough	785	695	91%
	Bristol Bay Borough	490	483	99%
	Dillingham Census Area	1,529	1,441	94%
	Lake and Peninsula Borough	588	530	90%
	Nome Census Area	2,693	2,335	87%
	North Slope Borough	2,109	1,920	91%
	Northwest Arctic Borough	1,780	1,575	88%
	Wade Hampton Census Area	1,602	1,386	87%
	Yukon-Koyukuk Census Area	2,309	1,885	82%
	TOTAL	**19,907**	**18,056**	**91%**
5	Fairbanks North Star Borough	29,777	29,058	98%
	Southeast Fairbanks Census Area	2,098	1,901	91%
	TOTAL	**31,875**	**30,959**	**97%**
	Statewide totals	**221,600**	**215,223**	**97%**

Source: US Census 2000, Summary File 4

Appendix F: 2005 & 2006 Response Rates

Indicator	BRFSS Objective	BRFSS National Median 2005	Alaska Achieved 2006
CASRO Response Rate	> 40%	51%	63%
Cooperation Rate	> 65%	75%	84%

Response Rates

The response rate measures the extent to which interviews were completed among the telephone numbers selected for the sample. The higher the response rate, the lower the potential will be for bias in the data. The two estimates that are used for BRFSS provide a combination of monitoring information that is useful for program management. The formulas are described as follows:

CASRO Response Rate

The response rate developed by the Council of American Survey Research Organizations (CASRO), apportions dispositions with unknown eligibility status (ring no answer and busy) to dispositions representing eligible respondents in the same proportion that exists among calls of known status (all other BRFSS call dispositions). The resulting estimate reflects telephone sampling efficiency and the degree of cooperation among eligibles contacted.

Cooperation Rate

This rate is the number of completed surveys divided by the number of identified households contacted that contain a resident 18 years or older. The resulting measure reflects the cooperation of identified eligibles and is not affected by difference in telephone sampling efficiency.

Appendix G: Weighting

By weighting the data, the responses of persons in various subgroups (region, age and sex) are adjusted to compensate for the over-representation or under-representation of these persons in the survey sample. Factors that are adjusted for include the following:

- The number of telephone numbers per household;
- The number of adults in a household;
- The geographic distribution of the sample; and
- The demographic distribution of the sample.

The first three factors address the problem of unequal selection probability which could result in a biased sample that does not really represent the true population. For example, an interviewee in a one-adult household has four times the chance of being selected for an interview as does an adult in a four-adult household. A household with two telephone numbers has twice the chance of being dialed as a household with one telephone number. The first two factors are combined to compute a raw (or unadjusted) weight. The third factor then adjusts for the differential sampling of telephone numbers in different geographic regions of the state.

Data are then further weighted. Poststratification is the method used to adjust the distribution of the sample data so that it reflects the total population of the sampled area. The poststratification factor is calculated by computing the ratio of age and sex distribution of the state population divided by that of the survey sample. This procedure is repeated for each of five regions of Alaska. The poststratification factor is then multiplied by the raw weight to compute an adjusted, or final weight, variable. Data from all regions are combined to form the total Alaska data set. This weighting adjusts not only for variation in selection and sampling probability, but also for demographic characteristics in each region of the state. If the data were not weighted, projections could not be made from the sample to the region or to the general population. The survey results were weighted using population estimates obtained from Claritas, Race by Age by Sex Report for All Counties Nationwide, Ithaca, New York.

Appendix H: 2006 BRFSS questions

Section 1: Health Status

1.1 Would you say that in general your health is —

1 Excellent
2 Very good
3 Good
4 Fair
5 Poor
7 Don't know / Not sure
9 Refused

Section 2: Healthy Days — Health-Related Quality of Life

2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

_ _ Number of days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

2.2 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

_ _ Number of days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

2.3 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?

_ _ Number of days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

Section 3: Health Care Access

3.1 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

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

1 Yes, only one
2 More than one
3 No
7 Don't know / Not sure
9 Refused

3.3 Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

3.4 About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

1 Within past year (anytime less than 12 months ago)
2 Within past 2 years (1 year but less than 2 years ago)
3 Within past 5 years (2 years but less than 5 years ago)
4 5 or more years ago
7 Don't know / Not sure
8 Never
9 Refused

Section 4: Exercise

4.1 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?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 5: Diabetes

5.1 Have you ever been told by a doctor that you have diabetes?

1 Yes
2 Yes, but female told only during pregnancy
3 No
4 No, pre-diabetes or borderline diabetes
7 Don't know / Not sure
9 Refused

Section 6: Oral Health

6.1 How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 5 years (2 years but less than 5 years ago)
4 5 or more years ago
7 Don't know / Not sure
8 Never
9 Refused

6.2 How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.

1 1 to 5
2 6 or more but not all
3 All
8 None
7 Don't know / Not sure
9 Refused

6.3 How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 5 years (2 years but less than 5 years ago)
4 5 or more years ago
7 Don't know / Not sure
8 Never
9 Refused

Section 7: Cardiovascular Disease Prevalence

7.1 (Ever told) you had a heart attack, also called a myocardial infarction?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

7.2 (Ever told) you had angina or coronary heart disease?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

7.3 (Ever told) you had a stroke?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 8: Asthma

8.1 Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

8.2 Do you still have asthma?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 9: Disability

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

1 Yes
2 No
7 Don't know / Not Sure
9 Refused

9.2 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?

1 Yes
2 No
7 Don't know / Not Sure
9 Refused

Section 10: Tobacco Use

10.1 Have you smoked at least 100 cigarettes in your entire life?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

10.2 Do you now smoke cigarettes every day, some days, or not at all?

1 Every day
2 Some days
3 Not at all
7 Don't know/Not sure
9 Refused

10.3 During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 11: Demographics

11.1 What is your age?

_ _ Code age in years
0 7 Don't know / Not sure
0 9 Refused

11.2 Are you Hispanic or Latino?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

11.3 Which one or more of the following would you say is your race?

1 White
2 Black or African American
3 Asian
4 Native Hawaiian or Other Pacific Islander
5 American Indian or Alaska Native
6 Other [specify]_____
8 No additional choices
7 Don't know / Not sure
9 Refused

11.4 Which one of these groups would you say best represents your race?

1 White
2 Black or African American
3 Asian
4 Native Hawaiian or Other Pacific Islander
5 American Indian or Alaska Native
6 Other [specify] _____
7 Don't know / Not sure
9 Refused

11.5 Are you…?

1 Married
2 Divorced
3 Widowed
4 Separated
5 Never married
6 A member of an unmarried couple
9 Refused

11.6 How many children less than 18 years of age live in your household?

_ _ Number of children
8 8 None
9 9 Refused

11.7 What is the highest grade or year of school you completed?

1 Never attended school or only attended kindergarten
2 Grades 1 through 8 (Elementary)
3 Grades 9 through 11 (Some high school)
4 Grade 12 or GED (High school graduate)
5 College 1 year to 3 years (Some college or technical school)
6 College 4 years or more (College graduate)
9 Refused

11.8 Are you currently…?

1 Employed for wages
2 Self-employed
3 Out of work for more than 1 year
4 Out of work for less than 1 year
5 A Homemaker
6 A Student
7 Retired
8 Unable to work
9 Refused

11.9 Is your annual household income from all sources—

04 Less than $25,000 If "no," ask 05; if "yes," ask 03 ($20,000 to less than $25,000)
03 Less than $20,000 ($15,000 to less than $20,000)\
02 Less than $15,000 ($10,000 to less than $15,000)
01 Less than $10,000
05 Less than $35,000 ($25,000 to less than $35,000)
06 Less than $50,000 ($35,000 to less than $50,000)
07 Less than $75,000 ($50,000 to less than $75,000)
08 $75,000 or more
77 Don't know / Not sure
99 Refused

11.10 About how much do you weigh without shoes?

_ _ _ _ Weight (pounds/kilograms)
7 7 7 7 Don't know / Not sure
9 9 9 9 Refused

11.11 About how tall are you without shoes?

_ _ / _ _ Height (f t / inches/meters/centimeters)
7 7 7 7 Don't know / Not sure
9 9 9 9 Refused

11.12 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.

1 Yes
2 No
7 Don't know / Not sure
9 Refused

11.13 How many of these telephone numbers are residential numbers?

_ Residential telephone numbers
7 Don't know / Not sure
9 Refused

11.14 During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of telephone service because of weather or natural disasters.

1 Yes
2 No
7 Don't know / Not sure
9 Refused

11.15 Indicate sex of respondent.

1 Male
2 Female

11.16 To your knowledge, are you now pregnant?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 12: Veteran's Status

12.1 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?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 13: Alcohol Consumption

13.1 During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

13.2 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

1_ _ _ Days per week
2_ _ _ Days in past 30 days
8 8 8 No drinks in past 30 days
7 7 7 Don't know / Not sure
9 9 9 Refused

13.3 One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

_ _ Number of drinks
7 7 Don't know / Not sure
9 9 Refused

13.4 Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [X = 5 for men, X = 4 for women] or more drinks on an occasion?

_ _ Number of times
8 8 None
7 7 Don't know / Not sure
9 9 Refused

13.5 During the past 30 days, what is the largest number of drinks you had on any occasion?

_ _ Number of drinks
7 7 Don't know / Not sure
9 9 Refused

Section 14: Immunization/Adult Influenza Supplement

14.1 A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

14.2 During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine sprayed in the nose is also called FluMist™.

1 Yes
2 No
7 Don't know / Not sure
9 Refused

14.3 A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

14.4 Have you EVER received the hepatitis B vaccine? The hepatitis B vaccine is completed after the third shot is given.

1 Yes
2 No
7 Don't know / Not sure
9 Refused

14.5 Tell me if ANY of these statements is true for YOU. Do NOT tell me WHICH statement or statements are true for you, just if ANY of them are:

You have hemophilia and have received clotting factor concentrate

You are a man who has had sex with other men, even just one time

You have taken street drugs by needle, even just one time

You traded sex for money or drugs, even just one time

You have tested positive for HIV

You have had sex (even just one time) with someone who would answer "yes" to any of these statements

You had more than two sex partners in the past year

1 Yes, at least one statement is true
2 No, none of these statements is true
7 Don't know / Not sure
9 Refused

Section 15: Falls

15.1 In the past 3 months, how many times have you fallen?

_ _ Number of times
8 8 None
7 7 Don't know / Not sure
9 9 Refused

15.2 How many of these falls caused an injury? By an injury, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.

_ _ Number of falls
8 8 None
7 7 Don't know / Not sure
9 9 Refused

Section 16: Seatbelt Use

16.1 How often do you use seat belts when you drive or ride in a car? Would you say—

1 Always
2 Nearly always
3 Sometimes
4 Seldom
5 Never
7 Don't know / Not sure
8 Never drive or ride in a car
9 Refused

Section 17: Drinking and Driving

17.1 During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

_ _ Number of times
8 8 None
7 7 Don't know / Not sure
9 9 Refused

Section 18: Women's Health

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

1 Yes
2 No
7 Don't know / Not sure
9 Refused

18.2 How long has it been since you had your last mammogram?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 3 years (2 years but less than 3 years ago)
4 Within the past 5 years (3 years but less than 5 years ago)
5 5 or more years ago
7 Don't know / Not sure
9 Refused

18.3 A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps. Have you ever had a clinical breast exam?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

18.4 How long has it been since your last breast exam?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 3 years (2 years but less than 3 years ago)
4 Within the past 5 years (3 years but less than 5 years ago)
5 5 or more years ago
7 Don't know / Not sure
9 Refused

18.5 A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

1 Yes
2 No
7 Don't know / Not Sure
9 Refused

18.6 How long has it been since you had your last Pap test?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 3 years (2 years but less than 3 years ago)
4 Within the past 5 years (3 years but less than 5 years ago)
5 5 or more years ago
7 Don't know / Not sure
9 Refused

18.7 Have you had a hysterectomy?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 19: Prostate Cancer Screening

19.1 A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

1 Yes
2 No
7 Don't Know / Not Sure
9 Refused

19.2 How long has it been since you had your last PSA test?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years)
3 Within the past 3 years (2 years but less than 3 years)
4 Within the past 5 years (3 years but less than 5 years)
5 5 or more years ago
7 Don't know
9 Refused

19.3 A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

19.4 How long has it been since your last digital rectal exam?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years)
3 Within the past 3 years (2 years but less than 3 years)
4 Within the past 5 years (3 years but less than 5 years)
5 5 or more years ago
7 Don't know / Not sure
9 Refused

19.5 Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 20: Colorectal Cancer Screening

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

1 Yes
2 No
7 Don't know / Not sure
9 Refused

20.2 How long has it been since you had your last blood stool test using a home kit?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 5 years (2 years but less than 5 years ago)
4 5 or more years ago
7 Don't know / Not sure
9 Refused

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

1 Yes
2 No
7 Don't know / Not sure
9 Refused

20.4 How long has it been since you had your last sigmoidoscopy or colonoscopy?

1 Within the past year (anytime less than 12 months ago)
2 Within the past 2 years (1 year but less than 2 years ago)
3 Within the past 5 years (2 years but less than 5 years ago)
4 Within the past 10 years (5 years but less than 10 years ago)
5 10 or more years ago
7 Don't know / Not sure
9 Refused

Section 21: HIV/AIDS

21.1 Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.

1 Yes
2 No
7 Don't know / Not Sure
9 Refused

21.2 Not including blood donations, in what month and year was your last HIV test?

_ _/_ _ _ _	Code month and year
7 7/ 7 7 7 7	Don't know / Not sure
9 9/ 9 9 9 9	Refused

21.3 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 a drug treatment facility, at home, or somewhere else?

01 Private doctor or HMO office
02 Counseling and testing site
03 Hospital
04 Clinic
05 Jail or prison (or other correctional facility)
06 Drug treatment facility
07 At home
08 Somewhere else
77 Don't know/Not sure
99 Refused

21.4 Was it a rapid test where you could get your results within a couple of hours?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 22: Emotional Support and Life Satisfaction

22.1 How often do you get the social and emotional support you need:

1 Always
2 Usually
3 Sometimes
4 Rarely
5 Never
7 Don't know / Not sure
9 Refused

22.2 In general, how satisfied are you with your life?

1 Very satisfied
2 Satisfied
3 Dissatisfied
4 Very dissatisfied
7 Don't know / Not sure
9 Refused

Module 1: Random Child Selection

I have some additional questions about one specific child. The child I will be referring to is the "Xth" child in your household. All following questions about children will be about the "Xth" child."

1. What is the birth month and year of the "Xth" child?

_ _/_ _ _ _	Code month and year
7 7/ 7 7 7 7	Don't know / Not sure
9 9/ 9 9 9 9	Refused

2. Is the child a boy or a girl?

1 Boy
2 Girl
9 Refused

3. Is the child Hispanic or Latino?

   1 Yes
   2 No
   7 Don't know / Not sure
   9 Refused

4. Which one or more of the following would you say is the race of the child?

   1 White
   2 Black or African American
   3 Asian
   4 Native Hawaiian or Other Pacific Islander
   5 American Indian, Alaska Native
   6 Other [specify] _____
   8 No additional choices
   7 Don't know / Not sure
   9 Refused

5. Which one of these groups would you say best represents the child's race?

   1 White
   2 Black or African American
   3 Asian
   4 Native Hawaiian or Other Pacific Islander
   5 American Indian, Alaska Native
   6 Other
   7 Don't know / Not sure
   9 Refused

6. How are you related to the child?

   1 Parent (include biologic, step, or adoptive parent)
   2 Grandparent
   3 Foster parent or guardian
   4 Sibling (include biologic, step, and adoptive sibling)
   5 Other relative
   6 Not related in any way
   7 Don't know / Not sure
   9 Refused

Module 2: Childhood Asthma Prevalence

The next two questions are about the "Xth" child.

1. Has a doctor, nurse or other health professional EVER said that the child has asthma?

   1 Yes
   2 No
   7 Don't know / Not sure
   9 Refused

2. Does the child still have asthma?

   1 Yes
   2 No
   7 Don't know / Not sure
   9 Refused

Module 3: Diabetes

1. How old were you when you were told you have diabetes?

   _ _ Code age in years
   9 8 Don't know / Not sure
   9 9 Refused

2. Are you now taking insulin?

   1 Yes
   2 No
   9 Refused

3. Are you now taking diabetes pills?

   1 Yes
   2 No
   7 Don't know / Not sure
   9 Refused

4. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

   1 _ _ Times per day
   2 _ _ Times per week
   3 _ _ Times per month
   4 _ _ Times per year
   8 8 8 Never
   7 7 7 Don't know / Not sure
   9 9 9 Refused

5. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

   1 _ _ Times per day
   2 _ _ Times per week
   3 _ _ Times per month
   4 _ _ Times per year
   5 5 5 No feet
   8 8 8 Never
   7 7 7 Don't know / Not sure
   9 9 9 Refused

6. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?

   1 Yes
   2 No
   7 Don't know / Not sure
   9 Refused

7. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

   _ _ Number of times
   8 8 None
   7 7 Don't know / Not sure
   9 9 Refused

8. A test for "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?

_ _ Number of times
8 8 None
9 8 Never heard of "A one C" test
7 7 Don't know / Not sure
9 9 Refused

9. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

_ _ Number of times
8 8 None
7 7 Don't know / Not sure
9 9 Refused

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.

1 Within the past month (anytime less than 1 month ago)
2 Within the past year (1 month but less than 12 months ago)
3 Within the past 2 years (1 year but less than 2 years ago)
4 2 or more years ago
7 Don't know / Not sure
8 Never
9 Refused

11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

12. Have you ever taken a course or class in how to manage your diabetes yourself?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

Module 4: Anxiety and Depression

1. Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

2. Over the last 2 weeks, how many days have you felt down, depressed or hopeless?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

3. Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

4. Over the last 2 weeks, how many days have you felt tired or had little energy?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

5. Over the last 2 weeks, how many days have you had a poor appetite or ate too much?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

6. Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

7. Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

8. Over the last 2 weeks, how many days have you moved or spoken so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?

_ _ 01-14 days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

9. Has a doctor or other healthcare provider EVER told you that you had an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-complusive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

10. Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?

1 Yes
2 No
7 Don't know / Not sure
9 Refused

State Added:
Section A: Child Health Insurance

Use child selected from Module 1: Random Child Selection

A.1 Does this child have any kind of health care coverage including health insurance, prepaid plans such as HMO's or government plans such as Medicaid, military coverage, Indian Health or the Native Alaska Health Service?

1 Yes
2 No
7 Don't know/Not sure
9 Refused

A.2 Is this child's health insurance Medicaid or Denali KidCare?

1 Yes
2 No
7 Don't know/Not sure
9 Refused

A.3 During the past 12 months was there any time when this child was <u>not</u> covered by ANY health insurance?

1 Yes
2 No
7 Don't know
9 Refused

A.4 During the past 12 months was there any time when this child had health coverage?

1 Yes
2 No
7 Don't know
9 Refused

A.5 During the past 12 months did this child see a doctor, nurse, or other health care professional for any kind of medical care, including sick-child, well child check ups, physical exams or hospitalizations?

1 Yes
2 No
7 Don't know
9 Refused

A.6 During the past 12 months did this child receive all the medical care he/she needed?

1 Yes
2 No
7 Don't know
9 Refused

A.7 Why did your child not get all the medical care needed?

Cost too much?
1 Yes
2 No
7 DK
9 Refused

No insurance?
1 Yes
2 No
7 DK
9 Refused

Health Plan problems?
1 Yes
2 No
7 DK
9 Refused

Can't find doctor who accepts child's insurance?
1 Yes
2 No
7 DK
9 Refused

Not available in area/transportation problems?
1 Yes
2 No
7 DK
9 Refused

Not convenient times/couldn't get appointment?
1 Yes
2 No
7 DK
9 Refused

Doctor did not know how to treat or provide care.

1 Yes
2 No
7 DK
9 Refused

Dissatisfaction with doctor?

1 Yes
2 No
7 DK
9 Refused

Did not know where to go for treatment?

1 Yes
2 No
7 DK
9 Refused

Child refused to go?

1 Yes
2 No
7 DK
9 Refused

Treatment is ongoing?

1 Yes
2 No
7 DK
9 Refused

Vaccine shortage?

1 Yes
2 No
7 DK
9 Refused

Other?

1 Yes
2 No
7 DK
9 Refused

Section B: Food Security

I'm going to read you two statements that people have made about their food situation. Please tell me whether the statement was OFTEN, SOMETIMES, or NEVER true for (you/you or the other members of your household) in the last 12 months.

B.1 The first statement is, "The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more." Was that often, sometimes, or never true for (you/your household) in the last 12 months?

1 Often true
2 Sometimes true
3 Never true
7 Don't know/Not sure
9 Refused

B.2 "(I/we) couldn't afford to eat balanced meals." Was that often, sometimes, or never true for (you/your household) in the last 12 months?

1 Often true
2 Sometimes true
3 Never true
7 Don't know/Not sure
9 Refused

B.3 In the last 12 months, since (date 12 months ago) did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?

1 Yes
2 No
7 Don't know
9 Refused

B.4 How often did this happen---almost every month, some months but not every month, or in only 1 or 2 months?

1 Almost every month
2 Some months but not every month
3 Only 1 or 2 months
7 Don't know/Not sure
9 Refused

B.5 In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?

1 Yes
2 No
7 Don't know
9 Refused

B.6 In the last 12 months, were you ever hungry but didn't eat because you couldn't afford enough food?

1 Yes
2 No
7 Don't know
9 Refused

Section C: Smokeless Tobacco Use

C.1 Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

1 Yes, chewing tobacco
2 Yes, snuff
3 Yes, Iq'mik or Blackbull
4 Yes, more than one
5 Yes, other (specify)_____
6 No, None
7 DK/NS
8 Refused

C.2 Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

1 Yes, chewing tobacco
2 Yes, snuff
3 Yes, Iq'mik or Blackbull
4 Yes, more than one
5 Yes, other (specify)_____
6 No, None
7 DK/NS
8 Refused

C.3 On how many of the past 30 days did you use smokeless tobacco products?

_ _ Days
88 None
99 Refused

C.4 Would you like to quit using smokeless tobacco?

1 Yes
2 No
7 DK/NS
9 Refused

Section D: Sexual Violence and Intimate Partner Violence

Many families experience violence in their households. Now I'd like to ask you some questions about violence you may have experienced. This is a sensitive topic and some people may feel uncomfortable with these questions. But remember that your answers are strictly confidential and that you don't have to answer a question if you don't want to. If you believe it would not be safe for you to talk about this now, you may tell me to skip to the next module.

D.1 As a child, did you ever see or hear one of your parents or guardians being hit, slapped, punched, shoved, kicked, or otherwise physically hurt by their spouse or partner?

1 Yes
2 No
7 DK/NS
9 Refused

D.2 Has anyone ever made you take part in any sexual activity when you really did not want to? (including touch that made you uncomfortable).

1 Yes
2 No
7 DK/NS
9 Refused

D.3 In your lifetime, has an intimate partner ever hit, slapped, punched, shoved, kicked, choked, hurt or threatened you?

1 Yes
2 No
7 DK/NS
9 Refused

D.4 In the past 5 years, have you ever feared for your safety or been hit, slapped, kicked, choked, or otherwise physically hurt by a current of former intimate partner?

1 Yes
2 No
7 DK/NS
9 Refused

Section E: Injury

E.1. Can you swim or tread water for 5 minutes in water that is over your head?

1 Yes
2 No
7 DK/NS
9 Refused

E.2. Do you have the national poison telephone hotline number readily available?

1 Yes
2 No
7 DK/NS
9 Refused

E.3. Are any firearms now kept in or around your home?

1 Yes
2 No
7 DK/NS
9 Refused

E.4. Are any of these firearms now loaded?

1 Yes
2 No
7 DK/NS
9 Refused

E.5. Are any of these loaded firearms also unlocked? By "unlocked" we mean you do not need a key or a combination to get the gun or to fire it. We don't count safety as a lock.

1 Yes
2 No
7 DK/NS
9 Refused

Section F: Health Care Provider

F.1 Have you visited a health care provider in the past 12 months?

1 Yes
2 No
7 DK/NS
9 Refused

F.2 During the past 12 months, did a health care provider talk to you or give you information about how you can improve your health?

1 Yes
2 No
7 DK/NS
9 Refused

F.3 How satisfied were you with the information your health provider gave you?

1 Very dissatisfied
2 Dissatisfied
3 Neither satisfied or dissatisfied
4 Satisfied
5 Very Satisfied
7 DK/NS
9 Refused

F.4 Did you make any changes in your behavior as a result of the information your health care provider gave or told you?

1 Yes
2 No
7 DK/NS
9 Refused

Visit the Alaska Behavioral Risk Factor Survey website at:
www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm
Visit the Centers for Disease Control and Prevention website at:
www.cdc.gov/brfss