Health Risks in Alaska Among Adults

Alaska Behavioral Risk Factor Survey 2007 Annual Report

State of Alaska
Sarah Palin, *Governor*

Department of Health and Social Services
Bill Hogan, *Commissioner*

BRFSS
Behavioral Risk Factor Surveillance System

Health Risks in Alaska Among Adults

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2007 Annual Report

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August 2008

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2007

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Funded by:

The Centers for Disease Control and Prevention, Cooperative Agreement No. U58/CCUO22905.

Acknowledgments

The program staff would like to acknowledge the technical support provided by staff of the Section of Chronic Disease Prevention and Health Promotion, Alaska Division of Public Health.

The staff also wishes to thank the staff of the Behavioral Services Branch, Centers for Disease Control and Prevention and Claude Comeau, CATI consultant, for technical assistance.

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

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Introduction

Introduction

In 2006 there were 3,312 deaths in Alaska and 61% 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 preventive health practices is essential for chronic disease prevention and injury planning and prevention.

The 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 this surveillance system. The BRFSS is the longest running and largest telephone health survey in the world. In 2007, 430,912 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.

Alaska BRFSS data are used by numerous public health programs within and outside state government, including the Alaska Native health system. For example, the Alaska Oral Health Program used data from the 2006 BRFSS in a presentation to Juneau physicians in discussing the need for re-implementing water fluoridation in the City of Juneau. The Alaska Injury Prevention Program used data from questions on firearm safety to support the need for safe gun storage. In collaboration with Harborview Injury Prevention and Research Center and the Bristol Bay Area Health Corporation, a program was implemented that distributed gun safes to two Alaska Native villages in Southwest Alaska.

The BRFSS data continue to be a valuable tool for guiding priorities within the Division of Public Health, and more broadly, the Department of Health and Social Services. One specific example of this is that self-reported height and weight from the BRFSS, subsequently transformed into BMI, provide an important indicator of the problem of overweight and obesity in Alaska. Having a reliable indicator of BMI over the past 16 years has allowed the Division to bear witness to the ever increasing problem of overweight and obesity in Alaska and design initiatives to address the obesity problem in Alaska.

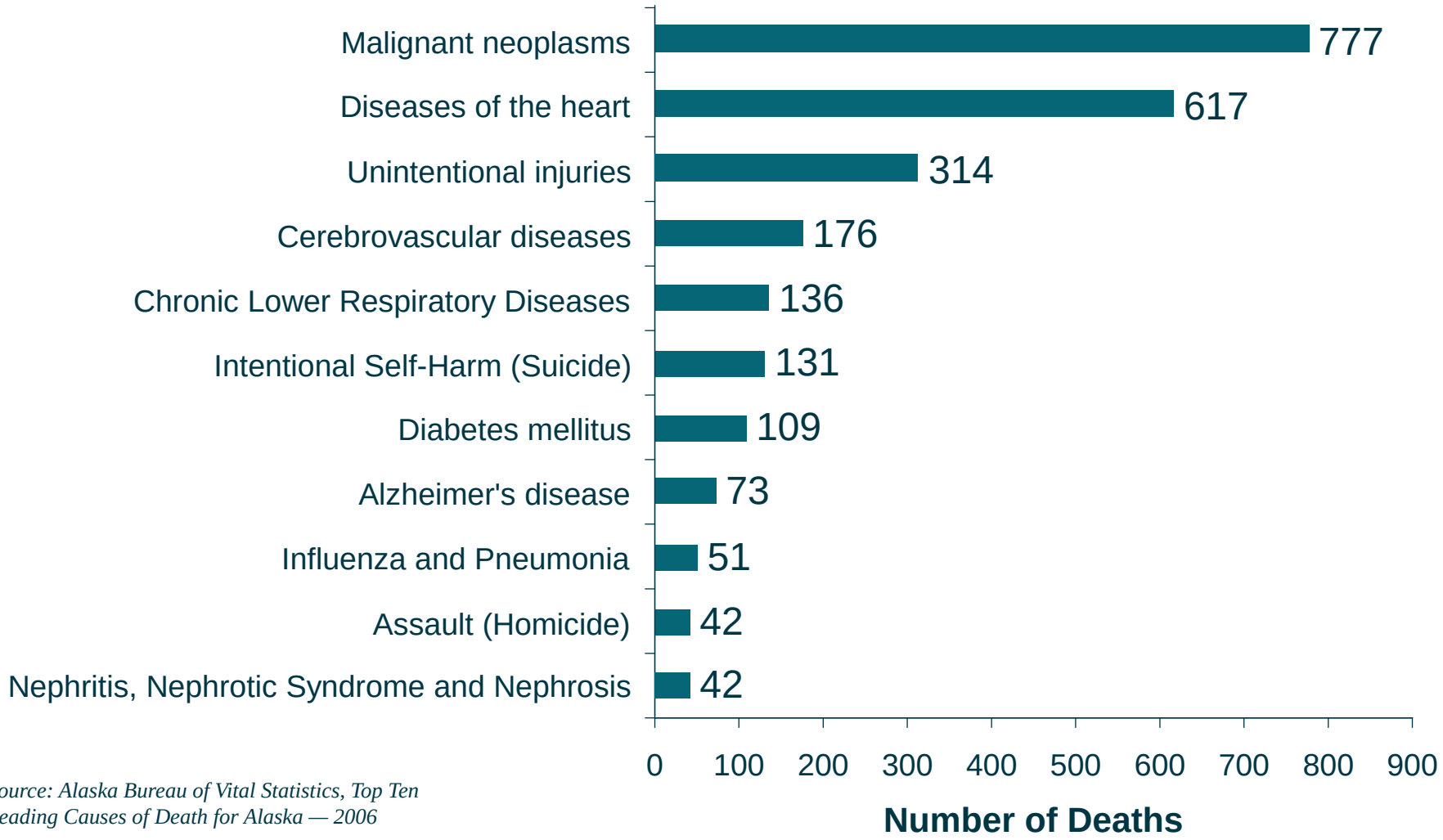
Endnotes:

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, 2006



Source: Alaska Bureau of Vital Statistics, Top Ten Leading Causes of Death for Alaska — 2006

At Risk for Selected Risk Factors

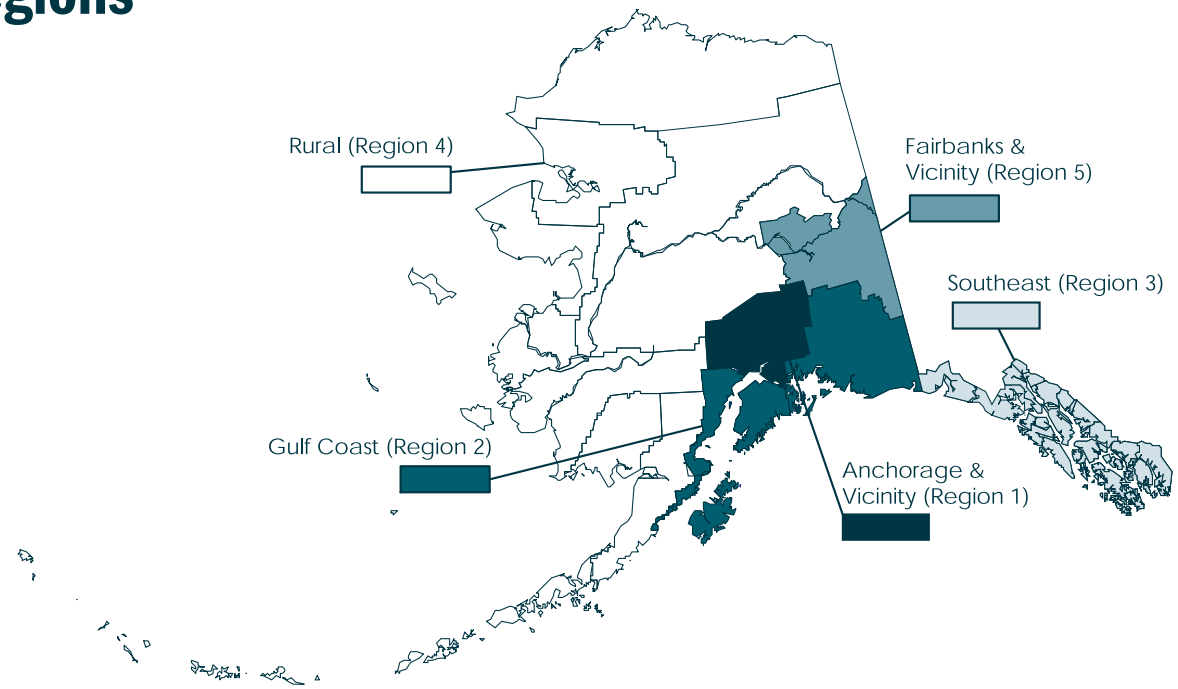
2007 Population 18 years and older*= 480,686

Leading Health Indicator Healthy Alaskans 2010	BRFSS Prevalence	Estimated Number of Adults	Healthy Alaskans 2010 Goal
Adults who engage in regular, moderate physical activity (30 mins per day, 5 days per week)	46%	221,116	40%
Adults who are obese (BMI ≥ 30.0)	28%	134,592	18%
Adults who smoke	22%	105,751	14%
Adults who binge drink	19%	91,330	13%
Alaskans without health insurance	15% (adults 18 years or older)	72,103	5% (all Alaskans)

**Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2007.*

2007 BRFSS Sampling Regions

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



2007

	Population 18 years and older*	Number of Interviews
Anchorage and Vicinity (Region 1)	259,659	512
Gulf Coast (Region 2)	55,004	514
Southeast (Region 3)	52,016	504
Rural (Region 4)	44,583	511
Fairbanks and Vicinity (Region 5)	69,424	511
Total	480,686	2,552

Note: See Appendix A for more detailed population data for the 5 BRFSS sampling regions.

**Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/ Female, Census Area and Labor Market, 2000, 2007.*

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 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 a random telephone number sample each month. 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 blocks have at least one residential telephone number while zero blocks have none. 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 rate than those in the not listed one-plus blocks. In addition, GENESYS electronically identifies business, non-working, and cell phone 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 Collection

A staff of college interns and administrative clerks, each extensively trained using a standardized CDC protocol, conduct the interviews 7 days a week. The CDC-developed interviewer training is based on seven basic areas: overview of the BRFSS, role descriptions for staff involved in the interviewing process, the questionnaire, sampling, codes and dispositions, survey follow-up and practice sessions. The survey supervisor and coordinator routinely monitor the interviewers for training purposes and quality control. Data are collected via computer using WinCATI (Windows-based Computer-Assisted Telephone Interviewing) software. While conducting the telephone interview, the interviewer has the script and questionnaire on a computer screen, which is read verbatim. The designated answer of the respondent is selected on the screen. Incorporating edits and skip patterns into the CATI instrument reduces interviewer errors, data entry errors, and skip errors, while reducing respondent burden.

Data Processing and Analysis

Data processing is an integral part of the survey process, with collected data sent to CDC during each month of the year. Data conversion tables are developed to read the survey data and associated call history information from the WinCATI software, and to combine the information into the final format specified for the data year. CDC also created and distributes a Windows-based editing program that can perform data validations on properly formatted survey results. This program is used to output lists of errors or warning conditions encountered in the data. These edited reports are produced monthly and corrections are made by the survey supervisor or coordinator after which data files are sent to the CDC electronically. 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. The creation of some at-risk variables requires only combining codes, while others require sorting and combining selected categories 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 B for further detail).

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. 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). For all analyses, respondents with “don’t know/not sure” responses, those who refused to answer and those with missing responses were excluded.

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 test of statistical significance. 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 C). 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 (see appendix D). 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]

In recent years, there has been an increase in the number of people who live in "cell phone only" households.[3] Currently these households are not included in the BRFSS, as only households with landline telephones are eligible. In 2007 and currently in 2008, a sample of states is piloting a cell phone-based BRFSS using a sample of cell phone exchanges to determine feasibility and effectiveness of including cell phones in the BRFSS sampling plan.[4]

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 as the degree of precision for this instrument increases as the sample size increases.

Prevalence estimates are not reported for those categories in which there were less than 50 respondents or when the half-width of the confidence interval is more than 10. Suppressed data are listed in the tables as DSU (data statistically unreliable). 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

[3] Blumberg SJ, Lukem JV. Wireless substitution: early release of estimates from the National Health Interview Survey, January – June 2007. National Center for Health Statistics. Available from http://www.cdc.gov/nchs/data/nhis/earlyrelease/wireless200712.pdf , December 10, 2007.

[4] Link MW, Battaglia MP, Frankel MR, Osborn L, Mokdad AH. Reaching the US cell phone generation: comparison of cell phone survey results with an ongoing landline telephone survey. Public Opinion Quarterly. 2007, Vol. 71: No 5, 814-839.

Survey Population by Selected Demographics

	2007	
	n	Weighted %
Gender		
Male	1,143	52%
Female	1,409	48%
Total	2,552	
Race		
Alaska Native (any mention)	577	18%
Non-Alaska Native	1,964	82%
Unknown	11	<1%
Age		
18 - 24	170	15%
25 - 34	425	18%
35 - 44	536	20%
45 - 54	618	22%
55 - 64	443	15%
65 or older	333	10%
Unknown	27	<1%
Education		
Did not graduate High School	207	8%
Graduated High School	777	29%
Attended College or Technical School	741	29%
Graduated College	820	34%
Unknown	7	<1%
Income		
Less than $15,000	222	7%
$15,000 - 24,999	252	9%
$25,000 - 34,999	234	8%
$35,000 - 49,999	353	13%
$50,000 - 74,999	457	17%
> $75,000	738	33%
Unknown	296	13%

Note: See Appendices E, F and G for additional survey population demographic information.

Quality of Life

Health Status

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

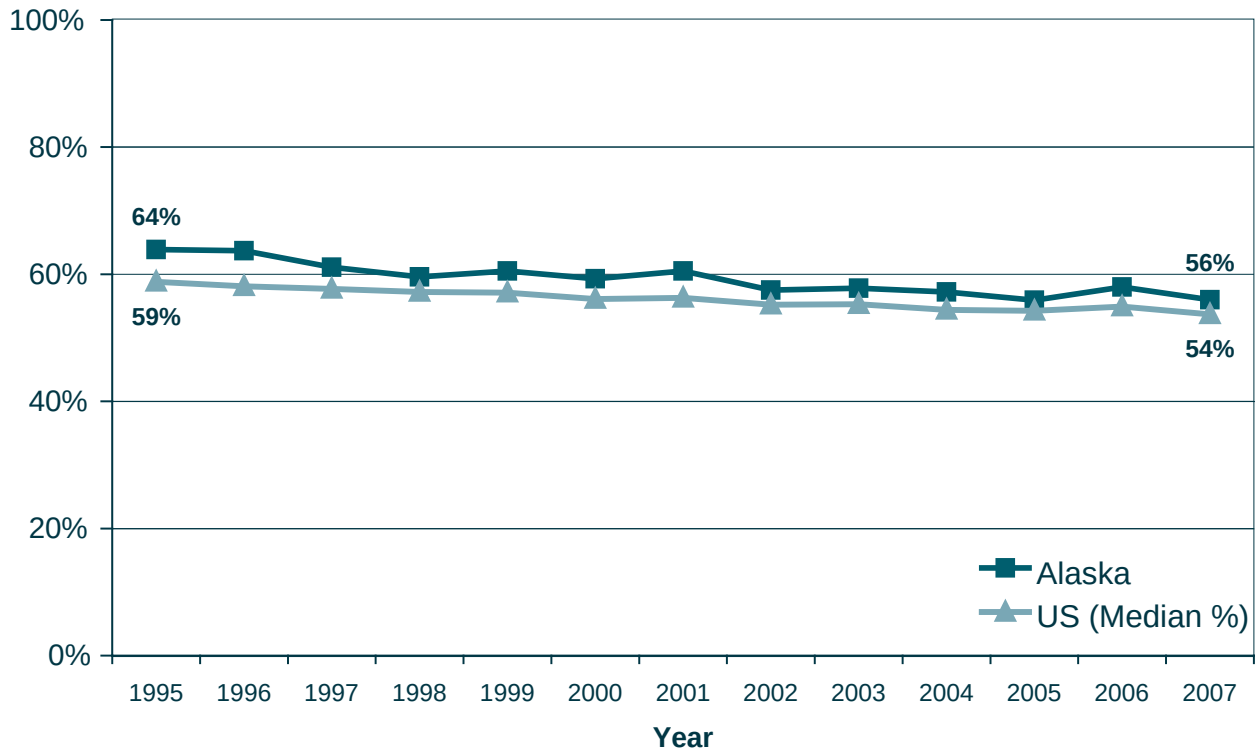
- In 2007, Alaskans generally reported their health to be good. Over half said their health was very good or excellent.
- Significantly more non-Natives than Alaska Natives rate their health as very good or excellent.

Healthy Alaskans 2010

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

- Ratings of general health status appeared to improve with higher levels of education and income.
- Respondents living in the Rural region rated their health as very good or excellent significantly less than respondents living in other regions.

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



Health Status — Excellent/Very Good

	2007 n	weighted %	N	95% CI
Gender				
Male	574	57%	1,139	52.8 - 62.0
Female	759	55%	1,400	51.2 - 58.8
Total	1,333	56%	2,539	53.2 - 59.3
Race				
Native (any mention)	215	44%	571	36.6 - 51.6
Non-Native	1,115	59%	1,957	55.8 - 62.5
Age				
18–24	99	60%	169	48.5 - 70.3
25–34	265	67%	420	59.6 - 73.2
35–44	297	63%	536	57.3 - 68.3
45–54	333	55%	616	48.8 - 60.7
55–64	210	50%	443	43.2 - 57.4
65 or older	118	32%	328	26.0 - 39.8
Education				
Did not graduate High School	65	DSU	203	
Graduated High School	327	49%	771	43.4 - 54.7
Attended College or Technical School	385	53%	738	47.1 - 58.2
Graduated from College	555	70%	820	64.5 - 74.5
Income				
Less than $15K	65	DSU	218	
$15,000–24,999	90	38%	252	28.6 - 48.3
$25,000–34,999	115	47%	233	37.9 - 56.4
$35,000–49,999	194	55%	353	46.9 - 63.6
$50,000–74,999	268	58%	457	50.5 - 64.5
$75K+	488	72%	737	66.9 - 76.1
Region				
Anchorage and Vicinity	309	61%	511	55.4 - 65.7
Gulf Coast	253	50%	513	45.1 - 55.5
Southeast	270	56%	501	50.9 - 60.9
Rural	207	39%	506	33.7 - 44.0
Fairbanks and Vicinity	294	57%	508	51.9 - 61.8

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.

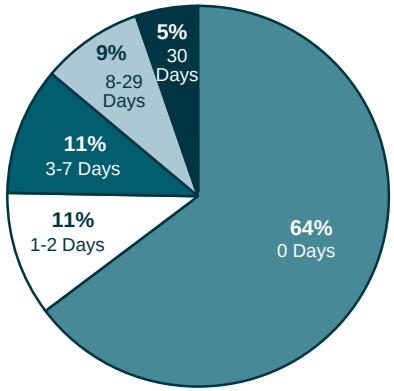
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall, 95% of the time.

DSU = Data Statistically Unreliable

Health Status — Health Days

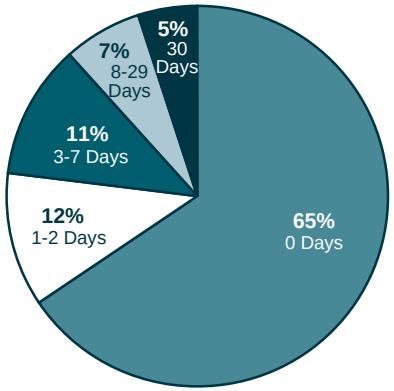
Physical Health:
How many days during the past 30 days was your physical health not good?

2007



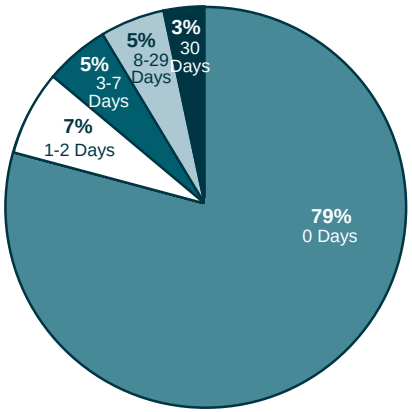
N = 2,468

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



N = 2,450

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



N = 2,503

Note: Percentages listed in pie graphs may not add to 100% due to rounding.

Quality of Life

- In 2007, 21% of Alaskans adults reported they were limited in some way because of physical, mental, or emotional problems and 6% of Alaskans reported needing special equipment, such as a cane, wheelchair, special bed, or special telephone.
- In 2007, 93% of respondents reported that they were either satisfied or very satisfied with their lives; 81% report that they usually or always got the social and emotional support they needed.
- Ten percent of Alaskan adults reported frequent mental distress in 2007, defined as 14 days or more in the past 30 days when their mental health was not good.
- Serious psychological distress was determined using the Kessler-6, a 6-question mental health screening tool included on the 2007 BRFSS (see appendix H for question wording). Using this tool, 2% of Alaskan adults were defined as having serious psychological distress in the month prior to interview.
- In 2007, 10% of Alaskans reported currently taking medicine or receiving treatment for a mental health condition.
- The 2007 BRFSS included questions on the stigma of mental illness. Ninety-three percent of Alaskans agreed either slightly or strongly that treatment can help people with mental illness lead normal lives. Sixty-one percent agreed slightly or strongly that people are generally caring to people with mental illness.

Risk Factors

Alcohol Use — Binge Drinking

Definition: 5 or more drinks (men) or 4 or more drinks (women) on one or more occasions in the past 30 days.

- In 2006, the definition of binge drinking changed slightly to include women who had 4 or more drinks on one or more occasions in the past 30 days. Previously the cut off for men and women was the same at 5 drinks per occasion.
- 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 2007.
- In 2007, there were no significant regional difference in the prevalence of binge drinking.

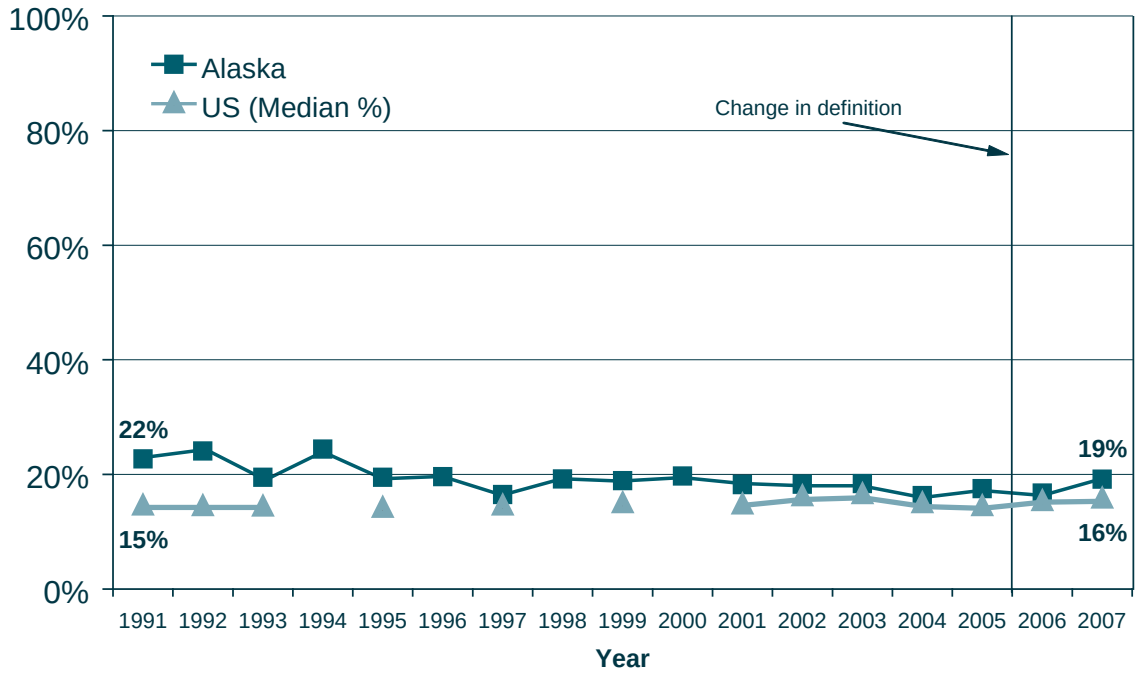
Healthy People 2010

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

Healthy Alaskans 2010

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

Binge Drinking: Alaska vs. Nationwide



Alcohol Use — Binge Drinking

	2007			
	n	weighted %	N	95% CI
Gender				
Male	270	25%	1,112	21.2 - 30.2
Female	175	13%	1,380	10.2 - 15.3
Total	445	19%	2,492	16.7 - 22.0
Race				
Alaska Native (any mention)	109	19%	554	14.2 - 25.2
Non-Alaska Native	336	19%	1,927	16.5 - 22.5
Age				
18–24	44	26%	161	16.8 - 37.8
25–34	117	35%	419	27.7 - 43.3
35–44	115	19%	523	14.9 - 23.8
45–54	93	14%	607	10.7 - 19.2
55–64	57	12%	433	8.1 - 16.9
65 or older	15	4%	323	2.0 - 6.4
Education				
Did not graduate High School	33	DSU	195	
Graduated High School	139	18%	750	13.9 - 22.3
Attended College or Technical School	152	19%	727	15.3 - 23.4
Graduated from Collegel	121	20%	814	15.2 - 25.3
Income				
Less than $15K	28	10%	215	6.4 - 16.5
$15,000–24,999	46	DSU	247	
$25,000–34,999	42	19%	226	12.8 - 27.0
$35,000–49,999	66	24%	345	15.7 - 33.7
$50,000–74,999	93	20%	452	14.7 - 25.6
$75K+	143	21%	732	16.9 - 26.8
Region				
Anchorage and Vicinity	74	18%	507	14.0 - 23.2
Gulf Coast	79	17%	501	13.6 - 21.9
Southeast	90	22%	492	17.7 - 27.1
Rural	103	21%	495	17.2 - 26.4
Fairbanks and Vicinity	99	21%	497	17.1 - 25.4

n = Number of respondents who had 5 or more drinks (men) or 4 or more drinks (women) 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

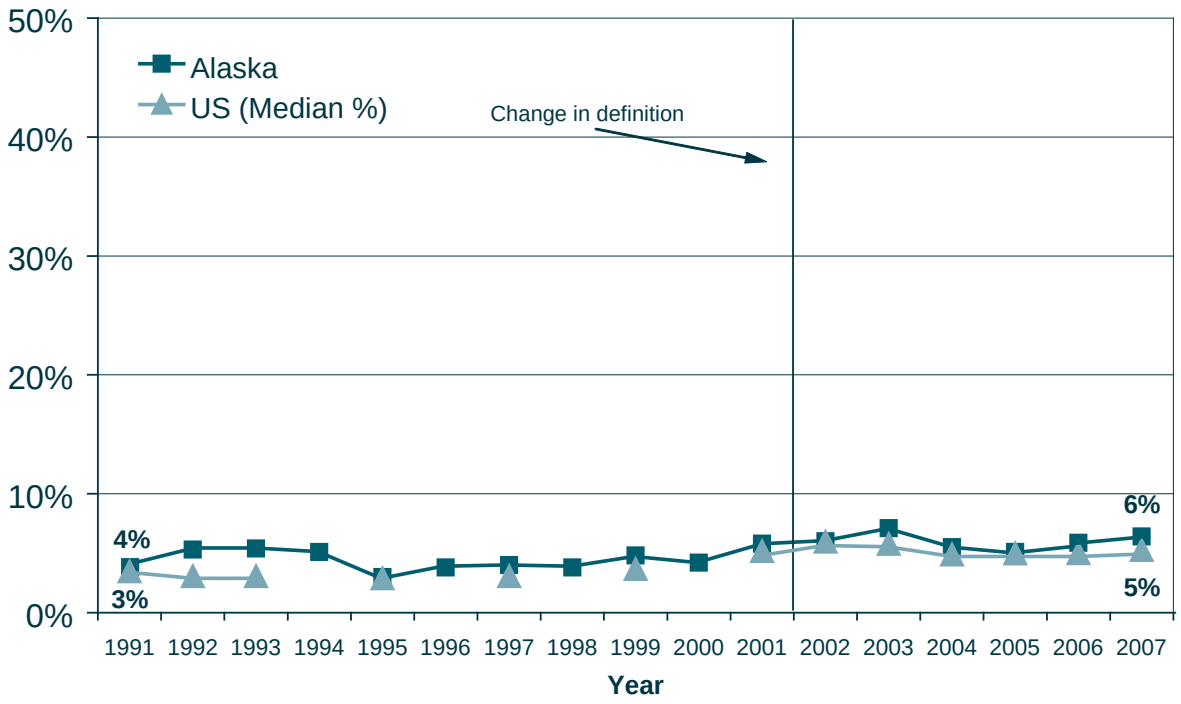
DSU = Data Statistically Unreliable

Alcohol Use — Heavy Drinking

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

- In 2007, 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 more than one drink per day.
- Alaskans age 65 years and older were classified as heavy drinkers significantly less often than respondents age 45 to 54 years or those age 25 to 34 years.
- No differences were found in the prevalence of heavy drinking by sex, race, education, income level, or region.

Heavy/Chronic Drinking: Alaska vs. Nationwide



Alcohol Use — Heavy Drinking

	2007			
	n	weighted %	N	95% CI
Gender				
Male	79	6%	1,084	4.5 - 9.1
Female	97	6%	1,372	4.8 - 8.4
Total	176	6%	2,456	5.1 - 8.0
Race				
Alaska Native (any mention)	34	7%	543	3.8 - 10.9
Non-Alaska Native	142	6%	1,904	5.0 - 8.2
Age				
18–24	10	5%	157	2.0 - 13.1
25–34	36	9%	415	5.1 - 14.3
35–44	30	6%	519	3.6 - 8.8
45–54	54	8%	601	5.5 - 11.8
55–64	34	6%	426	3.7 - 8.9
65 or older	10	2%	314	1.1 - 4.7
Education				
Did not graduate High School	12	5%	192	2.6 - 9.1
Graduated High School	47	7%	742	4.2 - 10.2
Attended College or Technical School	59	6%	717	4.5 - 8.6
Graduated from College	58	7%	799	4.4 - 10.2
Income				
Less than $15K	12	5%	205	2.2 - 9.7
$15,000–24,999	21	7%	241	3.1 - 15.0
$25,000–34,999	11	4%	227	1.8 - 9.3
$35,000–49,999	23	6%	343	3.6 - 11.4
$50,000–74,999	29	5%	444	3.3 - 8.2
$75K+	70	9%	727	6.1 - 12.6
Region				
Anchorage and Vicinity	28	5%	505	3.4 - 8.3
Gulf Coast	35	7%	497	4.6 - 9.5
Southeast	36	7%	489	5.0 - 10.3
Rural	26	6%	477	3.6 - 8.5
Fairbanks and Vicinity	51	10%	488	7.7 - 13.8

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

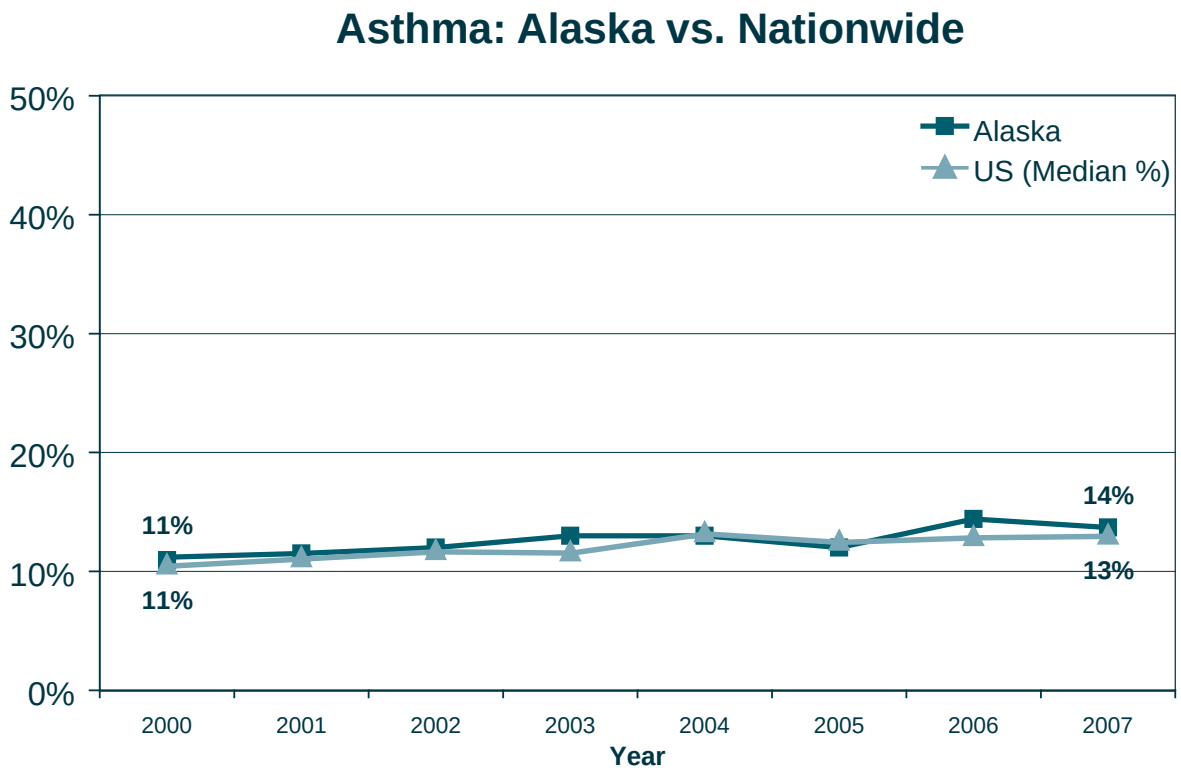
Chronic Disease — Asthma

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

- Fourteen percent of adult Alaskans in 2007 reported being told by their doctor they have asthma.
- In 2007, significantly more females than males reported being told they have asthma.
- Of those reporting having ever been told they have asthma, 60% 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

	2007			
	n	weighted %	N	95% CI
Gender				
Male	94	8%	1,139	5.8 - 12.1
Female	246	19%	1,401	16.4 - 22.6
Total	340	14%	2,540	11.6 - 16.0
Race				
Alaska Native (any mention)	84	17%	574	10.5 - 25.3
Non-Alaska Native	256	13%	1,955	11.1 - 15.4
Age				
18–24	29	17%	170	9.2 - 28.3
25–34	67	14%	424	10.4 - 19.2
35–44	58	12%	534	8.1 - 16.1
45–54	89	15%	617	11.2 - 19.3
55–64	55	14%	438	9.7 - 20.1
65 or older	40	10%	330	6.7 - 14.5
Education				
Did not graduate High School	31	13%	205	8.1 - 19.5
Graduated High School	93	14%	775	9.8 - 19.9
Attended College or Technical School	103	12%	738	9.3 - 15.8
Graduated from College	112	15%	815	11.5 - 19.0
Income				
Less than $15K	34	DSU	221	
$15,000–24,999	46	16%	251	10.0 - 25.4
$25,000–34,999	37	20%	234	13.0 - 29.7
$35,000–49,999	45	10%	349	6.8 - 14.5
$50,000–74,999	46	10%	455	6.7 - 15.1
$75K+	89	13%	737	10.1 - 16.9
Region				
Anchorage and Vicinity	83	15%	509	11.4 - 19.2
Gulf Coast	67	12%	511	9.4 - 16.1
Southeast	64	12%	503	9.2 - 15.4
Rural	61	12%	508	8.7 - 15.1
Fairbanks and Vicinity	65	13%	509	9.9 - 16.8

n = Number of respondents who report ever being told by doctor that 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

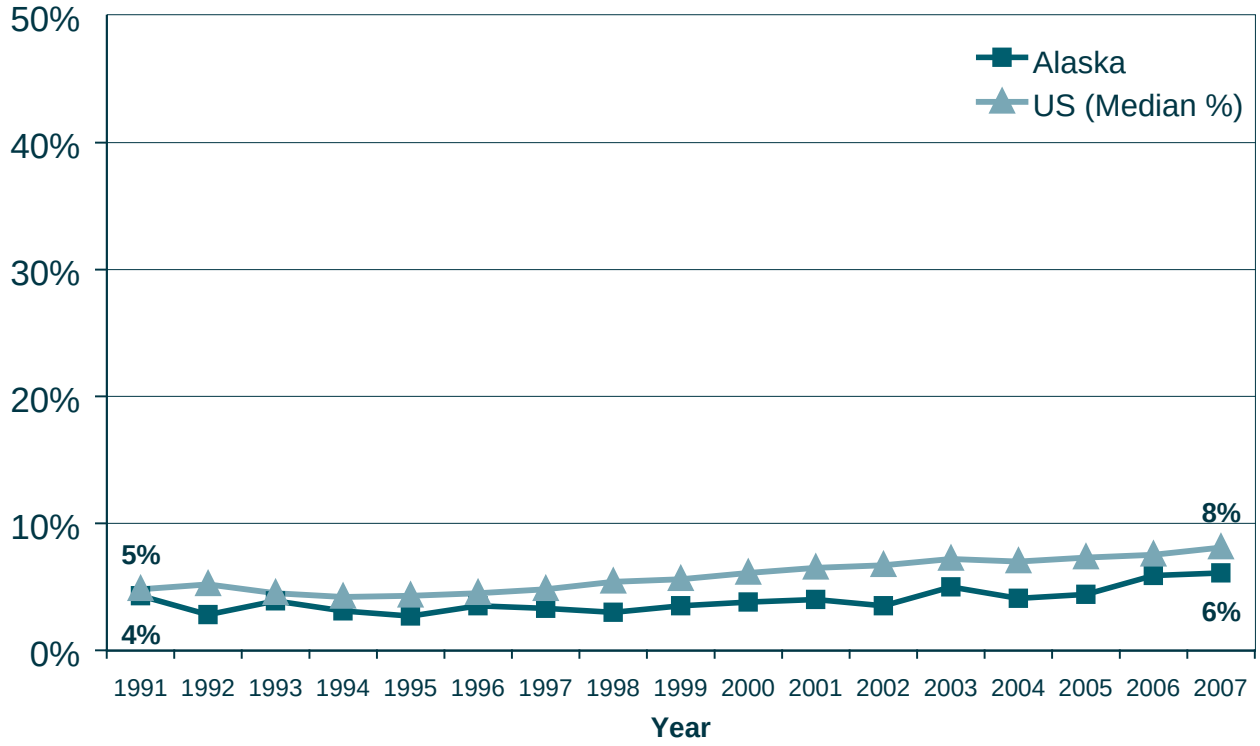
DSU = Data Statistically Unreliable

Chronic Disease — Diabetes

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

- The prevalence of diabetes increased with age.
- Alaskans with incomes below $25,000 tended to have a higher prevalence of diabetes than Alaskans with higher incomes. This difference did not reach statistical significance.
- In 2007, 51% percent of adult Alaskans with diabetes reported having taken a course in how to manage diabetes, below the Healthy Alaskans 2010 goal of 60% (Goal 23.3).
- In 2007, 78% of Alaskans with diabetes had their feet checked by a health professional at least once in the 12 months before the interview. This is above the Healthy Alaskans 2010 goal of 75% (Goal 23.7).
- In 2007, 92% of Alaskans with diabetes reported a glycosylated hemoglobin test at least once in the 12 months before the interview, well above the Healthy Alaskans 2010 goal of 50% (Goal 23.8). Sixty-five percent of Alaskans with diabetes reported at least two glycosylated hemoglobin tests in the same time period.
- Sixty-eight percent of Alaskans with diabetes reported having a dilated eye exam in the past year in 2007. This is below the Healthy Alaskans 2010 goal of 75% (Goal 23.9).

Diabetes: Alaska vs. Nationwide



Chronic Disease — Diabetes

	2007			
	n	weighted %	N	95% CI
Gender				
Male	76	6%	1,142	4.4 - 8.5
Female	73	6%	1,405	4.4 - 8.3
Total	149	6%	2,547	4.8 - 7.7
Race				
Alaska Native (any mention)	33	6%	573	3.6 - 10.3
Non-Alaska Native	116	6%	1,963	4.7 - 7.9
Age				
18–24	0	0%	170	. - .
25–34	11	4%	424	1.7 - 8.4
35–44	15	3%	535	1.6 - 5.8
45–54	27	6%	617	3.4 - 9.7
55–64	47	13%	443	8.5 - 18.9
65 or older	49	16%	332	11.2 - 23.0
Education				
Did not graduate High School	19	6%	206	3.4 - 11.5
Graduated High School	46	6%	775	4.1 - 9.0
Attended College or Technical School	51	9%	740	5.8 - 12.4
Graduated from College	32	4%	819	2.3 - 6.6
Income				
Less than $15K	24	10%	222	5.7 - 16.8
$15,000–24,999	17	12%	250	6.4 - 20.4
$25,000–34,999	16	5%	233	2.6 - 8.2
$35,000–49,999	16	6%	353	2.9 - 11.5
$50,000–74,999	23	4%	457	2.2 - 6.8
$75K+	34	5%	737	3.3 - 8.1
Region				
Anchorage and Vicinity	41	7%	512	5.2 - 10.2
Gulf Coast	33	6%	514	4.3 - 8.9
Southeast	29	4%	503	3.0 - 6.6
Rural	21	5%	508	2.8 - 7.2
Fairbanks and Vicinity	25	4%	510	2.4 - 5.7

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 — Heart Attack

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

- In 2007, 2% of Alaskan adults reported having ever been told they had a heart attack, compared to the national median of 4%.
- There were no significant differences 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.
- Of respondents that had a history of heart attack, 26% reported having outpatient rehabilitation.

	2007			
	n	weighted %	N	95% CI
Gender				
Male	45	3%	1,136	1.9 - 4.7
Female	27	1%	1,399	0.8 - 2.7
Total	72	2%	2,535	1.6 - 3.3
Race				
Alaska Native (any mention)	20	2%	570	1.4 - 4.0
Non-Alaska Native	52	2%	1,954	1.5 - 3.5
Age				
18–24	0	0%	170	. - .
25–34	0	0%	423	. - .
35–44	3	1%	535	0.2 - 5.8
45–54	11	2%	616	0.6 - 4.7
55–64	15	3%	436	1.4 - 6.1
65 or older	42	12%	329	7.9 - 18.1
Education				
Did not graduate High School	13	6%	201	2.3 - 13.8
Graduated High School	17	1%	773	0.7 - 2.5
Attended College or Technical School	20	3%	735	1.4 - 5.2
Graduated from College	21	2%	819	0.9 - 3.5
Income				
Less than $15K	15	6%	218	2.6 - 14.3
$15,000–24,999	5	1%	250	0.3 - 3.8
$25,000–34,999	4	3%	233	0.7 - 9.4
$35,000–49,999	4	2%	349	0.5 - 5.0
$50,000–74,999	11	1%	455	0.7 - 2.9
$75K+	15	2%	738	0.7 - 4.4
Region				
Anchorage and Vicinity	15	2%	512	1.3 - 4.4
Gulf Coast	14	2%	511	1.4 - 4.3
Southeast	21	3%	497	1.7 - 4.4
Rural	11	1%	506	0.8 - 2.6
Fairbanks and Vicinity	11	2%	509	1.0 - 3.3

n = Number of respondents who report ever being told by a 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 2007, 3% of Alaskan adults reported having been told they have angina or coronary heart disease. The national median prevalence of angina or coronary heart disease was 4% for the same time period.
- 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.
- In 2007, of respondents that had been told they had a heart attack or had been told they have angina or coronary heart disease, 26% report they are limited in some activities due to physical, mental or emotional problems due to heart disease.

	2007			
	n	weighted %	N	95% CI
Gender				
Male	44	3%	1,124	1.9 - 4.5
Female	31	2%	1,395	1.2 - 3.3
Total	75	3%	2,519	1.8 - 3.4
Race				
Alaska Native (any mention)	16	2%	566	0.9 - 2.7
Non-Alaska Native	59	3%	1,942	1.9 - 3.9
Age				
18–24	0	0%	169	. - .
25–34	1	1%	423	0.1 - 5.8
35–44	2	0%	535	0.0 - 1.1
45–54	18	3%	617	1.5 - 6.0
55–64	19	3%	431	2.0 - 6.1
65 or older	33	11%	317	6.9 - 17.1
Education				
Did not graduate High School	12	7%	200	3.2 - 15.8
Graduated High School	21	3%	765	1.5 - 4.6
Attended College or Technical School	20	2%	732	1.1 - 4.4
Graduated from College	21	2%	816	0.9 - 2.5
Income				
Less than $15K	14	8%	218	3.3 - 16.2
$15,000–24,999	9	3%	249	1.3 - 6.5
$25,000–34,999	2	1%	230	0.1 - 2.4
$35,000–49,999	8	3%	350	1.3 - 7.5
$50,000–74,999	12	2%	450	0.8 - 2.8
$75K+	19	2%	733	0.8 - 3.6
Region				
Anchorage and Vicinity	15	2%	504	1.3 - 4.1
Gulf Coast	16	3%	511	1.7 - 4.8
Southeast	13	3%	496	1.3 - 4.8
Rural	16	3%	504	1.6 - 4.5
Fairbanks and Vicinity	15	3%	504	1.6 - 4.7

n = Number of respondents who report ever being told by a 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 2007, 2% of Alaskan adults reported having been told they had a stroke, close to the national median prevalence of 3%.
- There was no difference in the prevalence of history of stroke by sex or race.
- Of respondents with a history of stroke, approximately one-quarter reported going to outpatient rehabilitation following their stroke. Twelve percent reported being limited in some activities due to physical, mental or emotional problems due to stroke. The actual number of respondents answering these questions was small so please interpret with caution.

	2007			
	n	weighted %	N	95% CI
Gender				
Male	25	2%	1,138	1.1 - 3.5
Female	30	2%	1,400	1.1 - 3.3
Total	55	2%	2,538	1.3 - 2.9
Race				
Alaska Native (any mention)	16	2%	574	1.3 - 4.0
Non-Alaska Native	39	2%	1,953	1.1 - 3.1
Age				
18–24	0	0%	170	. - .
25–34	2	0%	423	0.1 - 1.0
35–44	3	2%	535	0.6 - 6.3
45–54	11	2%	617	0.7 - 3.9
55–64	13	3%	440	1.2 - 6.7
65 or older	26	7%	327	3.8 - 12.5
Education				
Did not graduate High School	12	3%	206	1.6 - 5.9
Graduated High School	19	2%	771	1.2 - 4.9
Attended College or Technical School	13	2%	735	0.8 - 3.7
Graduated from College	10	1%	819	0.5 - 3.6
Income				
Less than $15K	18	5%	220	2.7 - 8.2
$15,000–24,999	8	2%	251	0.9 - 5.4
$25,000–34,999	8	4%	233	1.3 - 10.0
$35,000–49,999	6	1%	348	0.5 - 2.7
$50,000–74,999	5	1%	456	0.2 - 1.5
$75K+	7	2%	736	0.8 - 5.0
Region				
Anchorage and Vicinity	9	2%	509	0.9 - 3.9
Gulf Coast	15	2%	511	1.0 - 3.2
Southeast	11	2%	501	0.8 - 3.1
Rural	9	2%	509	1.0 - 3.9
Fairbanks and Vicinity	11	2%	508	1.1 - 4.0

n = Number of respondents who report ever being told by a 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.

Chronic Disease — Arthritis

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

- In 2007, 43% of Alaskan adults reported pain, aching or stiffness in or around a joint in the past 30 days. Of those with joint pain, 86% had pain that had lasted more than 3 months.
- One-quarter of Alaskan adults had been told by a doctor that they had arthritis in 2007.
- Reported diagnoses of arthritis increased greatly with age, from 1% in 18-24 year olds to 54% in Alaskans age 65 years and older.
- Alaskans living in the Rural region of Alaska have the lowest prevalence of doctor diagnosed arthritis. This difference is significant when compared to the Gulf Coast and Southeast regions.
- Thirty-six percent of those with arthritis or joint symptoms reported limited activity because of joint pain or arthritis. This is above the Healthy Alaskans 2010 Goal of 21% (Goal 20.2).
- In 2007, 46% of adults with doctor-diagnosed arthritis or joint symptoms that had lasted more than 3 months had a doctor suggest physical activity to help with their symptoms. Twenty-six percent had a doctor suggest losing weight to help with symptoms.

Healthy People 2010

Objective 2.2: Reduce the proportion of adults with limited activities due to chronic joint symptoms to 21%.

Healthy Alaskans 2010

Objective 20.5: Increase the proportion of adults with chronic joint symptoms who have an arthritis diagnosis by a health care provider.

Chronic Disease — Arthritis

	2007			
	n	weighted %	N	95% CI
Gender				
Male	281	22%	1,111	18.3 - 25.4
Female	416	28%	1,393	25.0 - 32.0
Total	697	25%	2,504	22.5 - 27.5
Race				
Alaska Native (any mention)	158	28%	562	21.9 - 34.6
Non-Alaska Native	538	24%	1,931	21.8 - 27.3
Age				
18–24	5	1%	169	0.6 - 3.9
25–34	48	12%	415	8.2 - 18.0
35–44	85	20%	528	14.9 - 25.6
45–54	179	29%	611	23.7 - 34.2
55–64	201	46%	430	39.0 - 53.5
65 or older	175	54%	325	46.6 - 62.0
Education				
Did not graduate High School	62	26%	202	16.9 - 36.9
Graduated High School	198	23%	757	18.9 - 27.3
Attended College or Technical School	218	28%	729	23.7 - 33.3
Graduated from College	217	24%	809	19.6 - 28.3
Income				
Less than $15K	86	DSU	218	
$15,000–24,999	84	37%	247	27.2 - 47.5
$25,000–34,999	67	30%	227	22.8 - 39.4
$35,000–49,999	89	23%	346	16.9 - 29.5
$50,000–74,999	119	23%	452	18.4 - 29.3
$75K+	179	23%	729	18.5 - 27.2
Region				
Anchorage and Vicinity	143	25%	506	21.2 - 29.8
Gulf Coast	161	28%	505	23.9 - 32.8
Southeast	154	27%	495	22.8 - 31.3
Rural	101	18%	500	14.0 - 21.7
Fairbanks and Vicinity	138	24%	498	20.7 - 28.7

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

% = 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

DSU = Data Statistically Unreliable.

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 2007.

Healthy People 2010

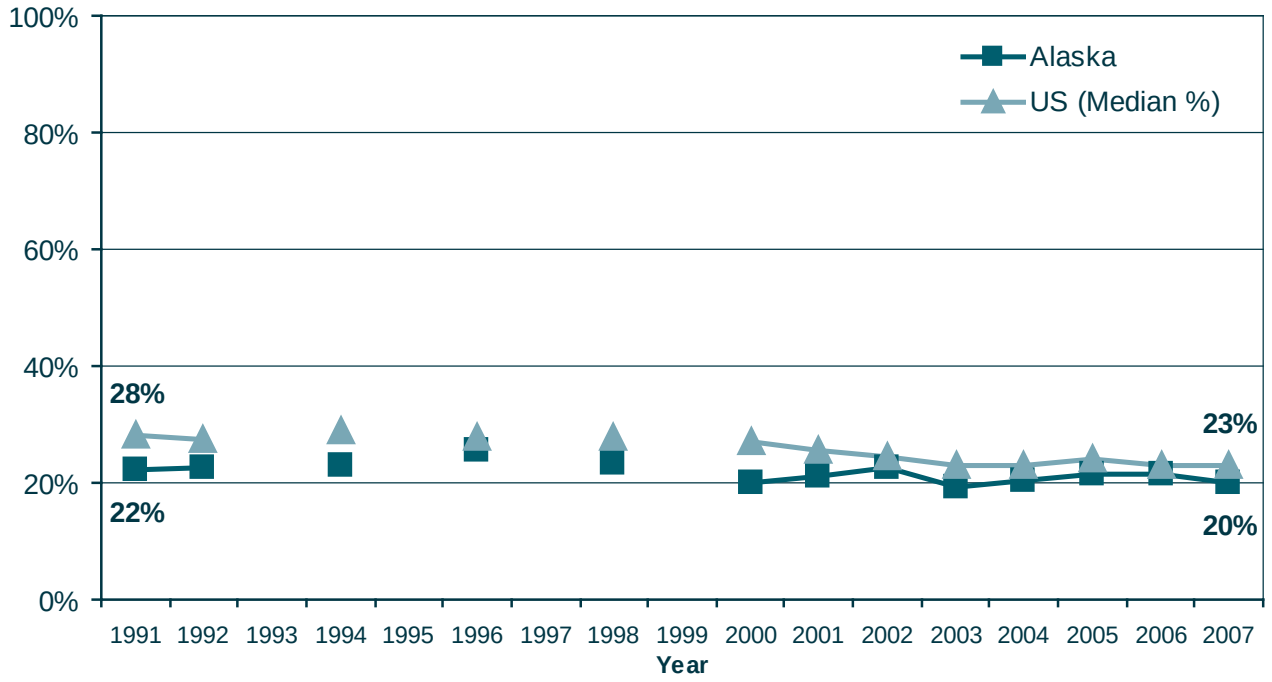
Objective 22.1: Reduce the proportion of adults who are physically inactive to 20%.

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.
- Alaskans living in the Rural region report less leisure time physical activity than those living in the Southeast region or Anchorage and Vicinity.

No Leisure Time Physical Activity: Alaska vs. Nationwide



Exercise — No Leisure Time Physical Activity

	2007			
	n	weighted %	N	95% CI
Gender				
Male	254	20%	1,139	16.4 - 23.5
Female	308	20%	1,406	17.3 - 23.5
Total	562	20%	2,545	17.7 - 22.4
Race				
Alaska Native (any mention)	178	26%	574	20.6 - 32.2
Non-Alaska Native	383	19%	1,960	16.3 - 21.5
Age				
18–24	30	12%	169	7.8 - 19.3
25–34	70	14%	424	9.6 - 18.9
35–44	105	17%	535	13.0 - 22.5
45–54	119	24%	617	18.5 - 29.9
55–64	118	23%	442	17.8 - 29.4
65 or older	114	35%	331	28.0 - 43.3
Education				
Did not graduate High School	74	DSU	207	
Graduated High School	213	25%	774	21.0 - 30.0
Attended College or Technical School	175	22%	738	17.5 - 27.0
Graduated from College	100	11%	819	8.3 - 15.1
Income				
Less than $15K	70	DSU	222	
$15,000–24,999	90	36%	250	26.3 - 46.0
$25,000–34,999	53	24%	234	16.9 - 31.9
$35,000–49,999	66	17%	353	12.0 - 23.4
$50,000–74,999	85	15%	455	11.4 - 19.4
$75K+	111	13%	738	10.0 - 17.0
Region				
Anchorage and Vicinity	89	18%	510	14.3 - 22.3
Gulf Coast	117	21%	514	17.1 - 25.4
Southeast	99	18%	501	14.3 - 21.7
Rural	154	30%	509	25.1 - 35.0
Fairbanks and Vicinity	103	22%	511	17.9 - 26.4

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.

DSU = Data Statistically Unreliable

Exercise — Moderate and Vigorous Physical Activity

Definitions: Moderate physical activity for 30 or more minutes a day, 5 or more days per week; vigorous physical activity for 20 or more minutes a day, 3 days or more a week.

- The CDC recommends at least 30 minutes of moderate physical activity on 5 or more days per week or at least 20 minutes of vigorous activity on 3 or more days per week (http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/).
- Overall in 2007, 61% of Alaskans met recommendations for moderate and/or vigorous activity.
- Older Alaskans were less likely to have met the physical activity recommendations.
- Nine percent of Alaskans reported engaging in no moderate or vigorous physical activity whatsoever.
- The prevalence of no physical activity was higher among the lower income and education groups, among older Alaskans, and among Alaska Natives.

Healthy People 2010

Objective 22.2: Increase proportion of adults who participate in moderate physical activity to 30%.

Objective 22.3: Increase proportion of adults who participate at vigorous level of physical activity to 30%.

Healthy Alaskans 2010

Objective 1.2: Increase proportion of adults who engage in regular, preferably moderate physical activity to 40%.

Objective 1.3: Increase proportion of adults who participate at vigorous level of physical activity (at 50% or more capacity) to 25%.

Exercise — Moderate and Vigorous Physical Activity

2007

		Meet recommendations for moderate and vigorous physical activity			Meet recommendations for vigorous physical activity only			Meet recommendations for moderate physical activity only		
	N	n	Weighted %	95% CI	n	Weighted %	95% CI	n	Weighted %	95% CI
Gender										
Male	1,028	255	30%	25.6 - 35.4	158	16%	12.8 - 20.7	219	18%	15.1 - 21.9
Female	1,265	256	21%	17.6 - 24.0	152	12%	9.9 - 15.3	289	23%	20.1 - 26.8
Total	2,293	511	26%	22.8 - 28.9	310	14%	12.2 - 17.1	508	21%	18.3 - 23.2
Race										
Alaska Native (any mention)	461	74	17%	11.7 - 23.3	66	19%	11.5 - 28.7	97	18%	13.7 - 24.3
Non-Alaska Native	1,822	434	27%	24.2 - 31.1	244	14%	11.5 - 16.3	406	21%	18.2 - 23.6
Age										
18 - 24	155	50	DSU		29	DSU		29	13%	8.2 - 20.7
25 - 34	392	106	30%	22.9 - 37.8	68	15%	10.9 - 19.9	79	21%	15.5 - 27.8
35 - 44	486	108	26%	20.7 - 32.3	64	11%	8.0 - 15.7	99	20%	14.9 - 25.3
45 - 54	567	140	22%	17.5 - 26.6	88	18%	13.4 - 22.7	132	23%	18.2 - 28.3
55 - 64	390	63	21%	15.3 - 29.3	40	12%	7.4 - 17.8	94	19%	14.5 - 24.7
65 or older	280	40	12%	7.9 - 16.7	19	8%	4.7 - 14.7	71	32%	24.8 - 40.9
Education										
Did not graduate High School	155	32	DSU		15	7%	3.5 - 12.3	37	20%	12.7 - 29.9
Graduated High School	681	131	24%	18.6 - 30.1	97	16%	11.1 - 22.3	154	22%	17.5 - 26.5
Attended College or Technical School	676	136	21%	16.6 - 25.7	87	16%	11.6 - 20.7	161	24%	19.5 - 29.3
Graduated from College	776	211	30%	25.0 - 35.4	110	14%	10.7 - 17.6	155	17%	13.6 - 21.2
Income										
Less than $15K	186	27	12%	7.1 - 19.9	22	DSU		48	20%	12.3 - 30.6
$15,000 - 24,999	215	40	27%	16.7 - 39.5	12	8%	3.8 - 16.4	51	19%	12.1 - 27.2
$25,000 - 34,999	216	38	19%	12.3 - 28.7	27	11%	7.0 - 17.2	51	29%	20.9 - 39.2
$35,000 - 49,999	322	73	28%	19.7 - 38.2	43	11%	7.1 - 15.5	77	21%	15.4 - 28.1
$50,000 - 74,999	432	102	30%	23.1 - 37.4	61	14%	9.8 - 20.0	92	18%	13.6 - 22.9
$75K+	691	183	28%	22.8 - 33.2	113	18%	13.9 - 22.7	149	21%	17.0 - 26.0
Region										
Anchorage and Vicinity	488	120	28%	22.8 - 33.0	65	14%	10.6 - 18.8	114	21%	17.1 - 25.1
Gulf Coast	473	107	26%	20.8 - 31.2	56	13%	9.5 - 16.9	114	22%	18.1 - 26.7
Southeast	460	96	22%	17.8 - 27.1	62	15%	11.4 - 19.2	99	21%	16.8 - 24.9
Rural	410	69	16%	12.4 - 20.8	59	15%	11.2 - 20.5	83	20%	15.4 - 24.5
Fairbanks and Vicinity	462	119	27%	22.3 - 31.6	68	16%	12.3 - 20.3	98	19%	15.7 - 23.9

Exercise — Moderate and Vigorous Physical Activity (continued)

		Insufficient activity to meet moderate or vigorous recommendations			No moderate or vigorous physical activity		
	N	n	Weighted %	95% CI	n	Weighted %	95% CI
Gender							
Male	1,028	289	26%	21.7 - 29.9	107	10%	6.9 - 12.9
Female	1,265	427	34%	30.6 - 38.3	141	9%	7.2 - 12.1
Total	2,293	716	30%	27.0 - 32.7	248	9%	7.7 - 11.5
Race							
Alaska Native (any mention)	461	136	31%	24.3 - 38.7	88	15%	10.6 - 21.3
Non-Alaska Native	1,822	578	30%	26.6 - 32.9	160	8%	6.5 - 10.7
Age							
18 - 24	155	34	21%	13.3 - 30.6	13	8%	3.8 - 15.6
25 - 34	392	112	30%	23.4 - 38.2	27	4%	2.6 - 6.1
35 - 44	486	171	35%	29.5 - 41.5	44	8%	4.8 - 12.4
45 - 54	567	162	28%	23.2 - 34.0	45	10%	5.4 - 16.3
55 - 64	390	138	36%	28.9 - 43.3	55	12%	8.2 - 17.4
65 or older	280	91	27%	20.4 - 33.8	59	21%	15.2 - 28.6
Education							
Did not graduate High School	155	39	DSU		32	DSU	
Graduated High School	681	200	28%	22.9 - 33.2	99	11%	8.2 - 13.9
Attended College or Technical School	676	218	30%	24.9 - 34.9	74	10%	6.5 - 14.8
Graduated from College	776	259	33%	28.3 - 38.5	41	6%	3.8 - 9.4
Income							
Less than $15K	186	50	22%	14.2 - 33.5	39	DSU	
$15,000 - 24,999	215	76	DSU		36	14%	8.7 - 22.1
$25,000 - 34,999	216	71	28%	20.6 - 38.0	29	12%	7.3 - 19.1
$35,000 - 49,999	322	104	32%	24.5 - 39.7	25	9%	5.1 - 14.9
$50,000 - 74,999	432	139	32%	26.0 - 39.5	38	6%	4.0 - 8.8
$75K+	691	211	29%	24.0 - 33.8	35	5%	2.6 - 7.7
Region							
Anchorage and Vicinity	488	146	29%	24.2 - 33.8	43	9%	5.9 - 12.4
Gulf Coast	473	155	32%	27.6 - 37.8	41	7%	4.9 - 10.0
Southeast	460	158	33%	28.6 - 38.4	45	9%	6.5 - 12.6
Rural	410	128	32%	26.4 - 37.6	71	17%	13.2 - 22.5
Fairbanks and Vicinity	462	129	28%	23.3 - 32.3	48	10%	7.5 - 14.1

n = Number of respondents in this subgroup.

% = 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.

DSU = Data Statistically Unreliable

High Blood Pressure

Definition: Ever been told by doctor that you have high blood pressure.

- Prevalence of high blood pressure increased significantly with age; over one-third of Alaskans age 55 to 64 years reported having high blood pressure. This increases to nearly two-thirds in Alaskans age 65 years and older.
- There were no differences in the prevalence of high blood pressure by gender, race or region of residence.
- The high blood pressure prevalence rate in Alaska is slightly below the national median.
- Of those reporting having ever been told they have high blood pressure, 72% reported they are currently taking blood pressure medicine.

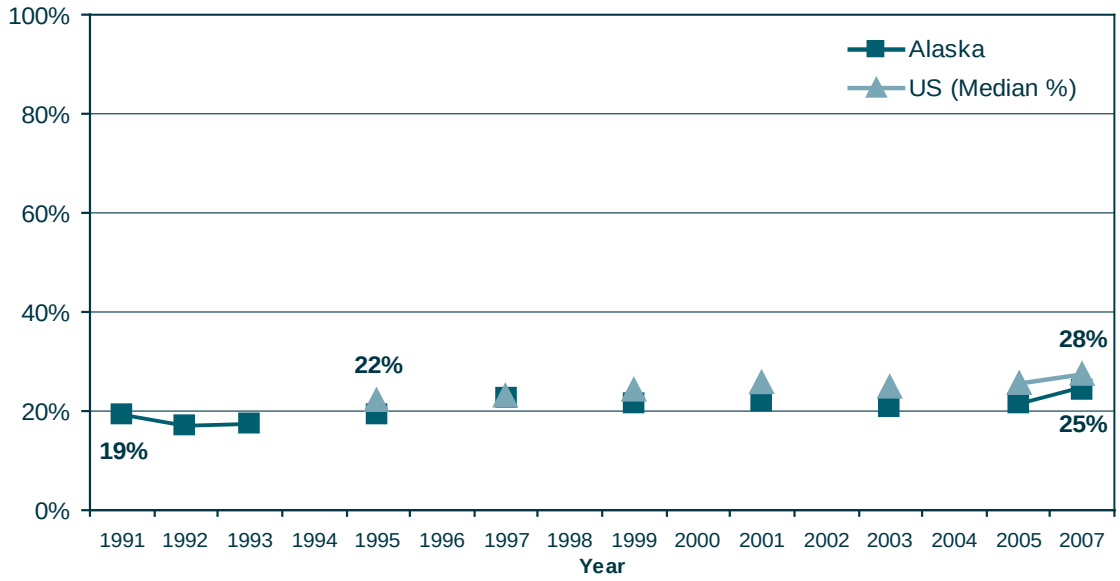
Healthy People 2010

Objective 12.9: Reduce the proportion of adults with high blood pressure to 16%.

Healthy Alaskans 2010

Objective 21.5: Reduce the proportion of adults 18 years and older with high blood pressure to 16%.

High Blood Pressure: Alaska vs. Nationwide



High Blood Pressure

	2007			
	n	weighted %	N	95% CI
Gender				
Male	329	28%	1,138	23.6 - 31.9
Female	342	22%	1,402	19.0 - 25.2
Total	671	25%	2,540	22.3 - 27.6
Race				
Alaska Native (any mention)	157	27%	574	21.3 - 33.3
Non-Alaska Native	513	25%	1,955	21.7 - 27.6
Age				
18–24	8	6%	170	2.5 - 14.5
25–34	47	16%	425	10.6 - 23.9
35–44	76	14%	533	10.4 - 18.8
45–54	167	29%	616	23.1 - 34.8
55–64	169	37%	440	30.3 - 43.9
65 or older	196	63%	329	55.1 - 70.1
Education				
Did not graduate High School	73	DSU	206	
Graduated High School	204	24%	775	19.9 - 29.2
Attended College or Technical School	222	30%	736	25.1 - 35.7
Graduated from College	169	19%	816	15.5 - 23.6
Income				
Less than $15K	72	32%	221	20.4 - 45.7
$15,000–24,999	76	DSU	250	
$25,000–34,999	74	32%	234	24.5 - 41.6
$35,000–49,999	93	25%	353	19.2 - 32.8
$50,000–74,999	112	24%	455	18.2 - 30.3
$75K+	172	20%	736	16.5 - 25.0
Region				
Anchorage and Vicinity	134	25%	510	21.2 - 30.3
Gulf Coast	157	27%	511	23.0 - 31.7
Southeast	146	27%	503	22.7 - 31.3
Rural	121	24%	507	19.6 - 28.3
Fairbanks and Vicinity	113	20%	509	16.5 - 24.1

n = Number of respondents who report ever being told by a doctor that they have high blood pressure.

% = 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.

DSU = Data Statistically Unreliable

High Cholesterol

Definition: Ever told by a doctor that your cholesterol is high.

- In 2007, 38% of Alaskans reported having ever been told they have high cholesterol.
- The prevalence of high cholesterol has remained relatively stable through 2005; the prevalence appears to have increased slightly in 2007.
- Prevalence of high cholesterol increased with increasing age; approximately half of those over age 55 report having been told they have high cholesterol.

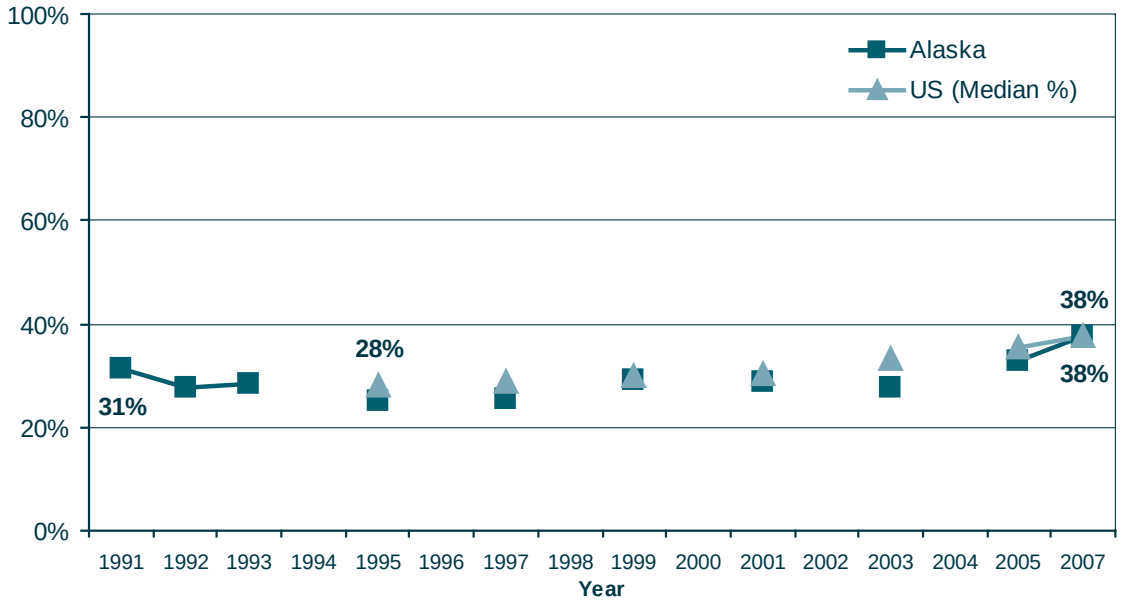
Healthy People 2010

Objective 12.9: Reduce the proportion of adults with high cholesterol.

Healthy Alaskans 2010

Objective 21.9: Reduce the proportion of adults aged 18 and older with high total blood cholesterol levels (240 mg/dl or greater) to 17%.

High Cholesterol: Alaska vs. Nationwide



High Cholesterol

	2007			
	n	weighted %	N	95% CI
Gender				
Male	352	39%	816	33.9 - 44.4
Female	386	36%	1,056	32.0 - 40.5
Total	738	38%	1,872	34.2 - 41.0
Race				
Alaska Native (any mention)	120	34%	329	25.7 - 42.3
Non-Alaska Native	615	38%	1,534	34.8 - 42.2
Age				
18–24	4	DSU	55	
25–34	38	19%	222	12.0 - 28.9
35–44	105	26%	365	20.0 - 32.8
45–54	209	43%	523	36.2 - 49.1
55–64	213	56%	397	48.9 - 63.8
65 or older	165	51%	297	43.0 - 59.4
Education				
Did not graduate High School	49	DSU	124	
Graduated High School	195	36%	495	29.3 - 42.3
Attended College or Technical School	231	43%	555	36.6 - 49.7
Graduated from College	261	36%	691	30.7 - 41.2
Income				
Less than $15K	54	DSU	143	
$15,000–24,999	67	DSU	161	
$25,000–34,999	66	DSU	152	
$35,000–49,999	83	31%	253	22.9 - 39.6
$50,000–74,999	161	39%	373	31.4 - 46.1
$75K+	243	39%	625	33.3 - 44.4
Region				
Anchorage and Vicinity	152	37%	405	31.7 - 42.9
Gulf Coast	182	47%	388	41.0 - 52.4
Southeast	162	35%	403	30.3 - 40.5
Rural	116	41%	300	34.1 - 47.9
Fairbanks and Vicinity	126	33%	376	27.6 - 37.9

n = Number of respondents who report ever being told by a doctor that their cholesterol is high.

% = 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.

DSU = Data Statistically Unreliable

Nutrition

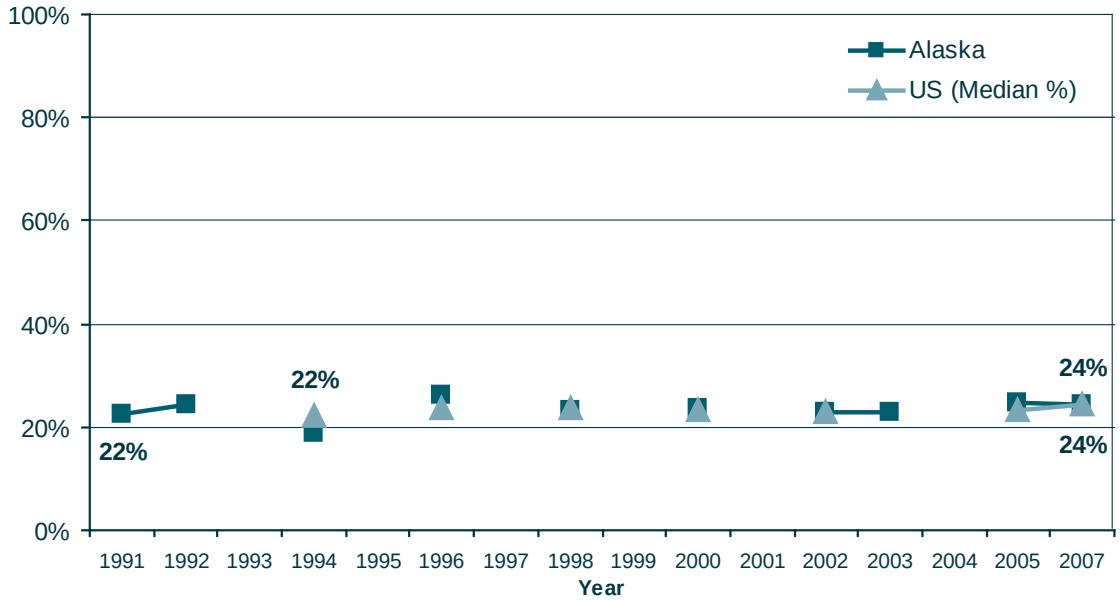
Definition: Consumption of five or more servings of fruits and vegetables daily.

- Only one-quarter of Alaskans consumed the recommended goal of 5 or more servings of fruits and vegetables daily in 2007; this parallels the national prevalence.
- Unfortunately, fruit and vegetable consumption was equally low across virtually every sociodemographic group examined.
- Fruit and vegetable intake was significantly lower in the Rural region than in Anchorage and vicinity, Southeast and Fairbanks and vicinity.

Healthy Alaskans 2010

Objective 24.a: Increase the percent of adults who consume at least 5 daily servings of fruits and vegetables to 30%.

Fruit & Vegetable Consumption (5+ Servings per Day): Alaska vs. Nationwide



Nutrition

	2007			
	n	weighted %	N	95% CI
Gender				
Male	195	18%	1,111	14.2 - 22.3
Female	383	31%	1,381	27.4 - 34.9
Total	578	24%	2,492	21.6 - 27.1
Race				
Alaska Native (any mention)	91	21%	553	14.5 - 30.0
Non-Alaska Native	484	25%	1,929	22.1 - 28.0
Age				
18–24	44	DSU	166	
25–34	98	26%	411	19.6 - 33.0
35–44	99	17%	527	13.6 - 22.1
45–54	158	24%	608	19.7 - 29.3
55–64	97	26%	432	19.8 - 33.1
65 or older	78	29%	322	22.0 - 38.2
Education				
Did not graduate High School	37	16%	194	10.1 - 25.6
Graduated High School	140	20%	756	15.5 - 26.2
Attended College or Technical School	167	24%	727	19.5 - 28.6
Graduated from College	232	30%	809	24.7 - 34.9
Income				
Less than $15K	49	DSU	213	
$15,000–24,999	49	DSU	243	
$25,000–34,999	55	29%	226	21.0 - 39.5
$35,000–49,999	67	18%	348	12.8 - 24.1
$50,000–74,999	114	25%	455	19.7 - 31.4
$75K+	198	24%	730	20.0 - 29.1
Region				
Anchorage and Vicinity	127	25%	505	20.9 - 30.4
Gulf Coast	116	22%	503	17.9 - 26.1
Southeast	132	26%	493	22.0 - 31.1
Rural	79	16%	492	12.5 - 20.6
Fairbanks and Vicinity	124	26%	499	21.7 - 30.6

n = Number of respondents who report eating 5 or more servings of fruits and vegetable 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.

DSU = Data Statistically Unreliable

Obesity and Overweight

Definition: Obese: Body Mass Index (BMI) 30 or greater. Overweight: BMI 25–29.9 (http://www.cdc.gov/nccdphp/dnpa/bmi/)

- Overweight status has remained relatively stable from 1991 to 2007 in both the US and Alaska; in 2007, 37% of adult Alaskans met the definition of being overweight.
- Obesity has increased on a state and national level during this time period; in 2007, 28% 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 2007.
- Males were significantly more likely to be overweight than females, but equally likely to be obese.
- Forty percent of Alaskan adults consider themselves to be overweight, 3% consider themselves underweight, 6% consider themselves to be obese and 51% feel they are at a normal weight.
- In 2007, respondents were asked to report their weight a year ago (see appendix H for question wording). Approximately 24% of respondents had lost weight and 25% had gained weight.
- Of those Alaskans whose weight had changed, 43% reported that the change was intentional.
- In 2007, 47% of Alaskan adults reported they were trying to lose weight; 54% reported they were trying to maintain their current weight.
- Of those trying to lose or maintain their current weight, 19% reported doing so by eating fewer calories, 17% by eating less fat and 37% by doing both.
- Seventy-six percent of those trying to lose or maintain their weight used exercise for weight control.
- In 2007, 17% of Alaskans had a health professional advise them on their weight in the past 12 months.

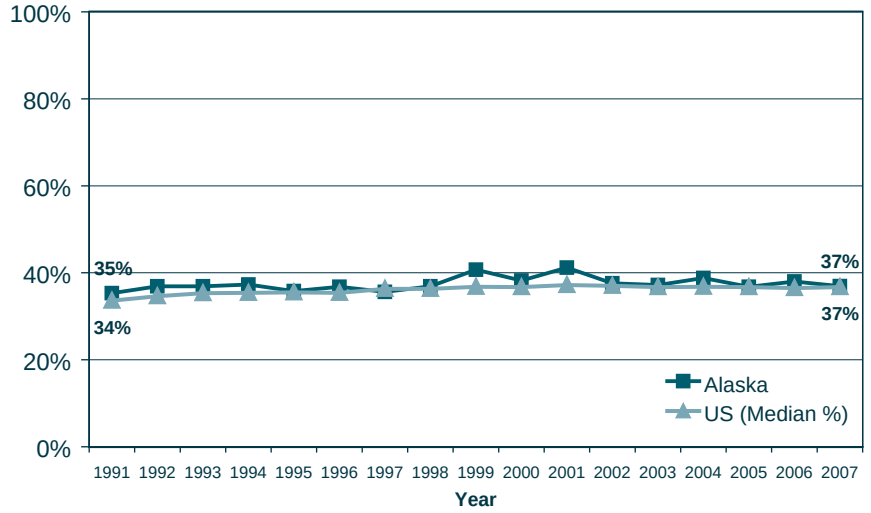
Healthy People 2010

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

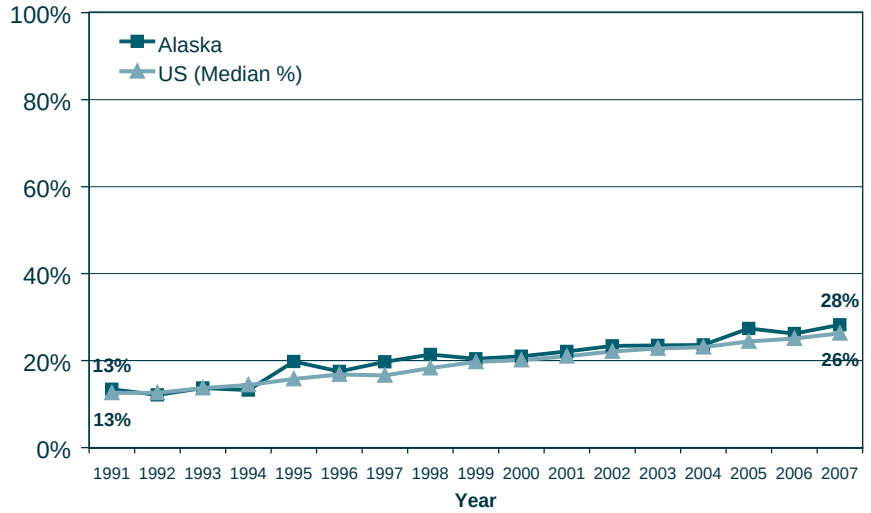
Healthy Alaskans 2010

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): Alaska vs. Nationwide



Obesity (30+ BMI): Alaska vs. Nationwide



Overweight (25.0 - 29.9 BMI)*

	2007			
	n	weighted %	N	95% CI
Gender				
Male	503	45%	1,127	40.0 - 49.6
Female	387	28%	1,329	24.8 - 31.9
Total	890	37%	2,456	33.9 - 40.1
Race				
Alaska Native (any mention)	199	38%	551	30.0 - 45.7
Non-Alaska Native	686	37%	1,896	33.4 - 40.1
Age				
18–24	41	DSU	161	
25–34	138	38%	415	30.6 - 46.1
35–44	199	40%	518	33.9 - 46.4
45–54	229	39%	598	33.0 - 45.1
55–64	163	40%	428	32.9 - 47.2
65 or older	113	35%	318	28.6 - 42.7
Education				
Did not graduate High School	61	DSU	196	
Graduated High School	255	35%	751	29.0 - 40.9
Attended College or Technical School	262	37%	708	31.4 - 42.5
Graduated from College	310	41%	795	35.8 - 46.4
Income				
Less than $15K	67	DSU	214	
$15,000–24,999	86	34%	245	25.3 - 44.6
$25,000–34,999	80	33%	226	25.0 - 42.5
$35,000–49,999	135	37%	342	29.8 - 45.8
$50,000–74,999	175	42%	447	35.4 - 49.6
$75K+	272	39%	721	34.0 - 44.9
Region				
Anchorage and Vicinity	179	38%	497	33.1 - 43.8
Gulf Coast	175	32%	498	27.9 - 37.4
Southeast	174	37%	481	31.8 - 41.6
Rural	176	34%	490	29.5 - 39.7
Fairbanks and Vicinity	186	37%	490	32.5 - 42.2

* **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.

DSU = Data Statistically Unreliable

Obesity (30.0+ BMI)*

	2007			
	n	weighted %	N	95% CI
Gender				
Male	325	27%	1,127	23.2 - 31.2
Female	422	30%	1,329	26.1 - 33.2
Total	747	28%	2,456	25.6 - 31.0
Race				
Alaska Native (any mention)	203	34%	551	27.8 - 40.5
Non-Alaska Native	541	27%	1,896	24.1 - 30.2
Age				
18–24	23	11%	161	6.1 - 19.7
25–34	122	28%	415	21.5 - 35.0
35–44	148	28%	518	23.1 - 34.4
45–54	193	34%	598	28.8 - 40.3
55–64	149	33%	428	27.1 - 40.5
65 or older	108	33%	318	26.6 - 40.9
Education				
Did not graduate High School	65	29%	196	20.0 - 38.9
Graduated High School	257	30%	751	25.3 - 34.9
Attended College or Technical School	223	29%	708	24.0 - 33.8
Graduated from College	201	26%	795	21.8 - 31.7
Income				
Less than $15K	81	DSU	214	
$15,000–24,999	83	28%	245	20.2 - 37.7
$25,000–34,999	68	32%	226	23.2 - 41.5
$35,000–49,999	96	27%	342	20.9 - 35.2
$50,000–74,999	137	30%	447	24.5 - 37.2
$75K+	215	28%	721	23.1 - 32.7
Region				
Anchorage and Vicinity	144	28%	497	23.3 - 32.6
Gulf Coast	160	30%	498	25.5 - 34.7
Southeast	143	29%	481	24.5 - 33.7
Rural	173	34%	490	29.4 - 39.9
Fairbanks and Vicinity	127	24%	490	20.2 - 28.5

* **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) 30.0+.

% = 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.

DSU = Data Statistically Unreliable

Tobacco Use — Smoking

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

- Approximately one in five Alaskans currently smoke, either some days or everyday.
- Prevalence of current smoking among adults remained relatively constant from 1991 to 2002, but has decreased since then.
- Thirty-eight percent of Alaska Natives reported being current smokers compared to 19% of non-Natives; this difference is statistically significant.
- Smoking prevalence rates may differ slightly from those reported by the Tobacco Prevention and Control Program, who estimate smoking prevalence from a combination of the BRFSS and a supplemental tobacco survey.

Healthy People 2010

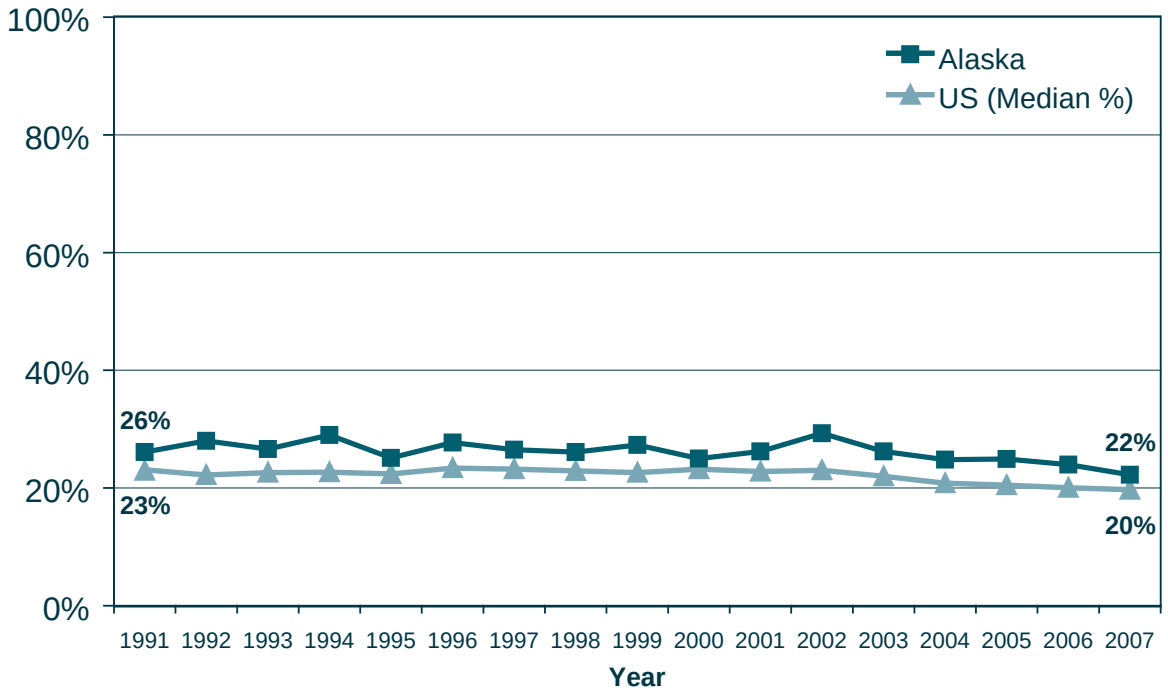
Objective 3.8: Reduce the percentage of adults who smoke cigarettes to 14%.

Healthy Alaskans 2010

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

- Smoking prevalence was greatest in younger respondents, those with less education and those with lower income.
- Adults living in the Rural region of Alaska had a significantly higher prevalence of current smoking than adults living in any other region.
- Sixty-two percent of current smokers reported having tried to quit smoking for 1 day or longer in the past year.
- For more information about tobacco use and prevention efforts in Alaska please visit http://www.hss.state.ak.us/dph/chronic/tobacco/default.htm.

Current Smokers: Alaska vs. Nationwide



Tobacco Use — Smoking

	2007			
	n	weighted %	N	95% CI
Gender				
Male	288	25%	1,124	20.5 - 29.4
Female	303	20%	1,400	16.9 - 22.8
Total	591	22%	2,524	19.6 - 25.1
Race				
Alaska Native (any mention)	219	38%	565	31.2 - 46.1
Non-Alaska Native	371	19%	1,948	16.2 - 21.8
Age				
18–24	45	DSU	165	
25–34	119	27%	423	20.5 - 33.8
35–44	135	22%	533	17.5 - 27.6
45–54	160	25%	609	20.2 - 31.5
55–64	84	17%	440	12.4 - 22.8
65 or older	40	11%	328	7.8 - 16.6
Education				
Did not graduate High School	85	DSU	200	
Graduated High School	233	29%	768	23.9 - 35.2
Attended College or Technical School	190	25%	736	20.4 - 30.3
Graduated from College	82	9%	813	6.5 - 12.3
Income				
Less than $15K	83	43%	217	29.2 - 58.4
$15,000–24,999	93	39%	249	29.2 - 49.2
$25,000–34,999	67	24%	233	17.3 - 31.2
$35,000–49,999	92	25%	350	18.1 - 34.3
$50,000–74,999	80	18%	453	13.2 - 24.3
$75K+	103	14%	731	10.6 - 18.1
Region				
Anchorage and Vicinity	97	20%	506	16.0 - 25.4
Gulf Coast	109	21%	512	17.4 - 26.2
Southeast	96	18%	501	14.8 - 22.2
Rural	170	37%	497	32.1 - 42.8
Fairbanks and Vicinity	119	23%	508	19.3 - 27.8

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.

DSU = Data Statistically Unreliable

Tobacco Use — Smokeless Tobacco

Definition: Current use of smokeless tobacco products (such as chewing tobacco, snuff, Iq'mik or blackbull).

- During the 17 years of surveillance, the prevalence of smokeless tobacco use has remained relatively constant.
- Alaska Natives (13%) were more than three times as likely as non-Natives (4%) to report current smokeless tobacco use in 2007; this difference is statistically significant.
- Males were significantly more likely than females to report current smokeless tobacco use.
- In 2007, smokeless tobacco use was significantly higher in the Rural region of Alaska than in any other region.
- Sixty-eight percent of current smokeless tobacco users reported that they would like to quit using smokeless tobacco. Of those that who wanted to quit, nearly two-thirds were seriously considering quitting in the next 30 days. Please note that actual numbers of respondents for some questions were small so please interpret with caution.
- Of current smokeless tobacco users in 2007, 24% had been advised to quit by a doctor, dentist or other health professional, 39% were asked about smokeless tobacco use (but not advised to quit) and 37% were neither asked nor advised.

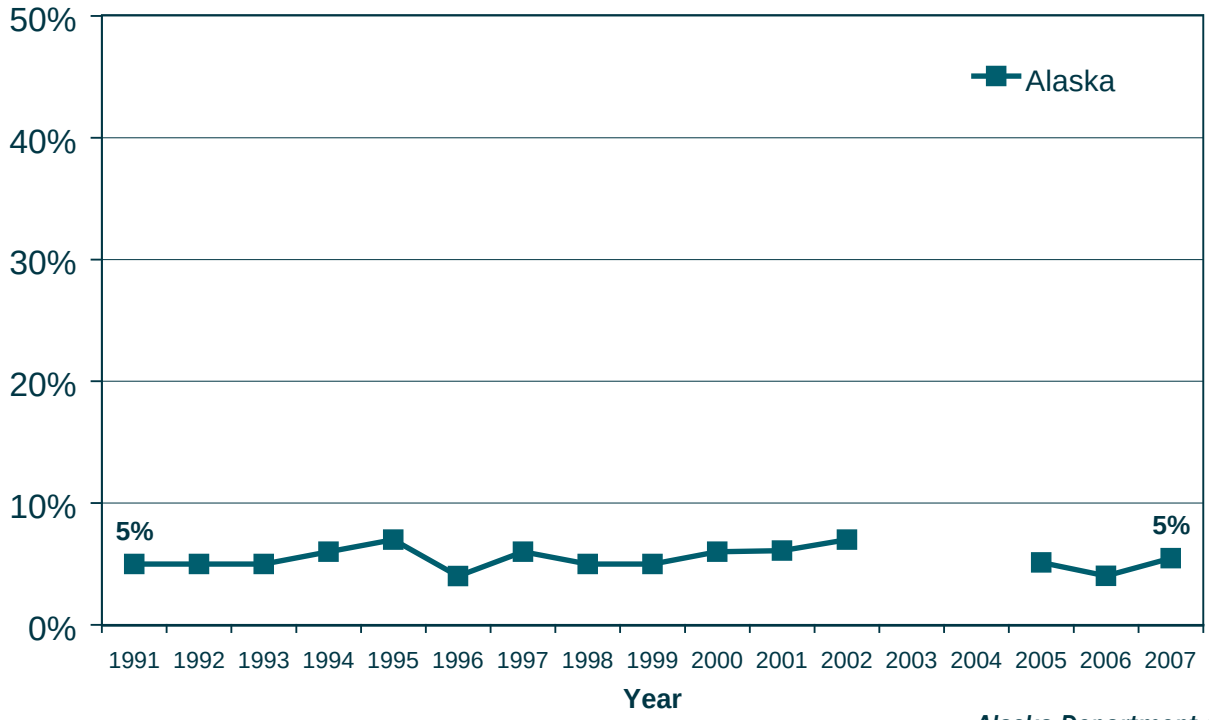
Healthy People 2010

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%.

Current Smokeless Tobacco Use: Alaska



Tobacco Use — Smokeless Tobacco

	2007			
	n	weighted %	N	95% CI
Gender				
Male	104	9%	1,059	6.9 - 12.5
Female	31	1%	1,331	0.9 - 2.3
Total	135	5%	2,390	4.2 - 7.2
Race				
Alaska Native (any mention)	71	13%	506	8.8 - 18.4
Non-Alaska Native	63	4%	1,874	2.7 - 5.8
Age				
18–24	9	5%	158	1.8 - 13.1
25–34	34	10%	388	6.2 - 17.3
35–44	52	7%	502	5.1 - 10.0
45–54	20	4%	593	2.1 - 7.6
55–64	12	2%	415	1.1 - 5.5
65 or older	6	1%	312	0.5 - 2.8
Education				
Did not graduate High School	21	12%	179	5.9 - 24.4
Graduated High School	73	9%	719	6.5 - 13.3
Attended College or Technical School	22	3%	693	1.5 - 5.7
Graduated from College	19	3%	793	1.5 - 6.1
Income				
Less than $15K	15	5%	203	2.8 - 10.1
$15,000–24,999	21	9%	229	3.9 - 18.9
$25,000–34,999	11	4%	213	2.2 - 7.8
$35,000–49,999	20	5%	333	2.7 - 8.4
$50,000–74,999	18	4%	443	2.3 - 7.7
$75K+	25	5%	713	2.4 - 8.9
Region				
Anchorage and Vicinity	10	4%	491	1.8 - 6.9
Gulf Coast	26	8%	489	5.3 - 12.8
Southeast	15	3%	475	1.7 - 4.7
Rural	67	18%	451	13.9 - 23.9
Fairbanks and Vicinity	17	5%	484	2.8 - 7.3

n = Number of respondents who reported current use of 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 2007, 59% of adult Alaskans reported they have firearms in the home.
- Ten percent of Alaskans reported living in a household with an unlocked and loaded firearm in 2007.
- Alaskans with more education and more income tend to live in a household with an unlocked and loaded firearm more often than those in other sociodemographic groups.

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%.

Firearms

	2007			
	n	weighted %	N	95% CI
Gender				
Male	135	12%	992	9.4 - 15.8
Female	81	8%	1,253	5.7 - 11.2
Total	216	10%	2,245	8.3 - 12.5
Race				
Alaska Native (any mention)	23	5%	494	3.1 - 9.1
Non-Alaska Native	193	11%	1,743	9.1 - 14.0
Age				
18–24	6	8%	151	3.1 - 19.5
25–34	26	10%	382	5.5 - 17.0
35–44	38	8%	478	5.5 - 12.9
45–54	58	10%	550	6.8 - 13.5
55–64	53	16%	381	10.8 - 22.6
65 or older	33	10%	286	6.6 - 15.0
Education				
Did not graduate High School	13	7%	173	3.6 - 14.1
Graduated High School	65	11%	676	7.7 - 16.2
Attended College or Technical School	64	10%	651	6.9 - 15.2
Graduated from College	74	10%	741	6.9 - 13.7
Income				
Less than $15K	19	9%	197	4.6 - 16.4
$15,000–24,999	14	3%	225	1.9 - 6.1
$25,000–34,999	12	8%	207	3.5 - 16.2
$35,000–49,999	30	8%	323	4.6 - 12.3
$50,000–74,999	53	17%	419	11.3 - 25.4
$75K+	76	10%	663	7.5 - 14.3
Region				
Anchorage and Vicinity	47	11%	460	7.9 - 15.1
Gulf Coast	63	13%	452	9.7 - 16.5
Southeast	29	6%	453	4.0 - 9.0
Rural	25	6%	437	3.1 - 10.0
Fairbanks and Vicinity	52	11%	443	8.1 - 14.7

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.

Gastrointestinal Disease

Definition: Diarrhea in the past 30 days that began within the 30 day period.

- In 2007, 17% of adults reported diarrhea in the past 30 days.
- Of those that reported diarrhea, 6% visited a doctor, nurse or other health professional for the diarrheal illness.

	2007			
	n	weighted %	N	95% CI
Gender				
Male	153	16%	1,079	12.8 - 20.6
Female	235	18%	1,342	15.4 - 21.8
Total	388	17%	2,421	14.9 - 20.0
Race				
Alaska Native (any mention)	97	20%	520	14.4 - 26.7
Non-Alaska Native	290	17%	1,890	14.3 - 19.8
Age				
18–24	19	13%	160	7.2 - 21.6
25–34	66	21%	402	14.5 - 28.8
35–44	82	18%	509	13.8 - 23.9
45–54	94	19%	596	13.8 - 25.2
55–64	70	15%	419	10.7 - 21.2
65 or older	53	16%	311	11.3 - 22.5
Education				
Did not graduate High School	28	14%	184	7.2 - 25.3
Graduated High School	139	21%	726	16.8 - 26.5
Attended College or Technical School	121	17%	704	13.0 - 22.7
Graduated from College	98	15%	801	11.0 - 19.4
Income				
Less than $15K	52	DSU	206	
$15,000–24,999	46	22%	232	14.2 - 33.6
$25,000–34,999	36	17%	217	10.3 - 27.0
$35,000–49,999	53	17%	341	11.7 - 23.9
$50,000–74,999	62	15%	448	10.4 - 22.0
$75K+	92	15%	718	11.0 - 19.2
Region				
Anchorage and Vicinity	93	20%	492	15.8 - 24.5
Gulf Coast	92	18%	492	14.6 - 22.9
Southeast	72	14%	482	10.7 - 17.4
Rural	71	15%	463	11.5 - 18.8
Fairbanks and Vicinity	60	11%	492	8.6 - 15.0

n = Number of respondents who reported diarrhea in the 30 days before the interview.

% = 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.

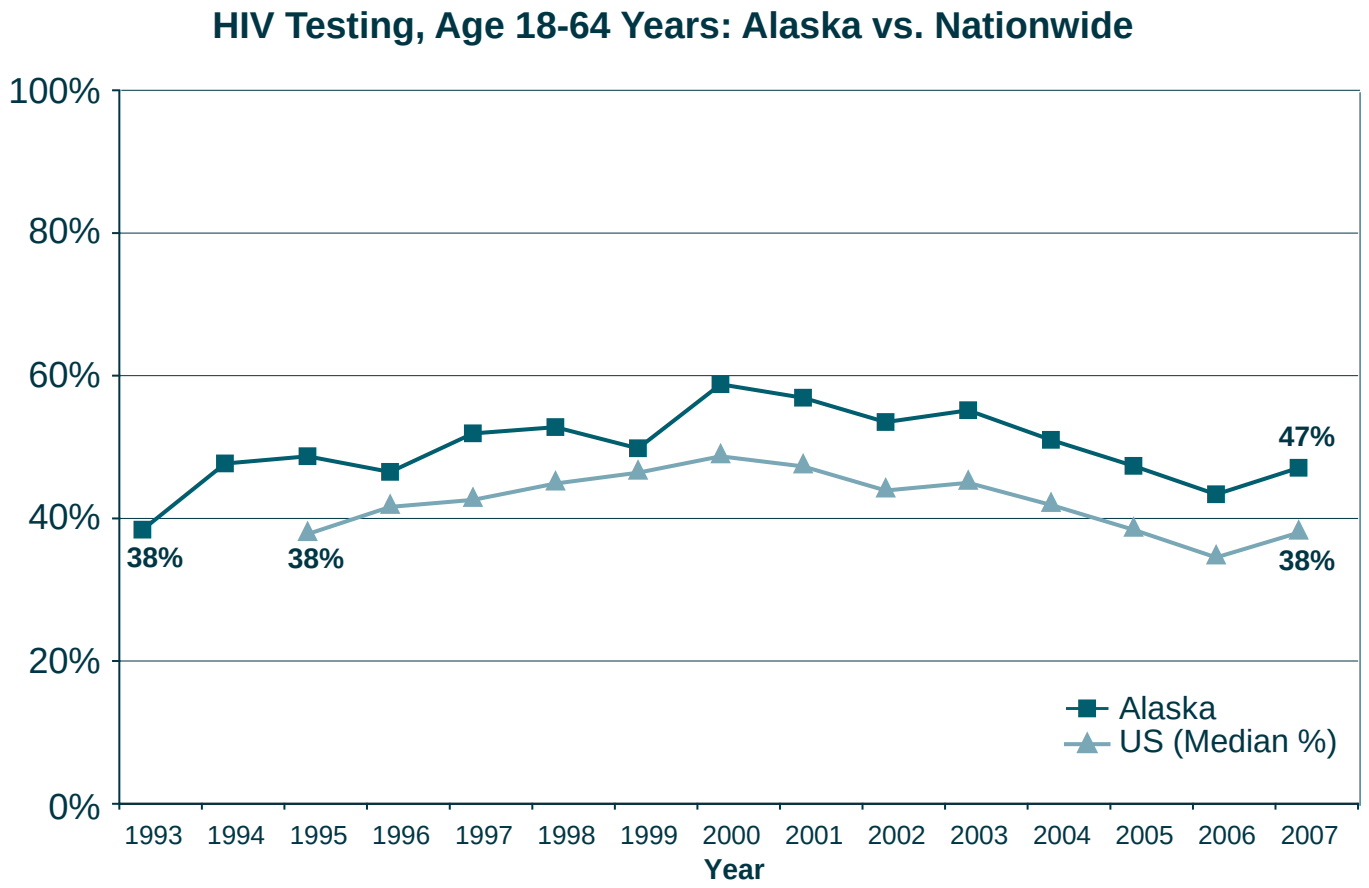
DSU = Data Statistically Unreliable

Preventive Practices

HIV Test

Definition: Ever had an HIV test that was not part of a blood donation (adults age 18-64 years).

- The prevalence of ever having an HIV test peaked in 2000 in both Alaska and the US; the prevalence has declined somewhat in recent years.
- In 2007, 47% 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 and those living in Fairbanks and vicinity had the highest prevalence of HIV testing compared to adults in other age groups and regions.



HIV Test

	2007			
	n	weighted %	N	95% CI
Gender				
Male	424	47%	918	41.4 - 52.0
Female	543	48%	1,142	43.3 - 51.8
Total	967	47%	2,060	43.6 - 50.5
Race				
Alaska Native (any mention)	200	49%	457	41.2 - 57.7
Non-Alaska Native	764	47%	1,594	43.0 - 50.6
Age				
18–24	63	DSU	160	
25–34	253	66%	397	58.2 - 72.2
35–44	289	60%	504	53.7 - 65.9
45–54	233	40%	598	34.2 - 45.9
55–64	129	30%	401	23.6 - 37.1
Education				
Did not graduate High School	59	DSU	142	
Graduated High School	270	43%	625	37.0 - 50.1
Attended College or Technical School	306	50%	605	44.1 - 56.3
Graduated from College	331	48%	686	42.7 - 54.2
Income				
Less than $15K	81	DSU	161	
$15,000–24,999	83	DSU	187	
$25,000–34,999	86	DSU	170	
$35,000–49,999	164	51%	297	41.5 - 59.9
$50,000–74,999	174	45%	393	37.9 - 53.0
$75K+	305	52%	653	46.4 - 57.8
Region				
Anchorage and Vicinity	210	49%	419	43.2 - 54.8
Gulf Coast	178	42%	407	36.6 - 48.0
Southeast	156	41%	382	35.9 - 47.2
Rural	177	40%	417	34.6 - 46.0
Fairbanks and Vicinity	246	52%	435	46.7 - 57.6

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

% = 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 age 18-64 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.

DSU = Data Statistically Unreliable

Cholesterol Screening

Definition: Have had cholesterol tested in past 5 years.

- Seventy-one percent of Alaskan adults have had their cholesterol tested in the prior 5 years.
- The prevalence of cholesterol screening in Alaska appears to have increased since 1993.
- In 2007, Alaska Natives were less likely than non-Natives to report having had their cholesterol screened in the past 5 years, although this difference did not reach statistical significance.
- Cholesterol screening increased dramatically with age; 92% of those 65 and older reported having been screened in the prior five years.

Healthy People 2010

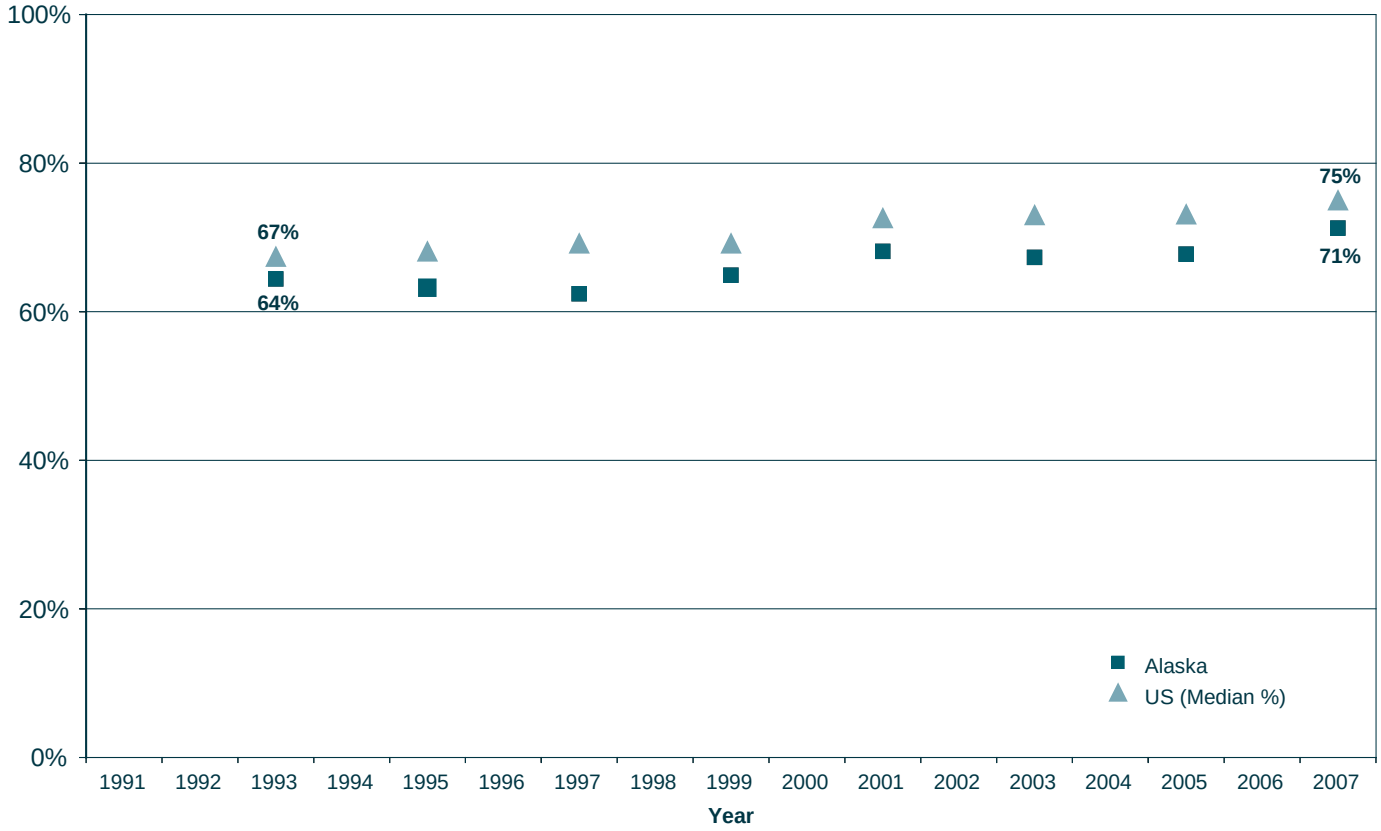
Objective 12.15: Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years to 80%.

Healthy Alaskans 2010

Objective 21.10: Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years to 75%.

- The prevalence of cholesterol screening was significantly higher in individuals who have had some college or have graduated college than in those with a high school diploma or less.
- The prevalence of cholesterol testing was significantly lower in the Rural region of Alaska than in all other regions except the Gulf Coast.

Cholesterol Screening in Last 5 Years: Alaska vs. Nationwide



Cholesterol Screening

	2007			
	n	weighted %	N	95% CI
Gender				
Male	770	68%	1,100	63.3 - 72.6
Female	998	75%	1,330	70.9 - 78.0
Total	1,768	71%	2,430	68.2 - 74.1
Race				
Alaska Native (any mention)	311	63%	524	55.6 - 69.6
Non-Alaska Native	1,451	73%	1,898	69.5 - 76.1
Age				
18–24	51	DSU	151	
25–34	202	52%	394	44.5 - 60.1
35–44	342	72%	514	66.3 - 76.7
45–54	491	83%	602	78.2 - 87.0
55–64	380	91%	433	87.5 - 94.1
65 or older	285	92%	310	87.1 - 95.2
Education				
Did not graduate High School	114	DSU	183	
Graduated High School	456	64%	726	57.7 - 69.1
Attended College or Technical School	541	76%	718	71.5 - 80.3
Graduated from College	652	77%	797	71.5 - 81.8
Income				
Less than $15K	131	DSU	206	
$15,000–24,999	150	DSU	237	
$25,000–34,999	145	64%	225	54.6 - 73.1
$35,000–49,999	237	66%	339	57.2 - 74.5
$50,000–74,999	351	78%	446	71.8 - 83.4
$75K+	594	80%	720	74.6 - 84.2
Region				
Anchorage and Vicinity	383	75%	487	69.5 - 79.6
Gulf Coast	359	64%	499	57.9 - 68.8
Southeast	394	78%	484	72.4 - 82.0
Rural	279	56%	467	50.0 - 61.1
Fairbanks and Vicinity	353	69%	493	63.7 - 73.5

n = Number of respondents who have had their cholesterol tested within the past 5 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.

DSU = Data Statistically Unreliable

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 or Native Health Service.

- Eighty-five percent of Alaskans reported having some type of health care coverage in 2007.
- There was no difference between Alaska Natives and non-Natives or between males and females in the prevalence of health care coverage in 2007.
- Health care coverage was more prevalent as age, income level, and education level increased.
- Health care coverage was lowest among Alaskans living in the Rural and Gulf Coast regions of Alaska.

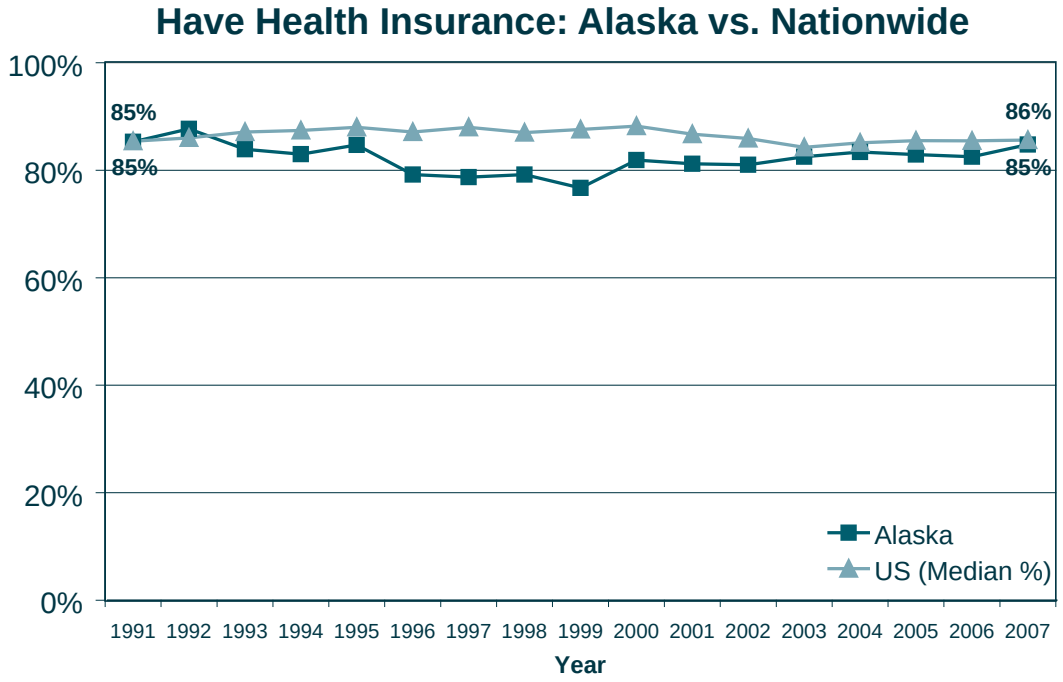
Healthy People 2010

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%.

- In 2007, 59% of respondents reported having one person they think of as their personal doctor or health provider, 13% had more than one and 28% had none.
- Fourteen percent of respondents in 2007 reported not being able to see a doctor because of the cost.
- In 2007, 57% of respondents reported having had a routine checkup within the past 12 months.



Healthcare Access

	2007			
	n	weighted %	N	95% CI
Gender				
Male	933	84%	1,128	79.9 - 87.2
Female	1,193	86%	1,405	82.8 - 88.2
Total	2,126	85%	2,533	82.3 - 86.9
Race				
Alaska Native (any mention)	467	86%	563	82.2 - 89.7
Non-Alaska Native	1,651	84%	1,959	81.6 - 87.0
Age				
18–24	117	DSU	162	
25–34	347	84%	422	79.0 - 88.5
35–44	439	86%	534	81.6 - 89.0
45–54	510	85%	616	79.2 - 89.0
55–64	375	88%	441	83.8 - 91.7
65 or older	319	97%	332	94.8 - 98.5
Education				
Did not graduate High School	141	DSU	203	
Graduated High School	609	81%	766	76.5 - 85.2
Attended College or Technical School	620	86%	738	81.0 - 89.5
Graduated from College	749	92%	819	88.2 - 94.0
Income				
Less than $15K	143	DSU	218	
$15,000–24,999	171	72%	248	63.3 - 79.5
$25,000–34,999	180	77%	233	66.9 - 84.0
$35,000–49,999	294	80%	353	70.2 - 86.8
$50,000–74,999	420	93%	457	90.3 - 95.6
$75K+	698	96%	737	93.5 - 97.1
Region				
Anchorage and Vicinity	447	87%	511	82.8 - 90.5
Gulf Coast	404	77%	511	71.5 - 81.2
Southeast	432	86%	502	82.5 - 89.4
Rural	399	77%	499	71.4 - 81.2
Fairbanks and Vicinity	444	87%	510	82.4 - 89.8

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.

DSU = Data Statistically Unreliable

Vaccinations — Hepatitis B

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

- In 2007, nearly half of Alaskans reported ever having had a Hepatitis B vaccine.
- 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 and income.
- In 2007, 7% of respondents reported having participated in at least one high-risk activity for Hepatitis B infection.

	2007			
	n	weighted %	N	95% CI
Gender				
Male	355	45%	913	39.5 - 49.9
Female	518	49%	1,148	44.2 - 52.8
Total	873	47%	2,061	43.2 - 50.0
Race				
Alaska Native (any mention)	181	42%	452	34.8 - 49.4
Non-Alaska Native	687	47%	1,600	43.6 - 51.3
Age				
18–24	92	78%	130	67.9 - 86.1
25–34	172	50%	317	41.1 - 58.6
35–44	209	53%	410	46.3 - 60.0
45–54	203	38%	536	32.1 - 44.3
55–64	138	38%	374	30.3 - 45.4
65 or older	54	19%	273	13.8 - 26.3
Education				
Did not graduate High School	54	DSU	163	
Graduated High School	202	38%	610	32.2 - 44.6
Attended College or Technical School	271	48%	602	41.7 - 54.1
Graduated from College	345	52%	680	46.5 - 57.9
Income				
Less than $15K	49	DSU	178	
$15,000–24,999	73	DSU	201	
$25,000–34,999	81	DSU	190	
$35,000–49,999	130	50%	292	40.4 - 58.8
$50,000–74,999	167	46%	364	38.2 - 54.0
$75K+	296	51%	614	45.1 - 57.0
Region				
Anchorage and Vicinity	178	47%	416	41.6 - 53.2
Gulf Coast	166	44%	422	38.0 - 49.7
Southeast	148	41%	406	35.0 - 46.3
Rural	173	39%	400	33.3 - 44.6
Fairbanks and Vicinity	208	56%	417	50.1 - 60.8

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.

DSU = Data Statistically Unreliable

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 and those getting a flu shot in the past year, however the prevalence has remained relatively flat since 2001.
- In 2007, 64% of adults age 65 years and older reported having had a flu shot in the past year.

Healthy People 2010

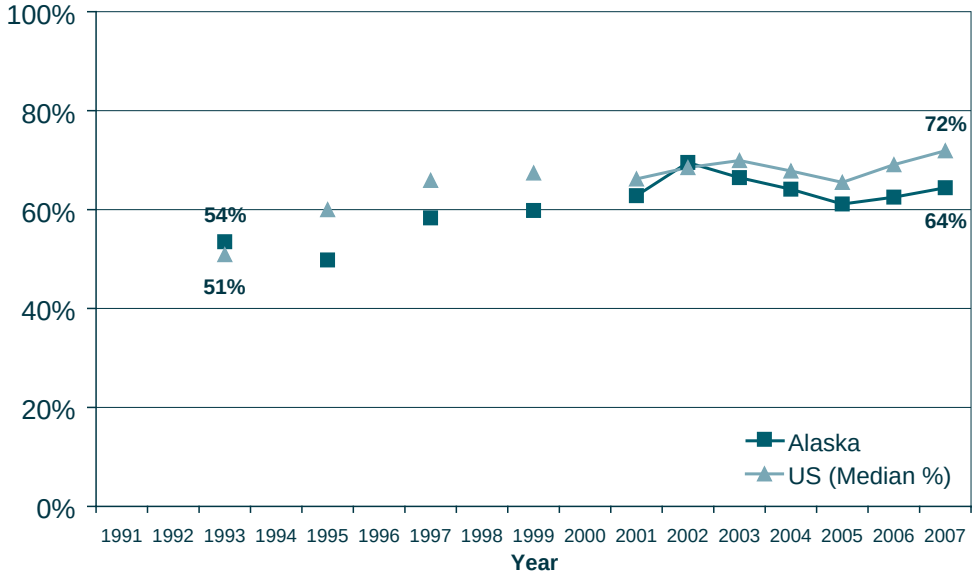
Objective 14-29 a, b: Increase the proportion of non-institutionalized adults age 65 and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010

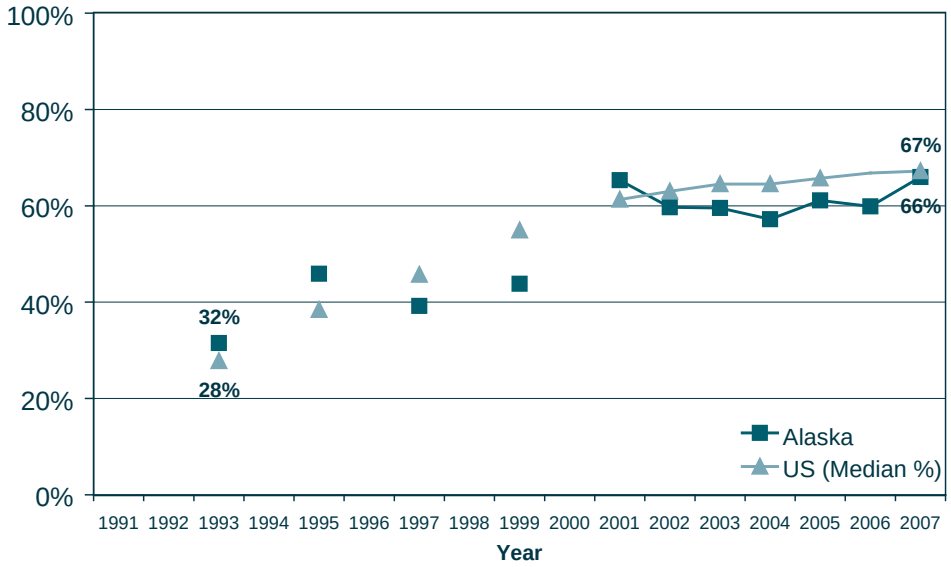
Objectives 18.14 a, b: Increase the proportion of adults aged 65 and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

- The prevalence of flu shot in the past year was 35% for adults age 18 years and older and 31% for adults age 18 to 64 years.
- For information about the Alaska Immunization Program please visit: www.epi.alaska.gov/immunize.

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

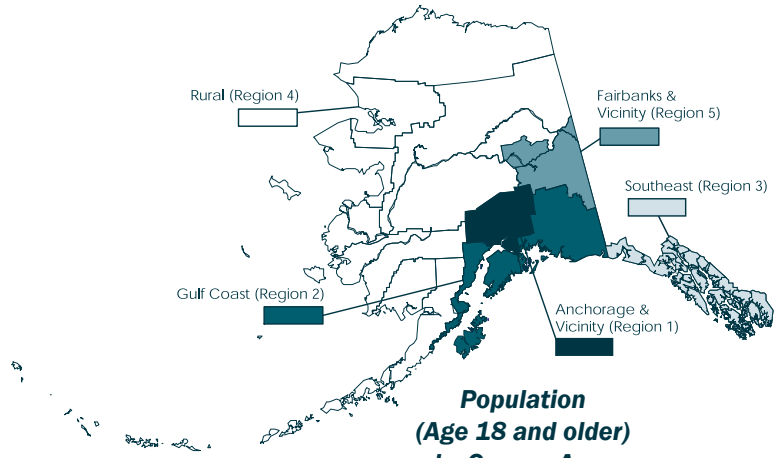


Ever Received a Pneumonia Shot (Age 65+ Only): Alaska vs. Nationwide



Appendices

Appendix A: BRFSS Sampling Regions



Region	Population (Age 18 and older) by Region 2007*	Census Area	Population (Age 18 and older) by Census Area 2007*
1	259,659	Municipality of Anchorage	203,656
		Matanuska-Susitna Borough	56,003
2	55,004	Kenai Peninsula Borough	38,694
		Kodiak Island Borough	9,272
		Valdez-Cordova Census Area	7,038
3	52,016	Haines Borough	1,812
		Juneau City and Borough	22,715
		Ketchikan Gateway Borough	9,778
		Prince of Wales-Outer Ketchikan Census Area	3,908
		Sitka City and Borough	6,494
		Skagway-Hoonah-Angoon Census Area	2,352
		Yakutat Census Area	459
		Wrangall-Petersburg Census Area	4,498
4	44,583	Aleutians East Borough	2,442
		Aleutians West Borough	3,825
		Bethel Census Area	9,861
		Denali Borough	1,355
		Bristol Bay Borough	773
		Dillingham Census Area	3,015
		Lake and Peninsula Census Area	1,028
		Nome Census Area	5,819
		North Slope Borough	4,153
		Northwest Arctic Borough	4,303
		Wade Hampton Census Area	3,974
		Yukon-Koyukuk Census Area	4,035
5	69,424	Fairbanks North Star Borough	64,645
		Southeast Fairbanks Census Area	4,779
Total	**480,686**		

**Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2007.*

Appendix B: Alaska BRFSS 2007 Survey Distribution

by Age and Region

Age	2007 n	2007 Weighted %
Anchorage and Vicinity (Region 1)		
18–24	33	15%
25–34	86	17%
35–44	117	20%
45–54	130	22%
55–64	71	15%
65 or older	72	10%
Unknown	3	<1%
Gulf Coast (Region 2)		
18–24	24	14%
25–34	63	14%
35–44	87	18%
45–54	142	25%
55–64	117	17%
65 or older	77	12%
Unknown	4	1%
Southeast (Region 3)		
18–24	23	9%
25–34	62	18%
35–44	100	19%
45–54	128	24%
55–64	97	18%
65 or older	87	12%
Unknown	7	1%

Age	2007 n	2007 Weighted %
Rural (Region 4)		
18–24	42	17%
25–34	96	17%
35–44	135	20%
45–54	103	21%
55–64	82	13%
65 or older	44	9%
Unknown	9	2%
Fairbanks and Vicinity (Region 5)		
18–24	48	18%
25–34	118	21%
35–44	97	19%
45–54	115	19%
55–64	76	13%
65 or older	53	8%
Unknown	4	1%

Source: Alaska Department of Labor and Workforce Development, Research and Analysis, Demographics Unit, Alaska Population by Age, Male/Female and Census Area and Labor Market, 2000–2002.

Appendix C: Alaska BRFSS 2007 Survey Distribution

by Race and Region

Race	2007 n	2007 Weighted %
Anchorage and Vicinity (Region 1)		
White only, non-Hispanic	402	76%
Black only, non-Hispanic	14	3%
Asian only, non-Hispanic	13	3%
Native Hawaiian or other Pacific Islander only, non-Hispanic	2	1%
American Indian or Alaskan Native only, non-Hispanic	25	7%
Other Race only, non-Hispanic	8	1%
Multiracial, non-Hispanic	23	5%
Hispanic	20	3%
Unknown	5	1%
Gulf Coast (Region 2)		
White only, non-Hispanic	429	83%
Black only, non-Hispanic	1	<1%
Asian only, non-Hispanic	8	2%
Native Hawaiian or other Pacific Islander only, non-Hispanic	2	<1%
American Indian or Alaskan Native only, non-Hispanic	39	8%
Other Race only, non-Hispanic	9	2%
Multiracial, non-Hispanic	13	3%
Hispanic	7	1%
Unknown	6	1%
Southeast (Region 3)		
White only, non-Hispanic	372	71%
Black only, non-Hispanic	1	<1%
Asian only, non-Hispanic	8	2%
Native Hawaiian or other Pacific Islander only, non-Hispanic	2	1%
American Indian or Alaskan Native only, non-Hispanic	75	16%
Other Race only, non-Hispanic	7	2%
Multiracial, non-Hispanic	21	5%
Hispanic	10	2%
Unknown	8	1%
Rural (Region 4)		
White only, non-Hispanic	147	22%
Black only, non-Hispanic	1	<1%
Asian only, non-Hispanic	4	1%
Native Hawaiian or other Pacific Islander only, non-Hispanic	4	1%
American Indian or Alaskan Native only, non-Hispanic	307	66%
Other Race only, non-Hispanic	3	1%
Multiracial, non-Hispanic	18	3%
Hispanic	14	3%
Unknown	13	3%
Fairbanks and Vicinity (Region 5)		
White only, non-Hispanic	415	81%
Black only, non-Hispanic	11	2%
Asian only, non-Hispanic	8	1%
Native Hawaiian or other Pacific Islander only, non-Hispanic	2	<1%
American Indian or Alaskan Native only, non-Hispanic	30	6%
Other Race only, non-Hispanic	13	3%
Multiracial, non-Hispanic	13	3%
Hispanic	14	3%
Unknown	5	1%

Appendix D: Alaska BRFSS 2007 Survey Distribution
by Race and Sex

	2007					
	Male		Female		Total	
Race	N	Weighted %	N	Weighted %	N	Weighted %
White only, non-Hispanic	772	70%	993	73%	1,765	72%
Black only, non-Hispanic	17	3%	11	1%	28	2%
Asian only, non-Hispanic	16	1%	25	3%	41	2%
Native Hawaiian or other Pacific Islander only, non-Hispanic	8	1%	4	<1%	12	1%
American Indian or Alaskan Native only, non-Hispanic	211	14%	265	13%	476	14%
Other Race only, non-Hispanic	26	2%	14	1%	40	1%
Multiracial, non-Hispanic	40	4%	48	4%	88	4%
Hispanic	28	2%	37	3%	65	3%
Unknown	25	2%	12	1%	37	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: 2007 Response Rates

Indicator	BRFSS Objective	BRFSS National Median 2007	Alaska Achieved 2007
CASRO Response Rate	> 40%	51%	65%
Cooperation Rate	> 65%	72%	81%

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 formulae 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 overrepresentation or underrepresentation 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 called 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: 2007 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?
If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"
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: Hypertension Awareness

6.1 Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?
If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"
1 Yes
2 Yes, but female told only during pregnancy
3 No
4 Told borderline high or pre-hypertensive
7 Don't know / Not sure
9 Refused

6.2 Are you currently taking medicine for your high blood pressure?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 7: Cholesterol Awareness

7.1 Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

7.2 About how long has it been since you last had your blood cholesterol checked?
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

7.3 Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 8: Cardiovascular Disease Prevalence

Now I would like to ask you some questions about cardiovascular disease.

Has a doctor, nurse, or other health professional EVER told you that you had any of the following? For each, tell me "Yes", "No", or you're "Not sure."

8.1 (Ever told) you had a heart attack, also called a myocardial infarction?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

8.2 (Ever told) you had angina or coronary heart disease?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

8.3 (Ever told) you had a stroke?
1 Yes
2 No
7 Don't know / Not sure
9 Refuse

Section 9: Asthma

9.1 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

9.2 Do you still have asthma?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 10: Immunization

10.1 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

10.2 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

10.3 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

10.4 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

The next question is about behaviors related to Hepatitis B.
10.5 Please 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 have had sex with 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

Are any of these statements true for you?
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 11: Tobacco Use

11.1 Have you smoked at least 100 cigarettes in your entire life?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

11.2 Do you now smoke cigarettes every day, some days, or not at all?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

11.3 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 12: Demographics

12.1 What is your age?
_ _ Code age in years
0 7 Don't know / Not sure
0 9 Refused

12.2 Are you Hispanic or Latino?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

12.3 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

12.4 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

12.5 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? Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.
1 Yes
2 No
7 Don't know / Not sure
9 Refused

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

12.7 How many children less than 18 years of age live in your household?
_ _ Number of children
8 8 None
9 9 Refused

12.8 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

12.9 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

12.10 Is your annual household income from all sources—
0 4 Less than $25,000
If "no," ask 05; if "yes," ask 03
($20,000 to less than $25,000)
0 3 Less than $20,000
If "no," code 04; if "yes," ask 02
($15,000 to less than $20,000)
0 2 Less than $15,000
If "no," code 03; if "yes," ask 01
($10,000 to less than $15,000)
0 1 Less than $10,000
If "no," code 02
0 5 Less than $35,000
If "no," ask 06
($25,000 to less than $35,000)
0 6 Less than $50,000
If "no," ask 07
($35,000 to less than $50,000)
0 7 Less than $75,000
If "no," code 08
($50,000 to less than $75,000)
0 8 $75,000 or more
7 7 Don't know / Not sure
9 9 Refused

12.11 About how much do you weigh without shoes?
_ _ _ _ Weight
7 7 7 7 Don't know / Not sure
9 9 9 9 Refused

12.12 About how tall are you without shoes?
_ _/ _ _ Height
7 7 7 7 Don't know / Not sure
9 9 9 9 Refused

12.13 How much did you weigh a year ago? [If you were pregnant a year ago, how much did you weigh before your pregnancy?]
_ _ _ _ Weight
7 7 7 7 Don't know / Not sure
9 9 9 9 Refused

12.14 Was the change between your current weight and your weight a year ago intentional?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

12.15 What is your zip code where you live?
_ _ _ _ _ Enter 5 digit zip code
7 7 7 7 7 Don't know/not sure
9 9 9 9 9 Refused

12.16 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

12.17 How many of these telephone numbers are residential numbers?
_ Residential telephone numbers [6 = 6 or more]
7 Don't know / Not sure
9 Refused

12.18 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

12.19 Indicate sex of respondent.
1 Male
2 Female

12.20 To your knowledge, are you now pregnant?
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 (5 for men, 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: Disability

The following questions are about health problems or impairments you may have.

14.1 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

14.2 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 15: Arthritis Burden

The next questions refer to the joints in your body. Please do NOT include the back or neck.

15.1 During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

15.2 Did your joint symptoms first begin more than 3 months ago?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

15.3 Have you ever seen a doctor or other health professional for these joint symptoms?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

15.4 Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

15.5 Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section 16: Fruits and Vegetables

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you

eat. Include all foods you eat, both at home and away from home.

16.1 How often do you drink fruit juices such as orange, grapefruit, or tomato?
- 1 _ _ Per day
- 2 _ _ Per week
- 3 _ _ Per month
- 4 _ _ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

16.2 Not counting juice, how often do you eat fruit?
- 1 _ _ Per day
- 2 _ _ Per week
- 3 _ _ Per month
- 4 _ _ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

16.3 How often do you eat green salad?
- 1 _ _ Per day
- 2 _ _ Per week
- 3 _ _ Per month
- 4 _ _ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

16.4 How often do you eat potatoes not including French fries, fried potatoes, or potato chips?
- 1 _ _ Per day
- 2 _ _ Per week
- 3 _ _ Per month
- 4 _ _ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

16.5 How often do you eat carrots?
- 1 _ _ Per day
- 2 _ _ Per week
- 3 _ _ Per month
- 4 _ _ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

16.6 Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)
- 1 _ _ Per day
- 2 _ _ Per week
- 3 _ _ Per month
- 4 _ _ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Section 17: Physical Activity

17.1 When you are at work, which of the following best describes what you do? Would you say—
- 1 Mostly sitting or standing
- 2 Mostly walking
- 3 Mostly heavy labor or physically demanding work
- 7 Don't know / Not sure
- 9 Refused

We are interested in two types of physical activity - vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

17.2 Now, thinking about the moderate activities you do [fill in "when you are not working" if "employed" or self-employed"] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?
- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

17.3 How many days per week do you do these moderate activities for at least 10 minutes at a time?
- _ _ Days per week
- 8 8 Do not do any moderate physical activity for at least 10 minutes at a time?
- 7 7 Don't know / Not sure
- 9 9 Refused

17.4 On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- _:_ _ Hours and minutes per day
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

17.5 Now, thinking about the vigorous activities you do [fill in "when you are not working" if "employed" or "self-employed"] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

17.6 How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- _ _ Days per week
- 8 8 Do not do any vigorous physical activity for at least 10 minutes at a time?
- 7 7 Don't know / Not sure
- 9 9 Refused

17.7 On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- _:_ _ Hours and minutes per day
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Section 18: HIV/AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

18.1 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

18.2 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

18.3 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

18.4 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 19: Emotional Support and Life Satisfaction

The next two questions are about emotional support and your satisfaction with life.

19.1 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

19.2 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

Section 20: Gastrointestinal Disease

Now I would like to ask you some questions about diarrhea that you may have experienced and about medical care you sought for your diarrheal illness.

20.1 In the past 30 days, did you have diarrhea that began within the 30 day period? Diarrhea is defined as 3 or more loose stools or bowel movements in a 24-hour period.
1 Yes
2 No
7 Don't know / Not sure
9 Refused

20.2 Did you visit a doctor, nurse or other health professional for this diarrheal illness?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

20.3 When you visited your health care professional, did you provide a stool sample for testing?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Optional Modules

Module 1: Random Child Selection

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

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 [97 = 97 and older]
   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 [76 = 76 or more]
   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 [76 = 76 or more]
   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 [76 = 76 or more]
   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: Arthritis Management

1. Earlier you indicated that you had arthritis or joint symptoms. Thinking about your arthritis or joint symptoms, which of the following best describes you today?
   1 I can do everything I would like to do
   2 I can do most things I would like to do
   3 I can do some things I would like to do
   4 I can hardly do anything I would like to do
   7 Don't know / Not sure
   9 Refused

2. Has a doctor or other health professional EVER suggested losing weight to help your arthritis or joint symptoms?
   1 Yes
   2 No
   7 Don't know / Not sure
   9 Refused

3. Has a doctor or other health professional ever suggested physical activity or exercise to help your arthritis or joint symptoms?

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

4. Have you EVER taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Module 5: Mental Illness and Stigma

Now, I am going to ask you some questions about how you have been feeling during the past 30 days. ..

1. About how often during the past 30 days did you feel nervous — would you say all of the time, most of the time, some of the time, a little of the time, or none of the time?
1 All
2 Most
3 Some
4 A little
5 None
7 Don't know / Not sure
9 Refused

2. During the past 30 days, about how often did you feel hopeless — all of the time, most of the time, some of the time, a little of the time, or none of the time?
1 All
2 Most
3 Some
4 A little
5 None
7 Don't know / Not sure
9 Refused

3. During the past 30 days, about how often did you feel restless or fidgety?
1 All
2 Most
3 Some
4 A little
5 None
7 Don't know / Not sure
9 Refused

4. During the past 30 days, about how often did you feel so depressed that nothing could cheer you up?
1 All
2 Most
3 Some
4 A little
5 None
7 Don't know / Not sure
9 Refused

5. During the past 30 days, about how often did you feel that everything was an effort?
1 All
2 Most
3 Some
4 A little
5 None
7 Don't know / Not sure
9 Refused

6. During the past 30 days, about how often did you feel worthless?
1 All
2 Most
3 Some
4 A little
5 None
7 Don't know / Not sure
9 Refused

The next question asks if any type of mental health condition or emotional problem has recently kept you from doing your work or other usual activities.

7. During the past 30 days, for about how many days did a mental health condition or emotional problem keep you from doing your work or other usual activities?
_ _ Number of days
8 8 None
7 7 Don't know / Not sure
9 9 Refused

8. Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

These next questions ask about peoples' attitudes toward mental illness and its treatment. How much do you agree or disagree with these statements about people with mental illness...

9. Treatment can help people with mental illness lead normal lives. Do you –agree slightly or strongly, or disagree slightly or strongly?
1 Agree strongly
2 Agree slightly
3 Neither agree nor disagree
4 Disagree slightly
5 Disagree strongly
7 Don't know / Not sure
9 Refused

10. People are generally caring and sympathetic to people with mental illness. Do you – agree slightly or strongly, or disagree slightly or strongly?

1 Agree strongly
2 Agree slightly
3 Neither agree nor disagree
4 Disagree slightly
5 Disagree strongly
7 Don't know / Not sure
9 Refused

State Added Questions

Section A: Weight Control

A.1 Are you now trying to lose weight?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

A.2 Are you now trying to maintain your current weight, that is to keep from gaining weight?
1 Yes

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

A.3 Are you eating either fewer calories or less fat to… lose weight or
keep from gaining weight?
1 Yes, fewer calories
2 Yes, less fat
3 Yes, fewer calories and less fat
4 No
7 Don't Know / Not Sure
9 Refused

A.4 Are you using physical activity or exercise to… lose weight or
keep from gaining weight?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

A.5 In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?
1 Yes, lose weight
2 Yes, gain weight
3 Yes, maintain current weight
4 No
7 Don't Know / Not Sure
9 Refused

A.6 Do you now consider yourself to be overweight, underweight, obese, or at a normal weight?
1 Overweight
2 Underweight
3 Obese
4 Normal weight
7 Don't Know / Not Sure
9 Refused

Section B: Child Health Insurance

The next questions are about children's health. I would like to ask questions about the (child selected from random child selection module) or if only one child, the child in your household

B.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

B.2 Is this child's health insurance Medicaid or Denali KidCare?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

B.3 During the past 12 months was there any time when this child was not covered by ANY health insurance?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

B.4 During the past 12 months was there any time when this child had health coverage?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

B.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 / Not sure
9 Refused

B.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 / Not sure
9 Refused

B.7 Why did your child not get all the medical care needed?
1 Cost too much
2 No insurance
3 Health Plan problems
4 Can't find doctor who accepts child's insurance.
5 Not available in area/transportation problems.
6 Not convenient times/couldn't get appointment.
7 Doctor did not know how to treat or provide care.
8 Dissatisfaction with doctor.
9 Did not know where to go for treatment.
10 Child refused to go.
11 Treatment is ongoing.
12 Vaccine shortage.
13 Other (specify)
77 Don't Know
99 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? Probe for which.
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 Don't know / Not sure
9 Refused

C.2 Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? Probe for which.
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 Don't know / Not sure
9 Refused

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

88 None
77 DK/NS
99 Refused

C.4 Would you like to quit using smokeless tobacco?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

C.5 Are you seriously considering quitting using smokeless tobacco products within the next 6 months?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

C.6 Are you seriously considering quitting using smokeless tobacco products within the next 30 days?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

C.7 In the past 12 months, has any doctor, dentist or other health professional advise you to stop using smokeless tobacco?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

C.8 In the past 12 months, has any doctor, dentist or other health professional ask if you use smokeless tobacco products such as chewing tobacco, snuff, Iq'mik or Blackbull?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section D: Cardiovascular Health

D.1 After you left the hospital following your heart attack did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab".
1 Yes
2 No
7 Don't know / Not sure
9 Refused

D.2 Are you limited in any activities because of physical, mental, or emotional problems due to heart disease?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

D.3 After you left the hospital following your stroke did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab".
1 Yes
2 No
7 Don't know / Not sure
9 Refused

D.4 Are you limited in any activities because of physical, mental, or emotional problems due to stroke?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

Section E: Firearms

The next three questions are about firearms. We are asking these in a health survey because of our interest in firearm-related injuries. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire. Include those kept in a garage, outdoor storage area, or motor vehicle.

E.1 Are any firearms now kept in or around your home?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

E.2 Are any of these firearms now loaded?
1 Yes
2 No
7 Don't know / Not sure
9 Refused

E.3 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 Don't know / Not sure
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

This document was funded in part by the Centers for Disease Control and Prevention, Cooperative Agreement No. U58/CCU022905, and it was produced by the Alaska Department of Health and Social Services. It was printed at a cost of $9.03 per copy in Anchorage, Alaska. This cost block is required by AS 44.99.210.