

Maricopa County Special Health Status Report 2011



Behavioral Risk Factor Surveillance System



Prepared by the Maricopa County Department of Public Health
Office of Epidemiology
August 2013
Maricopa County

Acknowledgements

This report was prepared by the Maricopa County Department of Public Health, Office of Epidemiology, Epidemiology and Data Services Unit.

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The authors wish to thank the following individuals and organizations for contributing numeric data, consultation, and other information used in this report. Their assistance is appreciated.

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***Maricopa County 2011 Behavioral Risk Factor Survey
Statistics***

Maricopa County 2011 Behavioral Risk Factors Survey Statistics

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

Self-Reported Health Indicators	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Health Status -Excellent, Very Good, or Good	85.5%	82.6%	88.4%	92.7%	84.5%	77.8%	79.9%	79.0%	88.2%	75.1%	84.0%
Activity Limited Due to Health Problems	19.8%	25.6%	15.7%	14.9%	15.6%	25.9%	32.0%	36.2%	25.8%	15.3%	22.7%
Health Problems Requiring Special Equipment	6.7%	7.7%	2.7%	0.6%	3.4%	7.9%	15.1%	16.5%	7.1%	6.5%	7.2%
BMI -Overweight ¹	45.3%	28.0%	30.3%	31.5%	40.2%	41.3%	38.0%	39.9%	35.5%	41.4%	37.0%
BMI -Obese ¹	25.8%	24.6%	18.9%	24.0%	22.9%	31.3%	29.8%	23.7%	21.5%	35.4%	25.2%

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

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

Self-Reported Health Behaviors	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Physical Activity -Met aerobic recommendation	54.8%	50.3%	43.3%	55.2%	52.0%	53.6%	47.2%	60.6%	57.2%	41.4%	52.6%
Physical Activity -Met muscle strengthening recommendation	36.4%	25.4%	35.7%	33.7%	29.6%	37.7%	26.3%	21.5%	31.6%	28.1%	30.9%
Physical Activity -Met at least one guideline	63.9%	57.9%	59.6%	63.0%	60.3%	62.6%	54.3%	64.1%	65.3%	49.6%	61.0%
Fruit and Vegetable Consumption -5 or more servings a day	18.3%	24.0%	10.4%	25.1%	27.5%	23.0%	16.9%	18.2%	21.2%	19.4%	21.1%
Seat Belt Use -Always	80.8%	89.1%	72.3%	80.2%	85.7%	89.7%	91.3%	89.5%	86.2%	80.4%	85.0%
Folic Acid Supplement ¹	N/A	40.1%	-	48.4%	40.2%	N/A	N/A	N/A	51.2%	N/A	40.1%
Folic Acid Awareness ¹	N/A	58.6%	-	64.8%	62.4%	N/A	N/A	N/A	65.0%	N/A	58.6%
Ever Had an HIV Test	35.3%	33.9%	24.4%	56.3%	45.5%	38.2%	19.7%	9.8%	32.0%	32.9%	34.6%

¹ Females 18-44 years old.

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

Maricopa County 2011 Behavioral Risk Factors Survey Statistics

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

Has a Medical Provider Ever Told You that You Have/Had	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Coronary Heart Disease	3.8%	2.6%	0.0%	0.2%	1.4%	3.1%	3.7%	11.7%	4.0%	1.7%	3.2%
Heart Attack	4.9%	3.1%	1.1%	1.1%	0.5%	5.0%	5.0%	12.7%	4.0%	2.6%	4.0%
Stroke	3.4%	2.8%	1.9%	0.8%	1.5%	3.9%	3.3%	8.2%	3.1%	3.2%	3.1%
Diabetes	10.6%	7.8%	0.5%	1.8%	5.8%	12.5%	14.3%	22.3%	7.6%	11.0%	9.2%
High Blood Pressure	26.9%	24.7%	10.3%	10.0%	15.9%	32.6%	37.4%	54.3%	26.1%	22.1%	25.8%
High Cholesterol	43.2%	35.3%	-	20.7%	36.0%	37.6%	55.8%	59.1%	40.8%	39.1%	39.3%
Asthma	12.2%	14.9%	13.2%	16.0%	10.1%	16.2%	9.7%	14.9%	14.3%	10.5%	13.5%
Chronic Obstructive Pulmonary Disorder	3.6%	5.2%	0.6%	0.6%	4.4%	5.4%	3.4%	12.1%	5.4%	1.3%	4.4%
Cancer	11.2%	13.3%	2.0%	1.4%	2.7%	15.9%	15.8%	35.4%	17.5%	3.4%	12.3%
Depressive Disorder	10.6%	23.5%	13.6%	14.7%	18.2%	20.0%	19.8%	15.7%	20.1%	11.8%	17.0%

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

Alcohol and Smoking	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Binge Drinking	23.7%	12.7%	19.2%	34.2%	14.4%	17.6%	15.6%	4.0%	17.9%	22.7%	18.2%
Heavy Drinking	7.4%	6.1%	3.6%	9.7%	5.9%	9.4%	5.9%	4.2%	7.1%	6.1%	6.7%
Current Smoker	20.3%	16.7%	19.9%	27.7%	18.0%	16.7%	18.5%	7.8%	22.2%	11.6%	18.5%
Former Smoker	27.8%	19.8%	10.8%	11.1%	16.5%	27.2%	31.8%	49.2%	27.3%	18.0%	23.8%

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

Maricopa County 2011 Behavioral Risk Factors Survey Statistics

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

Vaccinations	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Yearly Influenza Vaccine	29.5%	36.0%	25.3%	19.6%	22.3%	34.0%	41.0%	60.0%	34.3%	24.9%	32.8%
Pneumonia Vaccine	30.8%	31.3%	18.1%	19.1%	18.6%	21.7%	35.1%	71.8%	36.4%	19.4%	31.0%

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

Health Care Coverage and Utilization	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White non-Hispanic	Hispanic	Total
Health Care Coverage ¹	72.2%	82.3%	73.5%	74.8%	76.8%	79.1%	82.2%	N/A	83.8%	62.9%	77.1%
Usual Source of Health Care	67.7%	78.5%	57.2%	56.8%	71.0%	79.9%	81.1%	95.7%	80.3%	57.4%	73.1%
Time Since Last Routine Checkup-within past year	55.0%	65.4%	50.7%	45.0%	56.8%	59.8%	69.4%	84.2%	62.7%	52.8%	60.2%
Could Not Afford Needed Health Care	19.3%	19.3%	19.2%	19.8%	21.2%	27.8%	19.3%	6.7%	15.4%	29.3%	19.3%

¹ Males and females 18-64 years old.

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

Technical Notes

Behavioral (BRFSS) Statistics

Behavioral Risk Factor Surveillance System (BRFSS) data are presented in **Tables 1** through **6**.

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

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

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

Tables 1 through **6** are organized such that similar questions are shown together. Each table lists a short description of the topic for each question and the estimated percent of Maricopa County residents that met the condition, by sex, selected age groups, and selected races. Groups with less than 50 total respondents are omitted from the report due to small sample size (i.e. American Indian, Black, and Asian residents are not shown). Additionally, if there were less than 50 non-blank responses for a specific question, the results for that question were omitted. Not all questions are included in the questionnaire every year, such as questions regarding health screenings. Therefore, data that was included in prior years may not be included in the current report.

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

Table 1 includes self-reported health indicators.

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

Table 2 includes self-reported health behaviors.

- Results for *Physical Activity* were derived using a series of questions. The first question asked “During the past month, other than your regular job, did you participate in any physical activities or exercises?” If the respondent replied “Yes” then he/she was asked, “What type of physical activity or exercise did you spend the most time doing during the past month”, “How many times per week or per month did you take part in this activity during the past month”, and “When you took part in this activity, for how many minutes or hours did you usually keep at it?” The same questions were asked for the second most frequent activity that the respondent reported. Respondents were also asked “During the past month, how many times per week or per month did you do physical activities or exercises to strengthen your muscles? Do not count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.” Based on responses to the above questions, the respondent’s total minutes of activity per week were calculated.
 - The respondent *Met Aerobic Recommendations* if he/she participated in at least 150 minutes of moderate-intensity aerobic activity per week or at least 75 minutes of vigorous-intensity aerobic activity. An equivalent combination of the two was also considered sufficient to fulfill the recommendation.
 - The respondent *Met Strengthening Recommendations* if he/she participated in muscle-strengthening activities at least two times per week.
 - If the respondent met either the aerobic recommendation, the muscle strengthening recommendation, or met both recommendations, then he/she was considered to have *Met at least one guideline*.
- Results for *Fruit and Vegetable Consumption* were calculated based on several questions: “During the past month, how many times per day, week, or month did you drink fruit juices such as orange, grapefruit, or tomato?”, “During the past month, how many times per day, week, or month did you eat fruit, beans, dark green vegetables, and orange-colored vegetables?” and “Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat other vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried, such as baked or mashed potatoes” Respondents whose calculated result showed consumption of five or more servings of fruits and vegetables per day are shown.
- Results for *Seat Belt Use* were determined using responses to the question “How often do you use seat belts when you drive or ride in a car?” The respondent had the option of answering “Always,” “Nearly Always,” “Sometimes,” “Seldom,” or “Never.” Respondents who answered “Always” are shown.
- Results for *Folic Acid Supplement* were obtained from responses to the question “Do you currently take any multivitamins or supplements that contain folic acid?” Women aged 18-44 years who responded “Yes” are shown.
- Results for *Folic Acid Awareness* were derived from responses to the question “Some health experts recommend that women take 400 micrograms of the B-vitamin folic acid every day. They recommend this for which one of the following reasons?” The respondent could answer “To make strong bones”, “To prevent birth defects”, “To prevent high blood pressure”, or “Some other reason”. Women aged 18-44 years who were aware that folic acid is taken to prevent birth defects are shown.
- Results for *Ever Had an HIV Test* were derived from responses to the question “Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.” Respondents who answered “Yes” are shown.

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

- Results for *Coronary Heart Disease, Heart Attack, Stroke, Diabetes, High Blood Pressure, High Cholesterol, Asthma, Chronic Obstructive Pulmonary Disease, Cancer, and Depressive Disorder* were obtained from similar questions that asked “Have you ever

been told by a doctor that you have...?” Adults that responded “Yes” are shown for each of the conditions. *Diabetes* and *High Blood Pressure* do not include females who were only told they had the condition during a pregnancy. *Diabetes* does not include respondents who stated they have been told they have pre-diabetes or borderline diabetes. Results for *High Cholesterol* were calculated only amongst respondents who responded “Yes” to “Have you ever had your cholesterol checked?”

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

- Results for *Binge Drinking* and *Heavy Drinking* were derived from several questions. The first question asked “During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?” If the respondent answered “Yes,” he/she was then asked additional questions.
 - Results for *Binge Drinking* were determined by asking “Considering all types of alcoholic beverages, how many times during the past 30 days did you have X or more drinks on an occasion?” The value of X was five if the respondent was male and four if the respondent was female. *Binge Drinking* includes residents that had five or more drinks on one occasion for males, or four or more drinks on one occasion for females.
 - Results for *Heavy Drinking* were determined by asking two questions: “During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?” and “During the past 30 days, on the days when you drank, about how many drinks did you drink on average.” *Heavy Drinking* includes residents who had more than two drinks per day if male or more than one drink per day if female.
- Results for *Current Smoker* and *Former Smoker* were derived from two questions. The first question asked “Have you smoked at least 100 cigarettes in your entire life?” One hundred cigarettes is equivalent to five packs. If the participant answered “Yes,” he/she was then asked the second question. The second question asked “Do you now smoke cigarettes every day, some days, or not at all?” Adults who reported smoking “Every day” or “Some days” were categorized as *Current Smokers* while adults who reported smoking “Not at all” were categorized as *Former Smokers*.

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

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

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

- Results for *Health Care Coverage* were obtained from responses to the question “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Service?” Respondents 18-64 who answered “Yes” are shown. Respondents aged 65 years and older were omitted because the majority of this population is covered under a government plan such as Medicare.
- Results for *Usual Source of Health Care* were determined using the question “Do you have one or more persons you think of as your personal doctor or health care provider?” The respondent could have answered “Yes, only one”, “More than one”, or “No”. Respondents who said “Yes, only one” or “More than one” are shown.
- Results for *Time Since Last Routine Checkup* were obtained from responses to the question “About how long has it been since you last visited a doctor for a routine checkup, not an exam for a specific injury, illness or condition?” The respondent had the

- option to answer “Within past year,” “Within past 2 years,” “Within past 5 years,” “5 or more years ago,” or “Never.” Respondents that answered “Within past year” are shown.
- Results for *Could Not Afford Needed Health Care* were obtained from the question “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?” Adults that answered “Yes” are shown.

BRFSS data were weighted to account for unequal probabilities of being selected and to adjust the numbers of those selected to reflect the actual state population estimates. Table 7 shows the frequency of responses prior to weighting. The total number of respondents per demographic group is shown in the first row, next to “Total Observations”. In 2011, a total of 1,626 residents of Maricopa County participated in the BRFSS survey. The remainder of the table lists the specific question and the corresponding unweighted frequencies for each demographic group. The unweighted frequency represents the actual number of individuals who responded in the affirmative (based on the descriptions provided above) to each question, prior to weighting. Weighted frequencies are not shown.

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

Table 7 Total Maricopa County Residents by Reported Question-2010 BRFSS

<i>People Fitting Criteria</i>	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	White Non-Hispanic	Hispanic	Total
Total Observations	664	962	103	187	234	250	323	529	1,258	214	1,626
General Health Status	563	779	88	173	206	205	258	412	1,066	150	1,342
Activity Limitations	155	266	14	26	35	60	99	187	342	39	421
Require Special Equipment	57	106	3	2	8	18	41	91	130	15	163
BMI-Overweight	297	257	29	55	79	92	106	193	429	70	554
BMI-Obese	161	192	14	33	49	69	79	109	255	69	353
Physical Activity-Aerobic	362	508	49	100	123	133	154	311	705	86	870
Physical Activity-Strength	242	260	41	64	79	90	96	132	398	54	502
Physical Activity-At least one	418	554	63	112	140	153	178	326	782	100	972
Fruit and Vegetables	112	228	12	48	58	61	59	102	265	42	340
Seat Belt Use	528	843	74	151	196	214	286	450	1,076	169	1,371
Folic Acid Supplement	N/A	84	-	37	39	N/A	N/A	N/A	64	N/A	84
Folic Acid Awareness	N/A	114	-	43	62	N/A	N/A	N/A	85	N/A	114
Ever Had HIV Test	175	236	26	101	98	86	58	42	292	59	411
Coronary Heart Disease	36	42	0	1	2	7	13	55	66	6	78
Heart Attack	44	47	1	2	1	11	15	61	68	11	91
Stroke	28	42	1	3	3	10	13	40	55	9	70
Diabetes	76	94	1	2	13	22	43	89	121	28	170
High Blood Pressure	219	327	7	11	38	78	125	287	428	58	546
High Cholesterol	265	348	-	22	61	81	151	295	505	59	613
Asthma	80	139	16	28	29	37	35	74	167	27	219
COPD	42	64	1	2	8	13	15	67	90	5	106
Cancer	122	164	2	2	6	36	55	185	265	9	286
Depressive Disorder	84	211	15	24	48	57	73	78	236	34	295
Binge Drinking	116	97	22	58	39	42	32	20	164	40	213
Heavy Drinking	42	59	5	17	15	23	22	19	82	12	101
Current Smoker	119	120	20	37	42	42	52	46	191	26	239
Former Smoker	224	262	8	22	32	63	108	253	409	39	486
Yearly Influenza Vaccine	241	407	20	40	58	78	127	325	536	49	648
Pneumonia Vaccine	219	369	15	24	32	48	100	369	498	44	588
Health Care Coverage <65	365	508	75	145	190	199	264	N/A	664	112	873
Usual Source of Health Care	515	828	63	111	180	199	282	508	1079	136	1343
Last Checkup	414	687	50	93	130	147	233	448	875	119	1101
Unable to Afford Health Care	88	141	20	35	37	63	47	27	144	59	229

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