

Health Risk Behaviors of Johnson County 2000 - 2001

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

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EXECUTIVE SUMMARY

Health Status	Johnson	KS	US*
Percentage reporting that in general their health was fair or poor	7	12 ^a	14 ^a
Health Care Access			
Percentage reporting no health insurance or other health care coverage	6	11 ^a	12 ^a
Percentage unable to see a doctor due to cost during the past 12 months	7	8 ^a	10 ^a
Percentage lacking a regular health care professional	15	14 ^d	NA
Hypertension			
Percentage ever told by a health professional that they had high blood pressure	22	21 ^b	24 ^b
Cholesterol			
Percentage ever told they had high cholesterol among those who had ever had their cholesterol checked	31	27 ^b	30 ^b
Diabetes			
Percentage ever told they had diabetes (except during pregnancy only)	5	6 ^a	6 ^a
Physical Activity			
Percentage not engaging in at least 20 minutes of leisure time physical activity at least three times per week	49	67 ^c	NA
Percentage not engaging in at least 30 minutes of leisure time physical activity five times per week	75	82 ^a	78 ^a
Safety Belt Use			
Percentage who do not always use a safety belt when driving or riding in a car	22	38 ^b	31 ^d
Percentage of children 0 to 15 years not always restrained when riding in a car	8	13 ^b	15 ^d
Tobacco Use			
Percentage who currently smoke cigarettes	19	21 ^a	23 ^a
Percentage of males who use smokeless tobacco	6	10 ^d	8 ^d
Overweight			
Percentage overweight (BMI \geq 27.8 for males and \geq 27.3 for females)	28	33 ^b	34 ^b
Percentage overweight or obese (BMI \geq 25)	53	59 ^a	57 ^a
Percentage obese (BMI \geq 30)	15	19 ^b	20 ^b

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

Breast and Cervical Cancer Screening	Johnson	KS	US*
Percentage of women aged 50 and older who have not had a mammogram in the past two years	14	20 ^b	25 ^b
Percentage of women aged 50 and older who have not had a clinical breast exam in the past two years	10	23 ^b	NA
Percentage of women aged 50 and over who have not had both a mammogram and a clinical breast exam in the past two years	18	29 ^b	NA
Percentage of women who have had a hysterectomy	19	24 ^b	22 ^a
Percentage of women with a uterine cervix who have not had a pap smear within the past two years	9	15 ^b	17 ^b
Adult Immunization			
Percentage ages 65 and over who have not had an influenza vaccine within the past 12 months	23	33 ^b	33 ^b
Percentage ages 65 and over who have never had a pneumonia vaccine	36	45 ^b	45 ^b
HIV			
Percentage of persons younger than 65 reporting risk of contracting HIV as “medium” or “high”	3	5 ^a	6 ^a
Activity Limitations and Quality of Life			
Percentage with a limitation in any activities due to any impairment or health problem . . .	14	12 ^b	NA
Percentage with one or more days of the last 30 days where pain made it hard to do usual activities	21	21 ^b	NA
Percentage with 14 or more days of the last 30 days which they felt sad, blue, or depressed	7	5 ^b	NA
Percentage with 14 or more days of last 30 days which they felt worried, tense or anxious	19	12 ^b	NA
Percentage with 14 or more days of last 30 days during which they did not get enough sleep	28	22 ^b	NA
Percentage with 14 or more days of last 30 days during which they did not feel very healthy and full of energy	37	32 ^b	NA
Health of Children			
Percentage with perceived health of child “excellent” or “very good”	89	92 ^d	NA
Percentage reporting the selected child is limited in activities by an impairment or health problem	5	6 ^d	NA
Percentage reporting no health care coverage for the selected child	4	8 ^d	NA

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

Child Injury Prevention	Johnson	KS	US*
Percentage reporting having not discussed a fire escape plan with their children	83	NA	NA
Percentage reporting having a child that didn't always wear a helmet while riding a bicycle	52	70 ^b	NA
Parenting			
Percentage with children who watched two or more hours of TV on previous day	53	50 ^b	NA
Percentage of children without family rules about program/movie content, video game content, or internet use	38	33 ^b	NA
Percentage of children unsupervised after school one or more days in the last week	20	NA	NA
Mental Health			
Percentage who reported that they might have had depression during the past five years . .	26	NA	NA
Percentage reporting that they had been diagnosed with depression	9	NA	NA
Alcohol			
Percentage who reported having 60 or more drinks per month	6	3 ^b	4 ^b
Percentage who reported having driven when they'd had perhaps too much to drink	4	3 ^b	2 ^b
Weight Control			
Percentage reporting that they were currently trying to lose weight	47	37 ^a	38 ^a
Firearms			
Percentage reporting keeping a gun in or around the home including in garage, storage area, or motor vehicle	24	NA	NA
Percentage reporting keeping a firearm in or around the home that is both loaded and unlocked	3	NA	NA
Preventive Counseling			
Percentage who have ever had a health professional talk with them about diet or eating habits	31	21 ^e	NA
Percentage who have ever had a health professional talk with them about physical activity or exercise	41	21 ^e	NA
Percentage who have ever had a health professional talk with them about injury prevention such as safety belt use, helmet use, or smoke detectors	16	10 ^e	NA
Percentage who have ever had a health professional talk with them about their sexual practices, including family planning, STDs, AIDS, or the use of condoms	28	18 ^e	NA

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

Health Care Utilization	Johnson	KS	US*
Percentage reporting fair or poor satisfaction with their health care	7	NA	NA
Percentage who rated the convenience of their regular place of health care as fair or poor	8	NA	NA
Percentage reporting that they have lost access to their doctor in the past two years due to job change, a change in health care coverage, provider moving, or owing money to their provider	13	NA	NA
Oral Health			
Percentage reporting no insurance coverage that pays for some or all of their routine dental care	27	NA	NA
Percentage reporting a need for any dental service, including fillings, dentures or partials, caps, crowns, or root canals	16	NA	NA
Percentage reporting not visiting the dentist in the past two years	13	NA	NA
Percentage reporting having lost at least one tooth because of tooth decay or gum disease	30	NA	NA
Percentage reporting having lost six or more teeth due to decay or gum disease	9	17 ^b	20 ^b

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

SURVEY CONTENT

For the complete text of each question and response frequencies, see page 57.

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

JOHNSON-SELECTED OPTIONAL MODULES

Health of Children

- Age of the randomly-selected child
- Relationship between respondent and selected child
- Selected child's health
- Selected child limited in activities
- Length of time since selected child's last routine checkup
- Inability of selected child to see doctor due to cost
- Place for selected child's routine care
- Source of selected child's health care coverage
- Type of coverage used to pay for selected child's medical care
- Household received food stamps
- Father living in same household as selected child
- Mother living in same household as selected child

Supplementary Children's Health/Safety

- Discussed fire escape plan with children
- Child wears helmet while riding bicycle
- Parent's awareness of child's sexual activity and use of alcohol, cigarettes, illegal drugs

Parenting

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

Mental Health

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

Alcohol Consumption

- Number of days in past month alcohol consumed
- Number of drinks consumed each time
- Drinking and driving - number of drinks
- Drinking and driving during the past month

Weight Control

Currently trying to lose weight
Trying to maintain weight
Eating fewer calories, less fat
Use of physical activity
Ideal weight
Advice about weight

Health Care Coverage

Reason for being without health care coverage
Reason for not receiving health care needed
Other types of health care coverage

Firearms

Presence of firearms around home
Reason for keeping firearms
Keeping of firearms loaded and unlocked
Carrying of loaded firearm

Preventive Counseling

Elapsed time since received counseling from health professional on diet or eating habits
Elapsed time since received counseling from health professional on physical activity
Elapsed time since received counseling from health professional on injury prevention
Elapsed time since received counseling from health professional on drug abuse
Elapsed time since received counseling from health professional on alcohol use
Elapsed time since health professional advised to quit smoking (smokers)
Elapsed time since health professional discussed reproductive health issues

Health Care Utilization

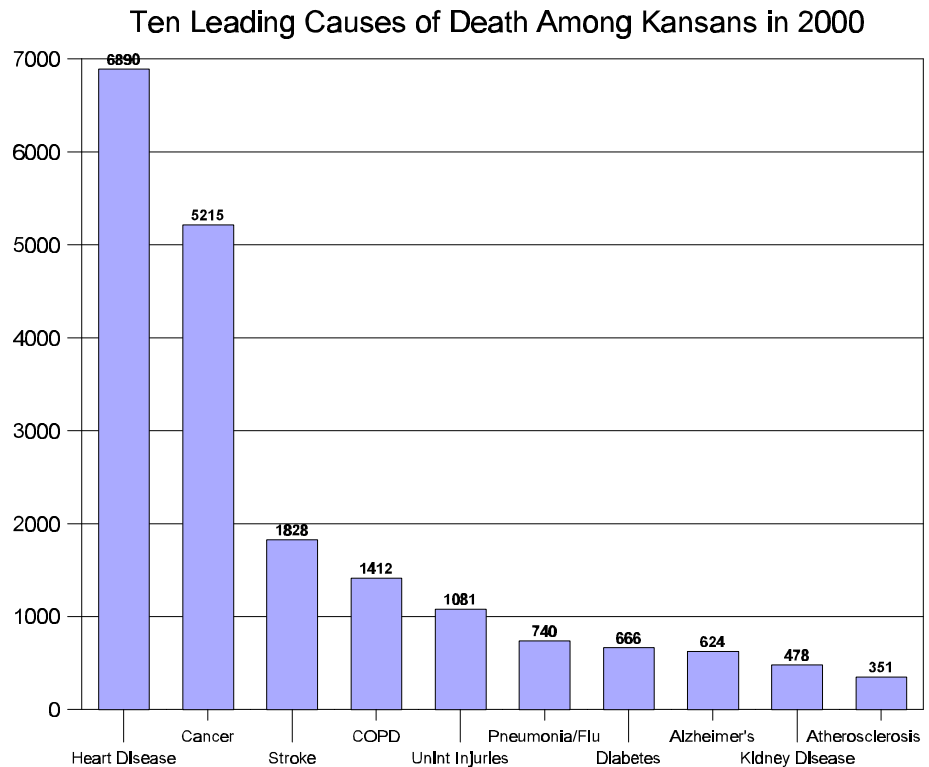
Satisfaction with overall health care
Usual place for care when sick or in need of advice
Reason for no usual source of medical care
Place visited most often when in need of health care
Convenience of health care location
Elapsed time since last change of doctors
Reason for change of doctors
Transportation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

Oral Health

Elapsed time since last visit to dentist for routine check-up
Main reason for not visiting dentist in past year
Number of permanent teeth removed because of decay or gum disease
Dental health care coverage
Currently in need of dental services

INTRODUCTION

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



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

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

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

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

Selected Healthy Kansans 2000 Objectives	Johnson 2000 Percent	Kansas Percent	Healthy Kansans 2000 Objective
Health Care Access*			
Increase the proportion of adults with health care coverage	94	89 ^a	92
Reduce the proportion of adults not seeking health care due to cost . .	7	8 ^a	6
Increase the proportion of adults who have a specific source of primary care for their ongoing preventive and episodic health care . . .	85	86 ^d	95
Increase the proportion of adults who have had their cholesterol checked in the past five years	76	69 ^b	75
Physical Activity*			
Increase the proportion of adults aged 18 and older engaging in regular physical activity at least 5 times a week for at least 30 minutes .	25	18 ^a	40
Decrease the proportion of adults aged 18 and older engaging in no leisure time physical activity	23	30 ^a	15
Unintentional Injuries and Violence*			
Increase the proportion of adults aged 18 and older who report always wearing their safety belt	78	62 ^b	70
Increase the proportion of youth aged 0 through 4 who always ride in a safety seat	99	97 ^b	95
Tobacco*			
Decrease the prevalence of current smoking among adults aged 18 and older	19	21 ^a	15
Decrease the prevalence of smokeless tobacco use by males aged 18 and older	6	10 ^d	4
Nutrition*			
Decrease the proportion of adults aged 18 and older who are overweight (body mass index ≥ 27.8 for males; ≥ 27.3 for females)	28	33 ^b	20

Selected Healthy Kansans 2000 Objectives	Johnson 2000 Percent	Kansas Percent	Healthy Kansans 2000 Objective
Cancer*			
Increase the proportion of women aged 50 and older who have received a mammogram within the last 2 years	86	80 ^b	60
Increase the proportion of women aged 18 and older without a prior hysterectomy who have ever received a Pap test	98	95 ^b	98
Increase the proportion of women aged 18 and older without a prior hysterectomy who have received a Pap test in the past 2 years	91	85 ^b	90
Infectious Diseases and Immunizations*			
Increase the proportion of non-institutionalized adults who have been vaccinated for influenza the past 12 months	56	67 ^b	80
Increase the proportion of non-institutionalized adults who have ever been vaccinated for pneumonia	71	55 ^b	80

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

^a 2000

^b 1999

^c 1998

^d 1997

Reference

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