

# Buffalo County Adult Behavioral Risk Factors Survey (BRFS) Results

## 2010

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# **2010 Adult Behavioral Risk Factors (BRFS) Report**

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## EXECUTIVE SUMMARY

The Nebraska Behavioral Risk Factor Survey (BRFS) has been conducted annually since 1987 for the purpose of assessing the prevalence of major health risk factors among adults residing in the state. Information gathered in these studies can be used to target health education and risk reduction activities in order to lower rates of premature death and disability. The survey instrument was created by the Center for Disease Control and Prevention, Atlanta, Georgia.

The data were collected from 1126 Buffalo County residents in 2010 in Buffalo County for the Buffalo County Community Partners by Nebraska Department of Health and Human Services to fulfill a county-wide health assessment process. Though this sample size is smaller than in 2003 (1803) and in 2007 (1681). The data were analyzed in 2011.

Professional staff trained in telephone interviewing techniques administered the BRFS by telephone January – December, 2010 with 1126 Buffalo County residents age 18 to 99, residing in households with telephones. The sample was drawn from Marketing Systems Group, GENESYS Sampling Systems, where telephone numbers are randomly generated by computer. Within the household, the respondent was randomly selected from among all adults residing in the household using the last-birthday method of selection. All data were first *weighted* to reflect the true population segments and then analyzed.

The next table presents the 2020 goals envisioned by the Buffalo County Community Health Partners (BCCHP) and the corresponding achievements by BCCHP based on 2010 data on adults in the county.

This particular analysis targeted only the adult population. An adolescent BRFS report targeting youth from nine Buffalo County High Schools grades 9 through 12 is available at <http://www.bcchp.org> or by contacting the Buffalo County Community Partners at (308) 865-2284. The next adult BRFS survey is slated to be conducted in 2012 with results available in 2013.

## Buffalo County Community Partners 2020 Vision & Achievements

Strategic Directions	2020 Well Being Indicators	2020 Well Being Measures	2010 Achievement	NE Rate	US Rate
Active Lifestyle & Healthy Eating	Adult / youth physical activity Adult/youth consumption of fruits and vegetables Adult /youth reporting bmi greater than 25	11% of residents report not being active 19% of adults do not get recommended f/v 62% of adults greater than 25 BMI 47.6% youth watch more than 1 hour of TV daily 26-29% of youth ate fruit daily 19% (girls) 27%(boys) at risk for becoming overweight or reporting overweight (BMI)		63%	64.7%
Eliminate Health Disparities	Adults with health care insurance Minority residents report barriers to health care adults reporting of healthy days	86% have health insurance 51% of minority residents report barriers 71% adults report healthy days		90% 82%	83% 66%
High Impact Prevention Services	Reporting Alzheimer's Disease and dementia Teens reporting not sexually active Underage drinking Adult/youth binge drinking Adult/youth 30 day alcohol/tobacco/marijuana use	992 adults over age 65 report dementia 58.6% of youth report not sexual active 30.4% of youth report drinking in past 30 days 21.9% youth report binge drinking 33% adults report binge drinking 11.2% youth report smoking past 30 days 37% adults report smoking 100 cigarettes in life 10.8% youth report using marijuana past 30 days __ % young adults report using marijuana		NA 42.9% 29.8% 18.4% 16.7% 6.2%	75% (2010) 41.8% 24.2% 19.5% 16.7% 20.8%
Healthy Homes & Sustainable Communities	Number of organizations offering adult / youth financial literacy programs Home ownership for families at 30-50% of moderate family income (under \$30,500 mfi) Number of quality rentals for families at 30% moderate family income (under \$18,300 mfi)	NA  Increase by 117 units  Increase by 212 units		NA	NA
Injury Free Living	Youth / adult seat belt use  Substantiated cases of child abuse Reported cases of domestic violence prevention Youth suicides and thoughts of suicides	65% adults report always wear seat belts 73% youth report always wear seat belts 10.3 / 1000 children involved in child abuse 76.7 / 1000 crisis calls for domestic violence 13.1% youth report thoughts of suicide		6.4 63.3 16.5%	12.3

## DEMOGRAPHICS

Demographic data on sex, age, race, education, marital status, and household income were collected for the respondents and are reported in Table 2 below. Sample was weighted to closely match the actual population on the listed characteristics.

**Table 2: DEMOGRAPHICS 2010 Behavioral Risk Factor Survey – Buffalo County<sup>1</sup>**

	# Sampled	% of Sample	Weighted % of Sample
<b>SEX</b>			
Male	462	41.0%	48.6%
Female	664	59.0%	51.4%
<b>AGE</b>			
18-34	84	7.5%	39.6%
35-44	333	29.6%	31.4%
45-64	247	21.9%	13.6%
65-74	221	19.6%	8.7%
75+	241	21.4%	6.7%
<b>EDUCATION</b>			
Less than College	471	41.8%	31.3%
Some college	292	25.9%	33.3%
College degree <sup>2</sup>	364	32.3%	35.4%
<b>HOUSEHOLD INCOME</b>			
Under \$10,000	35	3.1%	4.8%
\$10,000 to \$14,999	52	4.6%	2.3%
\$15,000 to \$ 19,999	77	6.8%	11.3%
\$20,000 to \$24,999	123	10.9%	6.1%
\$25,000 to \$34,999	152	13.5%	17.7%
\$35,000 to \$49,999	204	18.1%	16.1%
\$50,000 to \$74,999	229	20.3%	14.9%
\$75,000+	257	22.8%	26.8%
<b>MARITAL STATUS</b>			
Married	735	65.3%	65.7%
Divorced	95	8.4%	7.4%
Widowed	198	17.6%	5.5%
Separated	16	1.4%	0.4%
Never Married	73	6.5%	20.5%
Cohabiting	8	0.7%	0.4%


<sup>1</sup> Buffalo County figures based on 2000 Census

<sup>2</sup> Includes Associate's degree or higher



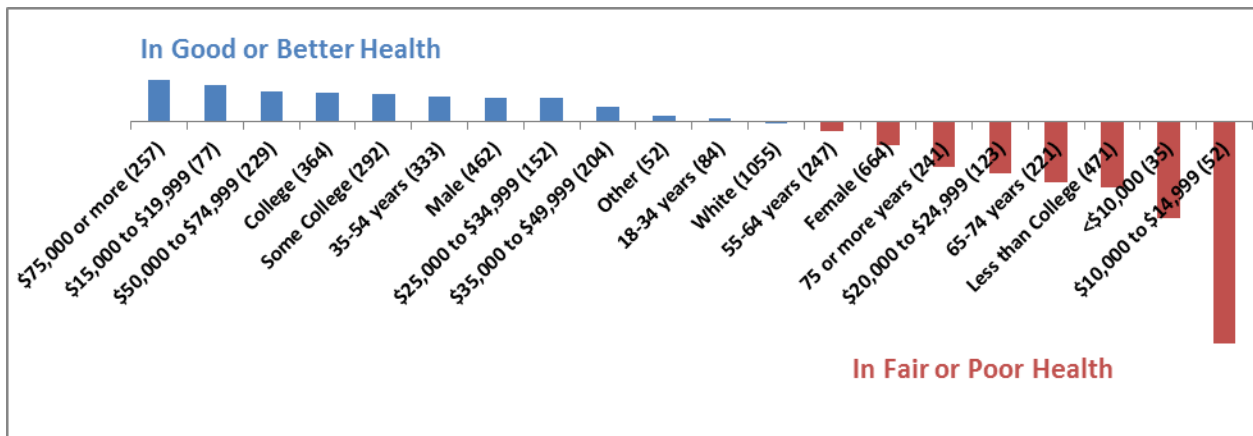
## Section 1: Health Status

Would you say that in general your health is:

### 	(Figure in parenthesis is the sample size for that group)	Excellent	Very Good	Good	Fair	Poor
Overall (1126)		18.8%	44.6%	24.5%	9.1%	3.0%
<b>By sex</b>						
Male (462)		12.2%	56.9%	23.5%	4.2%	3.2%
Female (664)		25.1%	32.9%	25.4%	13.8%	2.8%
<b>By race</b>						
White (1055)		21.0%	39.6%	27.1%	9.9%	2.5%
Other (47)		3.2%	79.7%	6.1%	3.4%	7.6%
<b>By age</b>						
18-34 years (84)		27.8%	50.4%	10.5%	11.3%	-----
35-54 years (333)		16.1%	44.9%	31.6%	4.7%	2.7%
55-64 years (247)		9.7%	47.8%	28.7%	9.9%	3.9%
<b>65-74 years (221)</b>		12.8%	21.8%	41.7%	9.7%	14.0%
75 or more years (241)		4.8%	31.2%	43.2%	14.8%	6.1%
<b>By Education</b>						
<b>Less than College (472)</b>		7.3%	36.2%	31.9%	17.1%	7.5%
Some College (290)		12.3%	52.7%	28.4%	5.7%	1.0%
College (364)		34.6%	44.4%	14.6%	5.5%	0.9%
<b>By income levels</b>						
<b>&lt;\$10,000 (32)</b>		-----	49.8%	19.7%	27.6%	3.0%
<b>\$10,000 to \$14,999 (47)</b>		4.2%	6.4%	34.9%	7.8%	46.7%
\$15,000 to \$19,999 (69)		0.5%	85.0%	9.5%	2.3%	2.6%
<b>\$20,000 to \$24,999 (111)</b>		20.0%	12.4%	45.6%	18.1%	3.9%
\$25,000 to \$34,999 (138)		51.7%	25.7%	15.0%	7.0%	0.6%
\$35,000 to \$49,999 (185)		6.7%	63.5%	20.6%	4.5%	4.7%
\$50,000 to \$74,999 (207)		12.1%	40.1%	41.6%	3.7%	2.5%
<b>\$75,000 or more (233)</b>		23.7%	50.0%	22.3%	3.4%	0.6%

## Section 1: Health Status



- A super majority of Buffalo County respondents reported being in good or better health (88%); just over 1 in 10 reports their health being fair or poor (12%).
- Ninety-three percent of males reported being in good or better health compared to 83% of women.
- Not surprisingly, more than a fifth of those above 64 years of age reported being in fair or poor health.
- Those without some college education appear to be poorer health than those with some college education (75% vs. 93).
- Fewer than half of those earning between \$10,000 and \$15,000 reported being good or better health (45%).
- Those earning over \$75,000 were most likely to be in good or better health (96%)



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

### Section 2.1-3

How many days during the past 30 days was your (1) physical health (including physical illness or injury) not good, (2) mental health (including stress, depression, and problems with emotions) not good, and (3) poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

##.#  	(Figure in parenthesis is the sample size for that group)	Days Physical Health NOT good.	Days Mental Health NOT good.	Days could NOT do usual activities
Overall (1126)		3.97	3.05	3.05
<b>By sex</b>				
Male (462)		4.17	2.45	3.30
Female (664)		3.77	3.62	2.85
<b>By race</b>				
White (1055)		3.90	2.73	3.07
Other (47)		<b>4.99</b>	<b>6.08</b>	3.38
<b>By age</b>				
18-34 years (84)		4.33	3.55	2.26
35-54 years (333)		2.96	3.17	3.62
55-64 years (247)		2.68	2.34	3.28
65-74 years (221)		<b>7.11</b>	2.04	3.77
75 or more years (241)		<b>5.04</b>	2.19	<b>7.06</b>
<b>By Education</b>				
Less than College (472)		<b>6.39</b>	2.68	<b>4.52</b>
Some College (290)		4.65	3.54	2.77
College (364)		<b>1.27</b>	2.93	2.14
<b>By income levels</b>				
<\$10,000 (32)		2.51	<b>7.16</b>	<b>4.93</b>
\$10,000 to \$14,999 (47)		<b>16.28</b>	<b>9.37</b>	2.66
\$15,000 to \$19,999 (69)		3.22	<b>6.27</b>	3.33
\$20,000 to \$24,999 (111)		4.26	2.37	2.29
\$25,000 to \$34,999 (138)		2.84	<b>1.82</b>	<b>0.63</b>
\$35,000 to \$49,999 (185)		2.94	<b>1.33</b>	3.61
\$50,000 to \$74,999 (207)		<b>2.33</b>	3.97	3.78
\$75,000 or more (233)		4.14	<b>1.62</b>	2.74

### **Section 2.1-3: Health-Related Quality of Life**

- Buffalo county residents reported that their physical health was not good during the last 30 days (3.97 days more often than their mental health not being good (3.05 days); their physical or mental health affected their usual daily activities for 3.05 days during the past month – more so among those who were 75 years or older (7.06 days), or earned less than \$10,000 (4.93 days), or has less than a college education (4.52 days).

#### **Physical Health**

- Among those over 65 years of age the average number of days physical health was not good was almost a week ---- 5.04 days among the over 75 year olds, and 7.11 days among the 65-74 year olds.
- Whites were less likely to report so (3.9 days), compared to others (4.99 days);
- The greatest number of days physical health was not good the past month was among those earning \$10,000 to \$14,999 at 16.28 days.
- Those with a college degree reported the least number of days their physical health was not good. (1.27 days/month).

#### **Mental Health**

- Whites were less likely to report their mental health as being not good (2.73 days), compared to others (6.08 days);
- The greatest number of days mental health was not good was among those earning less than \$20,000; among those earning \$10,000 to \$15,000 the number of days mental health was not good averaged at 9.37days the past month followed by 7.16 days among those earning less than \$10,000 and 6.27 days among those earning \$15,000 to \$20,000.
- There is a negative correlation between income and mental health being reported as not good.



#### **Activities**

- The greatest number of days residents could not do usual activities due to health issues the past month was among those over 74 years of age (7.06 days), followed by those earning less than \$10,000 (4.93 days).
- Those earning \$25,000 to \$34,999 were least likely to not be able do usual activities due to health issues the past month (0.63 days).

## Section 3: Health Care Access

**Includes Sections 3, CA 4.2, and CA 4.3**

- Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
- Do you have one person you think of as your personal doctor or health care provider?
- Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

##.#		Last visited a doctor for routine checkup							
		Have an Insurance Plan	Have a personal doctor	Have more than one personal doctor	Did NOT see a doctor due to cost	Within past 12 months	Within past 24 months	Within past 5 years	More than 5 years ago
(Figure in parenthesis is the sample size for that group)									
Overall (1126)		83.6%	69.4%	6.9%	8.1%	57.1%	15.4%	15.4%	9.8%
<b>By sex</b>									
Male (462)		90.1%	55.3%	6.1%	5.3%	42.5%	18.4%	25.0%	11.1%
Female (664)		<b>77.7%</b>	<b>82.8%</b>	7.7%	10.7%	70.8%	12.6%	6.4%	8.6%
<b>By race</b>									
White (1055)		81.6%	75.3%	7.6%	8.6%	61.7%	17.3%	7.6%	10.9%
Other (47)		97.5%	<b>17.8%</b>	2.9%	<b>4.3%</b>	15.3%	1.9%	80.0%	<b>2.1%</b>
<b>By age</b>									
18-34 years (84)		<b>67.7%</b>	<b>48.7%</b>	3.6%	5.2%	51.2%	6.5%	27.4%	<b>13.3%</b>
35-54 years (333)		90.5%	78.2%	12.7%	<b>14.6%</b>	51.2%	25.9%	7.5%	10.9%
55-64 years (247)		94.9%	<b>85.1%</b>	4.0%	7.9%	61.9%	25.9%	9.3%	<b>2.7%</b>
65-74 years (221)		98.7%	<b>93.6%</b>	4.2%	<b>2.3%</b>	79.4%	10.0%	5.2%	<b>4.7%</b>
75 or more years (241)		<b>100.0%</b>	87.9%	9.4%	<b>2.8%</b>	80.7%	4.3%	6.9%	<b>5.0%</b>
<b>By Education</b>									
Less than College (472)		83.0%	74.9%	7.8%	7.6%	56.4%	20.5%	7.5%	<b>15.0%</b>
Some College (290)		92.6%	47.9%	7.8%	11.4%	38.2%	14.3%	32.9%	10.3%
College (364)		<b>76.4%</b>	<b>84.3%</b>	5.4%	5.5%	74.8%	12.1%	6.2%	<b>4.9%</b>
<b>By income levels</b>									
<\$10,000 (32)		<b>49.8%</b>	<b>17.8%</b>	2.5%	<b>28.2%</b>	10.5%	0.7%	34.7%	<b>54.1%</b>
\$10,000 to \$14,999 (47)		91.1%	<b>90.3%</b>	1.4%	9.5%	81.1%	0.8%	9.0%	9.1%
\$15,000 to \$19,999 (69)		93.6%	<b>13.7%</b>	1.7%	4.3%	9.6%	0.5%	81.6%	8.3%
\$20,000 to \$24,999 (111)		85.2%	<b>82.6%</b>	8.3%	8.4%	75.7%	14.8%	4.8%	3.5%
\$25,000 to \$34,999 (138)		36.6%	<b>88.7%</b>	3.1%	8.0%	80.7%	2.4%	2.8%	<b>14.1%</b>
\$35,000 to \$49,999 (185)		98.6%	78.8%	8.2%	<b>14.3%</b>	42.3%	43.8%	7.3%	<b>4.8%</b>
\$50,000 to \$74,999 (207)		96.8%	77.2%	10.4%	9.8%	57.1%	24.1%	6.5%	7.7%
\$75,000 or more (233)		96.8%	67.2%	10.5%	<b>2.0%</b>	66.5%	14.6%	6.1%	7.4%

## **Section 3/CA 4.2/CA 4.3: Health Care Access**

### **Health-Care Insurance Coverage**

- A majority of Buffalo county residents reported having some kind of health-care insurance coverage (83.6%). More males (90.1%) than females (77.7%) reported having insurance coverage. However, only about a third of those in the \$25,000 to \$34,999 earnings range and those in the 18-434 year age-range reported having health-care insurance as did almost half of those earning \$10,000 or less (49.8%).

### **Personal Doctor**

- On the average, about 7 in 10 Buffalo county residents have at least one personal doctor. While over 80% of females reported having at least one personal doctor, only about half of males (55.3%) declared so.
- Those in the income bracket of \$15K to \$20K were least likely to have a personal doctor (13.7%). Non-whites and those earning less than \$10,000 were also unlikely to have a personal doctor (17.8%).
- Less than half of the 18-34 year olds (48.7%) were likely to have at least one personal doctor as were those earning less than \$10,000 (49.8%).

### **Did not see a Doctor due to Cost**

- While only 8.1% of Buffalo county residents reported that they did not see a doctor due to cost, this incidence highest among those earning less than \$10,000 (28.2%). At over 14%, it was also significantly high among 35-54 year olds and those earning \$35K to \$50K.



### **Routine Checkup more than 5 years ago**

- While only 1 in 10 Buffalo county residents (9.8%) reported that they did not see a doctor for routine checkup for over 5 years, this incidence was highest among those in the lowest income bracket at 54.1% followed by those in the \$25K to \$35K range at 14.1%. Those below 35 year olds were more likely to report the same (13.3%) as were those with less than a college education (15%).

## Section 4: Sleep

### Section 4.1

During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

(Figure in parenthesis is the sample size for that group)		Days did not have enough sleep						Avg. Days lacking sleep
##.##		Zero days	1 to 2 days	3 to 7 days	8 to 29 days	Everyday	8 to 30 days	
								
Overall (1126)		23%	17%	29%	26%	6%	31%	11.25
<b>By sex</b>								
Male (462)		27%	5%	29%	33%	6%	39%	<b>14.70</b>
Female (664)		20%	28%	29%	18%	5%	24%	8.24
<b>By sex</b>								
White (1055)		24%	19%	32%	19%	6%	25%	9.14
Other (47)		<b>8%</b>	1%	7%	<b>81%</b>	1%	83%	<b>25.57</b>
<b>By age</b>								
18-34 years (84)		15%	22%	31%	29%	3%	32%	12.13
35-54 years (333)		17%	16%	31%	28%	<b>8%</b>	36%	11.38
55-64 years (247)		31%	14%	23%	26%	7%	33%	10.01
65-74 years (221)		43%	9%	30%	<b>10%</b>	7%	17%	<b>7.96</b>
75 or more years (241)		<b>61%</b>	8%	15%	14%	2%	16%	9.12
<b>By Education</b>								
Less than College (472)		33%	13%	30%	16%	<b>8%</b>	24%	10.10
Some College (290)		20%	4%	32%	<b>41%</b>	4%	45%	<b>15.62</b>
College (364)		17%	32%	25%	20%	5%	25%	8.17
<b>By income levels</b>								
<\$10,000 (32)		<b>65%</b>	2%	28%	0%	5%	5%	9.29
\$10,000 to \$14,999 (47)		<b>69%</b>	4%	15%	11%	0%	11%	<b>6.51</b>
\$15,000 to \$19,999 (69)		<b>4%</b>	2%	4%	<b>85%</b>	5%	91%	<b>25.70</b>
\$20,000 to \$24,999 (111)		27%	13%	34%	23%	3%	26%	<b>8.45</b>
\$25,000 to \$34,999 (138)		18%	50%	19%	<b>10%</b>	3%	13%	<b>5.71</b>
\$35,000 to \$49,999 (185)		28%	23%	20%	21%	<b>8%</b>	29%	9.91
\$50,000 to \$74,999 (207)		23%	9%	33%	29%	5%	35%	11.22
\$75,000 or more (233)		23%	8%	42%	21%	6%	27%	10.13



## Section 4.1: Sleep

1. Over three-fourths of Buffalo county residents did not get enough sleep on at least one day during the past 30 days. Males were slightly more likely to get enough sleep every day in a month (27%) compared to females (20%). On an average, males
2. Younger adults are more likely to not have enough sleep every day than older adults. While only about 1 in 7 18-34 year olds got enough sleep every day of the month, the incidence rose steadily to 6 in 10 among the of the 75 + year olds.
3. The more educated adults were less likely to get enough sleep every day. While one-third of those with less than a college education struggled to get enough sleep every day, only one-sixth of the college educated reported so.
4. Those in the \$15K to \$20K income range were least likely amongst all to report getting enough sleep every day of the month and most likely to lose sleep at least 8 days a month (91%) followed by those with some college education (45%).
5. On average, among the 77% of Buffalo county residents who do not get enough sleep for at least 1 day in the month, a resident lacks sleep for just over 11 days in the month. Males report not sleeping well for just about half the month (14.70 days) as do those with some college education (15.62 days). Those in the \$15K to \$25 K income range reported, on average, not getting enough sleep for almost 26 days of the month.

## Section 5: Exercise

### Section 5.1

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?

Participate in physical activities	
(Figure in parenthesis is the sample size for that group)	##.#  
Overall (1126)	77%
<b>By sex</b>	
Male (462)	76.5%
Female (664)	77.8%
<b>By race</b>	
White (1055)	76.8%
Other (47)	89.8%
<b>By age</b>	
18-34 years (84)	80.5%
35-54 years (333)	85.1%
55-64 years (247)	69.8%
65-74 years (221)	60.1%
75 or more years (241)	57.1%
<b>By Education</b>	
Less than College (472)	66.4%
Some College (290)	79.1%
College (364)	84.6%
<b>By income levels</b>	
<\$10,000 (32)	23.9%
\$10,000 to \$14,999 (47)	30.0%
\$15,000 to \$19,999 (69)	93.5%
\$20,000 to \$24,999 (111)	73.1%
\$25,000 to \$34,999 (138)	91.2%
\$35,000 to \$49,999 (185)	69.6%
\$50,000 to \$74,999 (207)	79.6%
\$75,000 or more (233)	77.9%

## **Section 5.1: Exercise**

1. Over three-fourths of Buffalo county residents stated that they engage in physical activities outside of their work.
2. The young adults are more likely to engage in physical activities outside of work (80% to 85%) than older adults (57% to 70%).
3. Those with college education are more likely to report that they engage in physical activities (84.5%) than others – those with less than a college education are least likely to report so (66.4%).
4. Those in the lowest income bracket are also most likely to report that they do not engage in physical activities outside of their employment (76.1%) while those in the \$15K to \$20K and \$25K to \$35 K are least likely to say so (6.5% and 8.8% resp.)

## Section 6: Diabetes

### Section 6.1

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

(Figure in parenthesis is the sample size for that group)	<table border="1"> <tr> <td>###</td> <td>☹️</td> </tr> <tr> <td></td> <td>😊</td> </tr> </table>	###	☹️		😊	Told have diabetes			
		###	☹️						
	😊								
		Yes	Yes, but female told only during pregnancy	No	No, pre-diabetes or borderline diabetes				
Overall (1126)		4.87%	0.54%	93.48%	1.10%				
<b>By sex</b>									
Male (462)		5.77%		92.58%	1.64%				
Female (664)		4.02%	1.05%	94.33%	0.59%				
<b>By race</b>									
White (1055)		4.36%	0.62%	93.77%	1.26%				
Other (47)		<b>9.64%</b>		90.33%	0.03%				
<b>By age</b>									
18-34 years (84)			0.31%	99.69%					
35-54 years (333)		2.85%	1.33%	95.81%	0.01%				
55-64 years (247)		7.75%		91.58%	0.67%				
65-74 years (221)		<b>22.04%</b>		68.12%	<b>9.84%</b>				
75 or more years (241)		<b>15.01%</b>		82.70%	2.28%				
<b>By Education</b>									
Less than College (472)		<b>10.07%</b>	0.88%	89.04%	0.01%				
Some College (290)		3.00%		93.99%	3.01%				
College (364)		2.12%	0.74%	96.83%	0.31%				
<b>By income levels</b>									
<\$10,000 (32)		4.31%	2.65%	93.04%					
\$10,000 to \$14,999 (47)		<b>49.79%</b>		48.82%	1.39%				
\$15,000 to \$19,999 (69)		1.52%		98.48%					
\$20,000 to \$24,999 (111)		7.75%	1.20%	89.05%	1.99%				
\$25,000 to \$34,999 (138)		3.17%		96.54%	0.29%				
\$35,000 to \$49,999 (185)		4.06%	1.03%	93.67%	1.25%				
\$50,000 to \$74,999 (207)		2.94%	0.04%	96.72%	0.30%				
\$75,000 or more (233)		3.24%	0.81%	95.95%					



## **Section 6.1: Diabetes**

1. Less than 5% of Buffalo county residents reported being told they had diabetes.
2. The incidence of diabetes is slightly more among males (5.77%) than among females (4.02%).
3. Those who are 65 plus years of age are most likely to report being told they had diabetes (15% to 22%). The 65-74 year old residents also report the highest level of having borderline diabetes (9.84%) compared to 1.10% for the entire sample.
4. The highest incidence of diabetes is among those in the \$10-K to \$15K income bracket.

## Section 7: Oral Health

### Section 7.1

How long has it been since you last visited the dentist or a dental clinic for any reason?



(Figure in parenthesis is the sample size for that group)			Visited a Dentist			
###.#			Within the past year	Within the past 2 years	Within the past 5 years	5 or more years ago
						
Overall (1126)			69.44%	12.61%	13.00%	4.94%
By sex						
Male (462)			55.07%	13.80%	23.82%	<b>7.31%</b>
Female (664)			82.99%	11.49%	2.81%	2.71%
By race						
White (1055)			75.31%	14.22%	5.12%	5.35%
Other (47)			18.79%	1.03%	78.87%	1.31%
By age						
18-34 years (84)			62.34%	10.83%	21.53%	5.29%
35-54 years (333)			80.42%	9.58%	7.67%	2.33%
55-64 years (247)			64.19%	28.07%	5.51%	2.23%
65-74 years (221)			73.12%	7.80%	6.96%	<b>12.13%</b>
75 or more years (241)			66.06%	12.36%	10.30%	<b>11.28%</b>
By Education						
Less than College (472)			57.61%	23.70%	6.21%	<b>12.47%</b>
Some College (290)			56.93%	11.46%	29.58%	2.02%
College (364)			90.85%	4.26%	3.68%	1.21%
By income levels						
<\$10,000 (32)			46.88%	6.25%	18.75%	<b>28.13%</b>
\$10,000 to \$14,999 (47)			48.94%	17.02%	8.51%	<b>25.53%</b>
\$15,000 to \$19,999 (69)			57.35%	14.71%	14.71%	<b>13.24%</b>
\$20,000 to \$24,999 (111)			68.18%	15.45%	4.55%	<b>11.82%</b>
\$25,000 to \$34,999 (138)			59.85%	14.60%	13.87%	<b>11.68%</b>
\$35,000 to \$49,999 (185)			70.88%	13.19%	9.89%	6.04%
\$50,000 to \$74,999 (207)			78.26%	8.70%	7.25%	5.80%
\$75,000 or more (233)			81.12%	8.58%	8.15%	2.15%

## **Section 7.1: Oral Health**

1. About 1 in 20 Buffalo county residents stated that they had not visited a dentist or a dental clinic in the past 5 years.
2. Males were over two-and-a-half times more likely to have not visited a dentist or a dental clinic in the past 5 years (7.31%) than females (2.71%).
3. Those who are 65 years or older are more than two times as likely (11% to 12%) as the average Buffalo county resident to have not visited a dentist or a dental clinic in the past 5 years, as are also those with less than a college education (12.47%).
4. Over a quarter of those in the lower income brackets of less than \$15K reported not having visited a dentist or a dental clinic in the past 5 years (25% to 28%).

## Section 7.2: Oral Health

How many of your permanent teeth have been removed because of tooth decay or gum disease?



	###		Permanent teeth removed due to decay/disease			
			None	1 to 5	6 or more but not all	All
(Figure in parenthesis is the sample size for that group)						
Overall (1126)			72.3%	17.7%	5.0%	5.0%
<b>By sex</b>						
Male (462)			78.2%	15.0%	2.3%	4.5%
Female (664)			66.6%	20.4%	7.6%	5.4%
<b>By race</b>						
White (1055)			71.3%	19.0%	5.7%	4.0%
Other (47)			89.0%	9.6%	0.6%	0.8%
<b>By age</b>						
18-34 years (84)			91.1%	5.7%	0.1%	3.1%
35-54 years (333)			75.6%	20.0%	3.8%	0.5%
55-64 years (247)			53.1%	30.5%	8.6%	7.7%
65-74 years (221)			42.2%	28.2%	12.9%	16.6%
75 or more years (241)			19.3%	40.8%	23.3%	16.5%
<b>By Education</b>						
Less than College (472)			56.8%	25.9%	8.6%	8.7%
Some College (290)			77.4%	15.8%	4.1%	2.7%
College (364)			80.9%	12.6%	2.9%	3.7%
<b>By income levels</b>						
<\$10,000 (32)			85.9%	5.3%	2.8%	6.1%
\$10,000 to \$14,999 (47)			6.4%	56.5%	8.6%	28.4%
\$15,000 to \$19,999 (69)			85.1%	9.9%	2.9%	2.1%
\$20,000 to \$24,999 (111)			55.0%	30.3%	7.9%	6.7%
\$25,000 to \$34,999 (138)			74.2%	21.0%	2.5%	2.4%
\$35,000 to \$49,999 (185)			54.3%	21.4%	15.7%	8.7%
\$50,000 to \$74,999 (207)			79.8%	16.2%	3.4%	0.5%
\$75,000 or more (233)			80.2%	12.5%	2.1%	5.2%

## Section 7.3: Oral Health

1. Over a quarter of Buffalo county residents (27.7%) have had at least one permanent tooth removed due to decay or disease. One in twenty has had all of their permanent teeth removed.
2. Males are more likely to have lost at least one permanent tooth to decay or disease (78.2%) than females (66.6%), but females are slightly more likely to have all their permanent teeth removed (5.4%) compared to males (4.5%).
3. Those over 65 years of age are more than three times more likely than the average county resident to have all their teeth removed (16.5%) and there is a positive correlation between age and the likelihood of at least one tooth removed.
4. Those with at least some college education are less likely to have at least one tooth removed; more than 4 in 10 of those with less than some college education has lost at least one permanent tooth compared to about 2 in 10 among those with at least some college education.
5. A vast majority of those in the \$10K to \$15K income bracket (93.6%) have lost at least one tooth due to decay or disease.

## Section 7.3: Oral Health

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

	##.#		Last time had teeth cleaned				
							
Figures in parenthesis are sample sizes for the group)			Within the past year	Within the past 2 years	Within the past 5 years	5 or more years ago	Never
Overall (1126)			68.9%	11.2%	12.9%	6.6%	0.3%
<b>By sex</b>							
Male (462)			57.1%	10.1%	24.1%	8.4%	0.3%
Female (664)			80.1%	12.3%	2.4%	5.0%	0.3%
<b>By race</b>							
White (1055)			76.1%	12.5%	4.5%	6.6%	0.2%
Other (47)			11.9%	1.0%	79.2%	6.9%	0.9%
<b>By age</b>							
18-34 years (84)			60.2%	9.8%	22.3%	7.7%	0.0%
35-54 years (333)			78.1%	9.8%	7.3%	4.3%	0.4%
55-64 years (247)			68.9%	20.9%	6.5%	3.5%	0.2%
65-74 years (221)			74.5%	5.9%	3.9%	14.2%	1.5%
75 or more years (241)			70.3%	13.8%	6.0%	9.2%	0.7%
<b>By Education</b>							
Less than College (472)			59.2%	19.2%	5.2%	16.0%	0.3%
Some College (290)			55.9%	10.2%	29.5%	4.1%	0.4%
College (364)			88.6%	5.7%	4.0%	1.5%	0.3%
<b>By income levels</b>							
<\$10,000 (32)			21.9%		4.7%	72.4%	0.9%
\$10,000 to \$14,999 (47)			19.1%	7.4%	10.9%	62.6%	0.0%
\$15,000 to \$19,999 (69)			11.9%	4.4%	82.1%	1.6%	0.1%
\$20,000 to \$24,999 (111)			78.7%	13.3%	2.2%	5.4%	0.4%
\$25,000 to \$34,999 (138)			82.4%	7.9%	0.8%	8.0%	0.9%
\$35,000 to \$49,999 (185)			79.3%	14.8%	4.9%	1.0%	
\$50,000 to \$74,999 (207)			79.4%	14.3%	4.4%	1.2%	0.7%
\$75,000 or more (233)			89.9%	4.4%	5.0%	0.7%	

## **Section 7.3: Oral Health**

1. A significant majority (68.9%) of Buffalo county residents have had their cleaned by a dentist in the past year.
2. Less than 1 in 300 had never had their teeth cleaned.
3. About 1 in 15 county residents had their teeth cleaned more than 5 years ago, and this figure soars to 50% to 72% among those earning less than \$15K.
4. Those in the higher income brackets are most likely to have had their teeth cleaned in the past year.
5. Those in the lower income brackets are least likely to have had their teeth cleaned in the past year.
6. About 1 in 66 of those who are 65-74 years of age have never had their teeth cleaned, the highest among all groups.



## Section 8: Cardiovascular Disease Prevalence

### Sections 8.1, 8.2, & 8.3

Has a doctor, nurse, or other health professional EVER told you that you had you had a heart attack, also called a myocardial infarction?

Has a doctor, nurse, or other health professional EVER told you that you had you had angina or coronary heart disease?

Has a doctor, nurse, or other health professional EVER told you that you had you had a stroke?

(Figure in parenthesis is the sample size for that group)	##.#  	Had a heart attack	Had angina	Had a stroke
Overall (1126)		3.1%	3.5%	1.1%
<b>By sex</b>				
Male (462)		3.8%	3.0%	1.0%
Female (664)		2.4%	3.9%	1.3%
<b>By race</b>				
White (1055)		3.5%	4.0%	1.3%
Other (47)		0.2%	0.2%	0.1%
<b>By age</b>				
18-34 years (84)				
35-54 years (333)		2.3%	2.3%	0.5%
55-64 years (247)		8.0%	6.9%	0.6%
65-74 years (221)		8.9%	10.2%	4.7%
75 or more years (241)		8.1%	15.1%	7.5%
<b>By Education</b>				
Less than College (472)		5.4%	3.6%	2.5%
Some College (290)		2.1%	4.4%	0.9%
College (364)		2.1%	2.6%	0.2%
<b>By income levels</b>				
<\$10,000 (32)		1.1%	1.1%	1.0%
\$10,000 to \$14,999 (47)		0.4%	2.9%	7.5%
\$15,000 to \$19,999 (69)		1.3%	0.8%	0.2%
\$20,000 to \$24,999 (111)		10.1%	4.4%	2.8%
\$25,000 to \$34,999 (138)		3.0%	4.4%	0.7%
\$35,000 to \$49,999 (185)		4.6%	3.8%	0.3%
\$50,000 to \$74,999 (207)		3.4%	4.4%	2.1%
\$75,000 or more (233)		1.5%	3.8%	0.2%

## **Section 8.1, 8.2, & 8.3: Cardiovascular Disease Prevalence**

### **Heart attack, also called a myocardial infarction**

1. A super majority (96.9%) of Buffalo county residents reported not having had a heart attack
2. Less than 1 in 30 had had a heart attack (3.1%).
3. The incidence of heart attack is
  - a. Highest among those earning \$20K to \$25K. (10.1%)
  - b. Quite high among those over 54 years of age (8% to 9%)
  - c. High among those with less than a college education (5.4%)

### **Angina or coronary heart disease**

1. A super majority (96.5%) of Buffalo county residents reported not having had angina.
2. Just over 1 in 30 had had angina (3.5%)
3. The incidence of heart attack is
  - a. Highest among those 75 years of age or older. (15.1%)
  - b. Quite high among those between 65 and 74 years of age (10.2%)
  - c. High among those between 55 to 64 years of age (6.9%)

### **Stroke**



1. A super majority (98.9%) of Buffalo county residents reported not having had a stroke.
2. Just less than 1 in 100 had had a stroke (1.1%)
3. The incidence of heart attack is
  - a. Highest among those 75 years of age or older. (7.51%) and those in the \$10K to 20K income bracket (7.5%).
  - b. Quite high among those between 65 and 74 years of age (4.7%)
  - c. High among those earning \$20K to \$25K (2.8%)

## Section 9: Asthma

### Section 9.1 & 9.2

Has a doctor, nurse, or other health professional EVER told you that you had asthma?

Do you still have asthma?

(Figure in parenthesis is the sample size for that group)	##.#		Told had Asthma	Still Have Asthma
				
Overall (1126)			16.7%	11.9%
By sex				
Male (462)			12.4%	8.5%
Female (664)			20.7%	15.2%
By race				
White (1055)			17.4%	13.4%
Other (47)			2.1%	1.4%
By age				
18-34 years (84)			21.6%	16.0%
35-54 years (333)			11.6%	7.7%
55-64 years (247)			10.9%	8.5%
65-74 years (221)			25.5%	15.8%
75 or more years (241)			12.1%	9.3%
By Education				
Less than College (472)			25.4%	24.3%
Some College (290)			11.7%	6.0%
College (364)			13.8%	6.7%
By income levels				
<\$10,000 (32)			68.2%	68.2%
\$10,000 to \$14,999 (47)			18.7%	13.2%
\$15,000 to \$19,999 (69)			3.1%	2.5%
\$20,000 to \$24,999 (111)			7.1%	6.2%
\$25,000 to \$34,999 (138)			5.5%	5.1%
\$35,000 to \$49,999 (185)			14.9%	13.1%
\$50,000 to \$74,999 (207)			22.5%	13.7%
\$75,000 or more (233)			11.3%	2.3%

## **Section 9.1 & 9.2: Asthma**

### **Had Asthma**

1. About 1 in 6 (16.7%) Buffalo county residents reported having been told at some point they suffered from asthma. The incidence of asthma seems to have been more prevalent among females (20.7%) than among males (12.4%).
2. The incidence of having ever suffered from asthma is
  - a. Highest among those earning less than \$10K. (68.2%)
  - b. Quite high among those 65-74 years of age (25.5) and those with less than a college education (25.4%)
  - c. High among the \$50K-\$75K income earners (22.5%)

### **Still have Asthma**







1. Just less than 1 in 8 (11.9%) Buffalo county residents reported still having asthma. Females are more likely to currently have asthma (15.2%) than males (8.5%).
2. The incidence of asthma, still current, is
  - a. Highest among those in the lowest income bracket (68.2%).
  - b. High among those with less than a college education (24.3%).

## Section 10: Disability

### Section 10.1 & 10.2

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

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?

(Figure in parenthesis is the sample size for that group)	<table border="1"> <tr> <td>##.#</td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </table>		##.#				Activities limited	Use special equipment
	##.#							
								
Overall (1126)			22.5%	7.2%				
<b>By sex</b>								
Male (462)			20.5%	9.7%				
Female (664)			24.3%	4.9%				
<b>By race</b>								
White (1055)			24.6%	8.1%				
Other (47)			7.8%	0.5%				
<b>By age</b>								
18-34 years (84)			17.7%	4.5%				
35-54 years (333)			19.3%	3.3%				
55-64 years (247)			25.8%	6.6%				
65-74 years (221)			41.2%	22.8%				
75 or more years (241)			34.8%	22.9%				
<b>By Education</b>								
Less than College (472)			36.5%	8.4%				
Some College (290)			19.4%	10.5%				
College (364)			13.4%	3.2%				
<b>By income levels</b>								
<\$10,000 (32)			74.4%	5.2%				
\$10,000 to \$14,999 (47)			61.6%	16.7%				
\$15,000 to \$19,999 (69)			7.5%	2.3%				
\$20,000 to \$24,999 (111)			31.2%	11.1%				
\$25,000 to \$34,999 (138)			17.6%	6.6%				
\$35,000 to \$49,999 (185)			24.5%	5.5%				
\$50,000 to \$74,999 (207)			21.2%	1.9%				
\$75,000 or more (233)			9.6%	10.0%				

## **Section 10.1: Disability**

### **Activities limited**

1. Less than 1 in 4 (22.5%) Buffalo county residents reported having been limited in their activities due to physical, mental, or emotional problems. This is more likely among females (24.3%) than among males (20.5%).
2. The limitation in activities is
  - a. Highest among those earning less than \$15 (60 to 75%)
  - b. Quite high among those 65 years of age and over (about 1 in 3 to 1 in 2) and those with less than a college education (about 1 in 3)
  - c. High among the \$20K-\$25K income earners (31.2%).

### **Use special equipment**

1. Just less than 1 in 13 (7.2%) Buffalo county residents reported using special equipment. Females are less likely to use special equipment (4.9%) than males.
2. The use of special equipment is
  - a. Highest among 65 years of age and over (about 1 in 4).
  - b. High among those with less \$10K in earnings (16.7%).

## Section 11: Tobacco Use

### Section 11.3 & 11.5: Tobacco Use

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



Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

	(Figure in parenthesis is the sample size for that group)	###	☹️			
			😊	Daily	Some days	Not at all
# of Residents who quit	Residents who still smoke at least some days	Current smokers who tried to quit		Currently use chewing tobacco, snuff, or snus		
668	Overall (116)	61.6%		4.8%	4.0%	91.2%
<b>By sex</b>						
228	Male (58)	57.9%		9.7%	7.3%	83.0%
460	Female (58)	67.2%		0.1%	0.9%	99.0%
<b>By Race</b>						
641	White (110)	66.2%		5.4%	4.6%	90.0%
41	Other (4)	16.8%				100.0%
<b>By age</b>						
63	18-34 years (12)	93.5%		5.3%		94.7%
223	35-54 years (38)	80.3%		7.8%	9.6%	82.6%
148	55-64 years (27)	15.0%		0.5%	7.2%	92.3%
111	65-74 years (31)	9.4%		0.7%	0.2%	99.1%
143	75 or more years (8)	82.4%		1.0%	0.0%	98.9%
<b>By Education</b>						
257	Less than College (60)	52.6%		8.0%	3.6%	88.4%
166	Some College (40)	78.0%		6.2%	8.2%	85.6%
265	College (16)	70.1%		0.7%	0.6%	98.7%
<b>By income levels</b>						
15	<\$10,000 (5)	66.2%			0.7%	99.3%
24	\$10,000 to \$14,999 (7)	4.4%		0.6%	0.1%	99.3%
31	\$15,000 to \$19,999 (18)	85.9%		0.2%	0.0%	99.8%
62	\$20,000 to \$24,999 (11)	83.6%		2.1%	5.7%	92.3%
81	\$25,000 to \$34,999 (14)	80.7%		0.8%	0.0%	99.2%
106	\$35,000 to \$49,999 (19)	30.1%		1.9%	13.5%	84.6%
138	\$50,000 to \$74,999 (17)	93.2%		2.0%	1.3%	96.7%
162	\$75,000 or more (17)	71.0%		15.0%	6.0%	79.0%

## **Section 11.3 & 11.5: Tobacco Use**

## Section 12: BMI<sup>3</sup>

### Section 12.11 and 12.12

(Figure in parenthesis is the sample size for that group)	###		Underweight (BMI<18.5)	Healthy Weight	Overweight (BMI>25, <30)	Obese (BMI=30 plus)	Overweight + Obese
							
Overall (1087)			0.3%	40.1%	26.8%	32.8%	<b>59.6%</b>
<b>By sex</b>							
Male (457)			0.0%	23.7%	32.3%	44.0%	<b>76.3%</b>
Female (630)			<b>0.6%</b>	55.5%	21.6%	22.3%	43.9%
<b>By Race</b>							
White (1031)			0.4%	43.6%	29.8%	26.2%	56.0%
Other (44)				3.8%	6.1%	90.1%	<b>96.2%</b>
<b>By age</b>							
18-34 years (78)				51.4%	11.9%	36.7%	48.6%
35-54 years (321)			0.2%	39.0%	33.9%	26.9%	60.8%
55-64 years (242)			0.3%	<b>21.3%</b>	42.4%	35.9%	<b>78.3%</b>
65-74 years (212)			<b>1.0%</b>	27.0%	31.5%	40.4%	<b>71.9%</b>
75 or more years (234)			<b>2.3%</b>	35.7%	40.8%	21.2%	62.0%
<b>By Education</b>							
Less than College (449)			<b>0.8%</b>	33.8%	41.2%	24.2%	65.4%
Some College (279)			0.0%	28.3%	16.4%	55.3%	<b>71.7%</b>
College (359)			0.3%	<b>55.4%</b>	25.3%	19.0%	44.4%
<b>By income levels</b>							
<\$10,000 (29)			<b>5.0%</b>	35.5%	8.0%	51.6%	59.5%
\$10,000 to \$14,999 (45)			0.5%	17.8%	36.0%	45.8%	<b>81.7%</b>
\$15,000 to \$19,999 (65)				<b>8.4%</b>	3.4%	88.2%	<b>91.6%</b>
\$20,000 to \$24,999 (106)			0.1%	31.9%	38.3%	29.7%	68.1%
\$25,000 to \$34,999 (134)			<b>0.6%</b>	<b>68.8%</b>	10.4%	20.2%	<b>30.6%</b>
\$35,000 to \$49,999 (181)			0.0%	43.6%	35.7%	20.6%	56.3%
\$50,000 to \$74,999 (203)			0.4%	31.6%	36.4%	31.6%	<b>68.0%</b>
\$75,000 or more (231)			0.1%	39.7%	35.5%	24.7%	60.2%



<sup>3</sup> Overweight: BMI = Over 25, up to 30  
Obese: BMI = over 30

## **Section 12.11 and 12.12: BMI**

## Section 13: Alcohol Consumption

### Section 13.5: Alcohol Consumption

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

(Figure in parenthesis is the sample size for that group)	##.#		Largest # of drinks on an occasion			Binge Drinking
			One to two drinks	Three to five drinks	More than five drinks	
Overall (1126)			52.2%	24.2%	23.6%	17.5%
<b>By sex</b>						
Male (462)			34.3%	27.8%	37.9%	28.1%
Female (664)			72.8%	20.1%	7.2%	7.4%
<b>By Race</b>						
White (1055)			61.1%	28.1%	10.8%	10.3%
Other (47)			0.6%	2.0%	97.3%	78.1%
<b>By age</b>						
18-34 years (84)			37.8%	20.4%	41.9%	29.8%
35-54 years (333)			59.5%	30.2%	10.3%	11.7%
55-64 years (247)			75.5%	12.7%	11.8%	11.6%
65-74 years (221)			44.1%	53.7%	2.2%	3.8%
75 or more years (241)			78.5%	19.0%	2.6%	0.9%
<b>By Education</b>						
Less than College (472)			65.1%	15.8%	19.1%	9.7%
Some College (290)			20.9%	30.9%	48.2%	35.0%
College (364)			70.8%	22.9%	6.3%	8.1%
<b>By income levels</b>						
<\$10,000 (32)			93.3%	3.7%	3.1%	1.5%
\$10,000 to \$14,999 (47)			65.6%	28.1%	6.3%	0.3%
\$15,000 to \$19,999 (69)			1.3%	5.4%	93.3%	84.3%
\$20,000 to \$24,999 (111)			47.6%	32.0%	20.5%	15.6%
\$25,000 to \$34,999 (138)			81.7%	18.0%	0.3%	7.6%
\$35,000 to \$49,999 (185)			64.0%	12.3%	23.7%	14.0%
\$50,000 to \$74,999 (207)			49.1%	36.6%	14.4%	15.3%
\$75,000 or more (233)			58.2%	33.9%	8.0%	8.7%

**Section 13.5: Alcohol Consumption**

## Section 14: Immunization

### Section 14.1 / 14.2 / 14.3

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

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™.

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?

(Figure in parenthesis is the sample size for that group)	<div style="display: flex; align-items: center; gap: 5px;"> <span style="background-color: yellow; padding: 2px;">##.#</span> </div>		Had flu shot in past 12 months	Had flu vaccine sprayed (418)	Had pneumonia shot in past 12 months
	<div style="display: flex; align-items: center; gap: 5px;"> <span style="background-color: yellow; padding: 2px;">##.#</span> </div>				
Overall (1126)				0.5%	28.5%
<b>By sex</b>					
Male (462)			36.5%	0.2%	17.7%
Female (664)			67.9%	1.1%	39.4%
<b>By Race</b>					
White (1055)			57.9%	0.2%	29.5%
Other (47)			15.6%	1.9%	11.1%
<b>By age</b>					
18-34 years (84)			42.7%	0.8%	8.7%
35-54 years (333)			49.6%	0.3%	23.5%
55-64 years (247)			58.6%	0.4%	36.2%
65-74 years (221)			81.2%		78.2%
75 or more years (241)			77.1%		80.2%
<b>By Education</b>					
Less than College (472)			49.9%	1.1%	37.2%
Some College (290)			41.3%		24.0%
College (364)			65.3%	0.5%	25.8%
<b>By income levels</b>					
<\$10,000 (32)			12.5%		39.4%
\$10,000 to \$14,999 (47)			69.4%		75.2%
\$15,000 to \$19,999 (69)			8.6%		8.7%
\$20,000 to \$24,999 (111)			56.9%		63.6%
\$25,000 to \$34,999 (138)			74.2%		16.6%
\$35,000 to \$49,999 (185)			53.2%		38.9%
\$50,000 to \$74,999 (207)			50.8%		19.4%
\$75,000 or more (233)			56.0%	0.5%	25.1%







## **Section 14.1 / 14.2 / 14.3: Immunization**

## Section 15: Falls

### Section 15.1 / 15.2

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

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



(Figure in parenthesis is the sample size for that group)	<table border="1"> <tr> <td>###</td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </table>	###				Among residents 45 years of age or older (900 residents)	
		###					
							
		Had a fall with last 3 months	Fall resulting in injury (out of 161 residents who suffered a fall)				
Overall (1126)		14.6%	23.4%				
<b>By sex</b>							
Male (462)		17.7%	18.6%				
Female (664)		11.9%	29.7%				
<b>By Race</b>							
White (1055)		14.9%	23.8%				
Other (47)		3.2%					
<b>By age</b>							
18-34 years (84)							
35-54 years (333)		14.4%	12.8%				
55-64 years (247)		18.8%	31.8%				
65-74 years (221)		6.3%	4.8%				
75 or more years (241)		17.3%	37.0%				
<b>By Education</b>							
Less than College (472)		21.1%	20.3%				
Some College (290)		10.4%	11.1%				
College (364)		9.9%	45.2%				
<b>By income levels</b>							
<\$10,000 (32)		40.1%	14.6%				
\$10,000 to \$14,999 (47)		22.3%	57.3%				
\$15,000 to \$19,999 (69)		16.3%	47.6%				
\$20,000 to \$24,999 (111)		18.4%	38.3%				
\$25,000 to \$34,999 (138)		2.9%	2.2%				
\$35,000 to \$49,999 (185)		17.2%	10.9%				
\$50,000 to \$74,999 (207)		10.7%	18.3%				
\$75,000 or more (233)		14.1%	26.2%				

## Section 15.1: Falls

## Section 16: Seat Belt Use

### Section 16.1

How often do you use seat belts when you drive or ride in a car?

##.#		Wear a seatbelt...					Never drive or ride in a car
		Always	Nearly always	Sometimes	Seldom	Never	
(Figure in parenthesis is the sample size for that group)							
Overall (1126)		73.6%	16.1%	6.2%	1.9%	2.1%	0.0%
<b>By sex</b>							
Male (462)		73.3%	16.5%	5.5%	3.0%	1.7%	0.0%
Female (664)		73.9%	15.8%	6.9%	1.0%	2.4%	
<b>By Race</b>							
White (1055)		70.5%	18.0%	6.9%	2.2%	2.4%	0.0%
Other (47)		94.9%	3.2%	1.7%	0.2%		
<b>By age</b>							
18-34 years (84)		84.5%	6.8%	3.7%	1.9%	3.2%	
35-54 years (333)		61.5%	27.2%	9.1%	1.7%	0.4%	
55-64 years (247)		65.4%	21.0%	10.3%	2.0%	1.3%	
65-74 years (221)		82.8%	12.4%	2.8%	1.3%	0.6%	
75 or more years (241)		70.8%	14.3%	4.0%	3.7%	7.0%	0.3%
<b>By Education</b>							
Less than College (472)		74.1%	11.8%	10.2%	1.5%	2.3%	0.1%
Some College (290)		76.6%	14.1%	4.5%	1.6%	3.3%	
College (364)		70.4%	21.8%	4.4%	2.6%	0.8%	
<b>By income levels</b>							
<\$10,000 (32)		73.2%	2.8%			24.1%	
\$10,000 to \$14,999 (47)		79.0%	5.7%	2.6%		11.7%	1.0%
\$15,000 to \$19,999 (69)		91.9%	2.3%	0.9%	1.4%	3.5%	
\$20,000 to \$24,999 (111)		75.8%	6.1%	14.5%	3.2%	0.4%	
\$25,000 to \$34,999 (138)		79.7%	11.5%	7.4%	0.3%	1.2%	
\$35,000 to \$49,999 (185)		50.5%	38.0%	10.7%	0.3%	0.4%	
\$50,000 to \$74,999 (207)		65.4%	20.6%	10.4%	2.7%	0.9%	
\$75,000 or more (233)		77.0%	17.1%	1.4%	4.5%		

## **Section 16.1: Seat Belt Use**

## Section 17: Drinking and Driving

### Section 17.1

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

Among those who had at least one alcoholic drink in past 30 days (533 residents)			
(Figure in parenthesis is the sample size for that group)	###	☹️	Driven after having perhaps too much alcohol
		😊	
Overall (533)			2.1%
<b>By sex</b>			
Male (267)			2.6%
Female (263)			1.6%
<b>By Race</b>			
White (513)			2.5%
Other (13)			
<b>By age</b>			
18-34 years (51)			2.2%
35-54 years (197)			2.5%
55-64 years (134)			0.3%
65-74 years (88)			5.3%
75 or more years (63)			
<b>By Education</b>			
Less than College (178)			5.1%
Some College (141)			2.9%
College (214)			0.1%
<b>By income levels</b>			
<\$10,000 (4)			
\$10,000 to \$14,999 (9)			
\$15,000 to \$19,999 (25)			
\$20,000 to \$24,999 (36)			5.4%
\$25,000 to \$34,999 (47)			0.0%
\$35,000 to \$49,999 (91)			9.8%
\$50,000 to \$74,999 (111)			3.4%
\$75,000 or more (164)			0.4%

## **Section 17.1: Drinking and Driving**

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## **Section 21: HIV/AIDS**

### ***Section 21.1***

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

## Section 21.1: HIV/AIDS

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## Section 21.2: HIV/AIDS

Not including blood donations, when was your last HIV test?

ONLY 18-64 year olds					
	When tested for HIV/AIDS				
<u>Note:</u> Of the 143 tested for HIV/AIDS	Just recently	A year ago	Two years ago	Three years ago	More than 5 years ago
Overall (119)	21.2%	11.6%	16.3%	9.6%	31.6%
<b>By sex</b>					
Male (49)	25.7%	13.3%	21.4%	0.4%	14.7%
Female (70)	18.8%	10.7%	13.6%	14.7%	40.8%
<b>By Race</b>					
White (109)	23.0%	12.0%	17.4%	3.3%	34.0%
Others (7)	8.2%	40.0%	25.9%		24.7%
<b>By age</b>					
18-34 years (21)	18.2%	2.4%	19.6%	21.0%	23.7%
35-54 years (76)	24.5%	18.4%	15.0%	2.6%	33.6%
55-64 years (22)			1.4%	0.5%	87.3%
65-74 years					
75 or more years					
<b>By Education</b>					
Less than College (26)	42.4%	39.2%	0.8%	1.9%	12.4%
Some College (43)	19.9%	2.5%	33.7%	7.2%	20.1%
College (50)	11.6%	5.7%	8.6%	15.8%	51.8%
<b>By income levels</b>					
<\$10,000 (6)			83.1%	12.8%	3.1%
\$10,000 to \$14,999 (3)			60.9%		13.0%
\$15,000 to \$19,999 (8)	8.8%	81.3%			1.3%
\$20,000 to \$24,999 (9)	7.8%		4.6%	38.1%	33.8%
\$25,000 to \$34,999 (8)	49.4%		0.1%		9.0%
\$35,000 to \$49,999 (14)		51.5%	4.7%	6.6%	32.3%
\$50,000 to \$74,999 (27)	4.0%	19.0%	1.3%	0.3%	58.3%
\$75,000 or more (41)	27.6%	5.4%	21.3%	13.1%	31.4%

## **Section 21.2: HIV/AIDS**

**Section 21.3: HIV/AIDS**

Where did you have your last HIV test — at a private doctor or HMO office, at 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?

ONLY 18-65 year olds										
Where tested for HIV/AIDS										
	Total number of respondents	Private doctor or HMO office	Counseling and testing site	Hospital	Clinic	Drug treatment facility	At home	Somewhere else	Don't Know/ Not Sure	
Overall	143	39.7%	2.8%	18.4%	31.6%	0.6%	3.6%	2.2%	1.2%	
<b>By sex</b>										
Male	62	34.3%	0.0%	20.4%	34.0%	1.6%	1.8%	4.7%	3.2%	
Female	81	42.8%	4.3%	17.3%	30.2%	0.0%	4.6%	0.8%		
<b>By Race</b>										
White	130	43.5%	2.9%	19.9%	26.9%	0.6%	4.0%	2.2%		
Others	9		6.0%	4.2%	33.9%			7.7%	48.2%	
<b>By age</b>										
18-34 years	22	37.0%	6.0%		47.7%		5.6%	0.5%	3.1%	
35-54 years	91	42.5%	0.0%	30.5%	20.1%	1.0%	2.6%	3.3%		
55-64 years	30	28.2%	10.8%	13.7%	44.7%			2.6%		
65-74 years										
75 or more years										
<b>By Education</b>										
Less than College	29	56.6%	0.7%	22.7%	16.2%	2.9%	0.8%	0.1%		
Some College	52	27.9%	1.1%	24.9%	36.6%		1.0%	5.3%	3.1%	
College	62	42.3%	5.1%	10.9%	34.2%		7.1%	0.5%		
<b>By income levels</b>										
<\$10,000	6	13.9%		0.8%	85.2%					
\$10,000 to \$14,999	4	33.3%	54.9%		11.8%					
\$15,000 to \$19,999	8	23.8%		8.8%	57.5%	8.8%		1.3%		
\$20,000 to \$24,999	9	8.2%	3.6%	33.8%	37.7%			16.7%		
\$25,000 to \$34,999	10	48.4%		1.7%	45.7%		4.1%	0.1%		
\$35,000 to \$49,999	16	24.7%		47.0%	16.5%	4.8%		7.0%		
\$50,000 to \$74,999	31	25.7%		8.0%	56.8%		0.1%	0.1%	9.3%	
\$75,000 or more	53	47.4%	4.4%	21.1%	19.6%		6.0%	1.5%		

## Section 21.3: HIV/AIDS

**Section 21.4: HIV/AIDS**

(If HIV/AIDS test done with past 12 months) Was it a rapid test where you could get your results within a couple of hours?

ONLY 18-65 year olds		
	Rapid Test	
	Total number of respondents	Weighted % of respondents had rapid test
Overall	17	5.7%
<b>By sex</b>		
Male	8	4.5%
Female	9	6.9%
<b>By Race</b>		
White	15	3.5%
Others	2	100.0%
<b>By age</b>		
18-34 years	3	8.1%
35-54 years	14	4.8%
55-64 years	0	0.0%
65-74 years	-----	-----
75 or more years	-----	-----
<b>By Education</b>		
Less than College	6	5.0%
Some College	6	5.3%
College	5	7.6%
<b>By income levels</b>		
<\$10,000	0	0.0%
\$10,000 to \$14,999	0	0.0%
\$15,000 to \$19,999	1	13.2%
\$20,000 to \$24,999	1	100.0%
\$25,000 to \$34,999	1	0.0%
\$35,000 to \$49,999	1	100.0%
\$50,000 to \$74,999	4	18.6%
\$75,000 or more	7	0.0%

## Section 21.4: HIV/AIDS

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## Section 21.4: HIV/AIDS

Do any of these situations apply to you?

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.
- You had anal sex without a condom in the past year.

ONLY 18-65 year olds		
	In risky situation(s)	
	Total number of respondents	Weighted % of respondents at risk
Overall	663	0.6%
<b>By sex</b>		
Male	294	0.0%
Female	369	1.1%
<b>By Race</b>		
White	621	0.6%
Others	36	0.2%
<b>By age</b>		
18-34 years	84	0.4%
35-54 years	333	0.4%
55-64 years	246	1.5%
65-74 years		
75 or more years		
<b>By Education</b>		
Less than College	210	1.8%
Some College	188	0.1%
College	265	0.1%
<b>By income levels</b>		
<\$10,000		
\$10,000 to \$14,999		
\$15,000 to \$19,999	1	0.4%
\$20,000 to \$24,999	2	0.2%
\$25,000 to \$34,999	1	0.0%
\$35,000 to \$49,999	3	2.5%
\$50,000 to \$74,999	0	0.0%
\$75,000 or more	4	0.5%



# OPTIONAL MODULES

