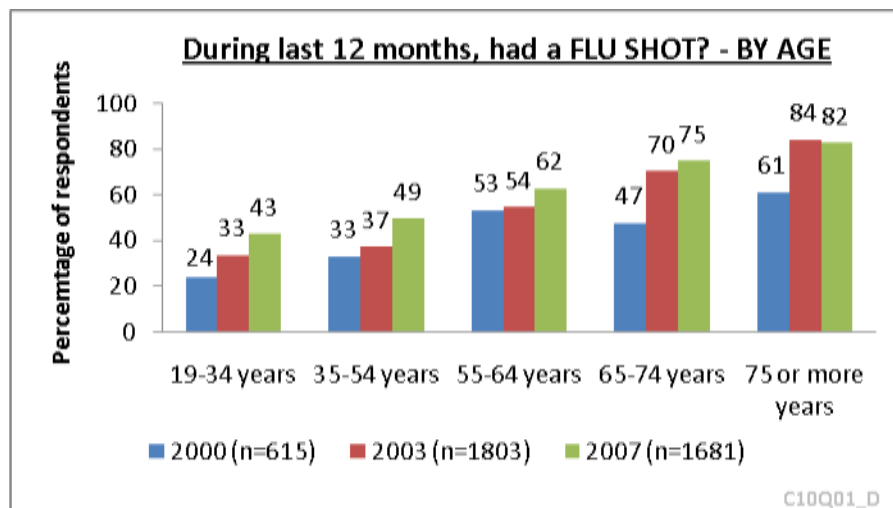
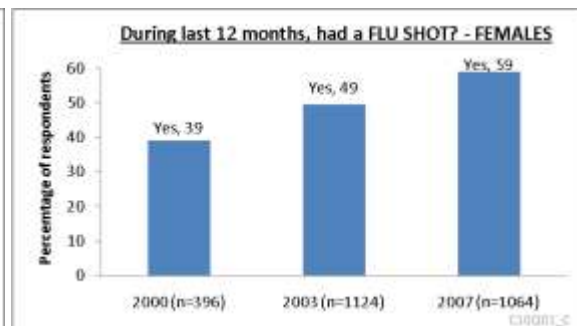
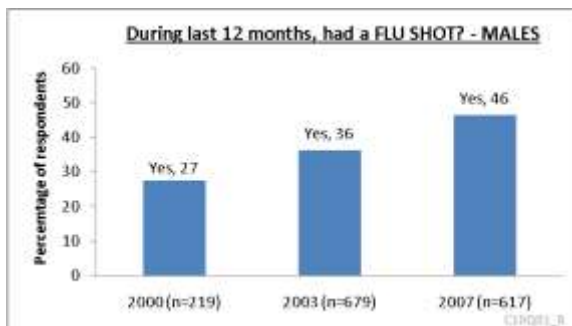
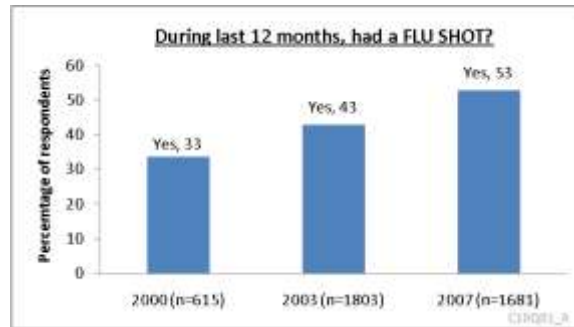


Core Section 10: Immunization

Core Section 10.1

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



Core Section 10.1: Immunization

- ✓ *Just over half of 2007 Buffalo County residents reported having had a flu shot in the past 12 months.*
- ✓ *Females were almost 25% more likely than males to have had a flu shot in the past 12 months.*
- ✓ *There is positive correlation between age and having had a flu shot in the past 12 months; the oldest residents were almost twice as likely to have had the shot compared to the youngest.*
- ✓ *With one exception, the 75+ age group, a greater percentage of residents across all groups, by sex and age, have had a flu shot in the past 12 months, compared to 2000 and 2003.*

2007

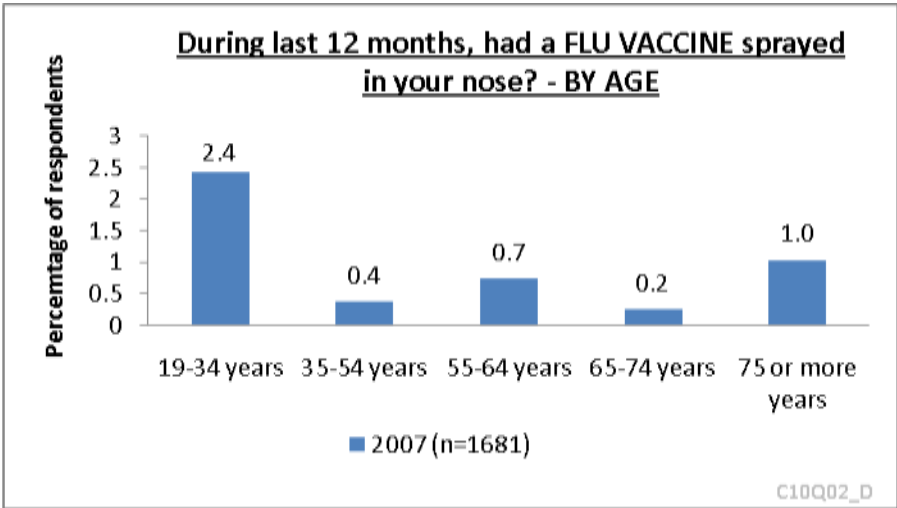
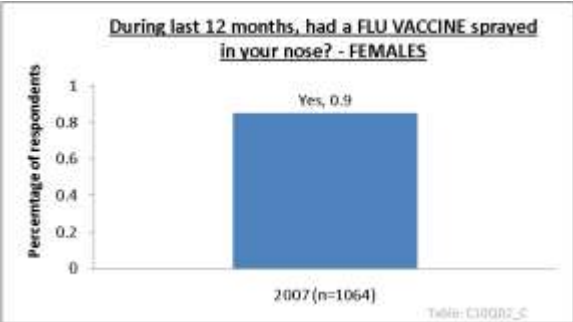
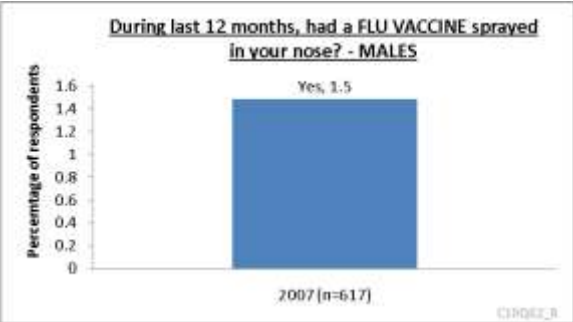
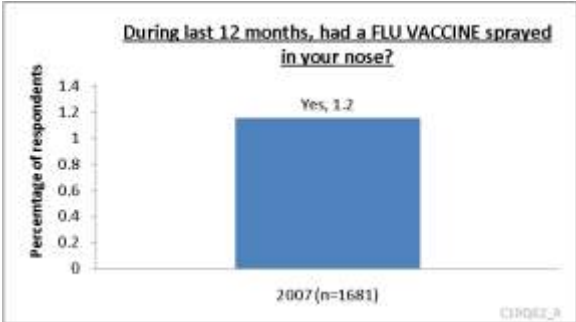
- Fifty-three percent of Buffalo County respondents reported that they had a flu shot in the past 12 months (Graph C10Q01_A).
 - A higher percentage of females (59%) than men (46%) reported the same (Graph C10Q01_B and _C).
 - The older adults were more likely to report that they have had a flu shot in the past 12 months (Graph C10Q01_D). Less than half of those in the 19-34 age range reported having had a flu shot in the past 12 months, ten percentage points below the average for the entire sample (53%).

TREND:

- The percentage of residents who reported that they had had a flu shot in the past 12 months steadily increased, from 33% in 2000 to 43% in 2003 to 53% in 2007 (Graph C10Q01_A).
 - Among both genders and across all age groups, about twenty percent more respondents in 2007 reported that they had had a flu shot in the past 12 months, compared to 2000 (C10Q01_B and _C).
 - The differential between adult males and adult females continues to be mostly steady since 2000, around 12 to 13 percentage points.
 - The positive correlation between age and having had a flu shot in the past 12 months is consistent over the seven years since 2000; the older the respondent, the more likely it is that the resident had had a flu shot in the past 12 months (C10Q01_D).

Core Section 10.2: Immunization

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™.



Core Section 10.2: Immunization

- ✓ *Just over one in one hundred Buffalo County residents reported having had a flu vaccine sprayed in their nose in the past 12 months.*
- ✓ *A greater percentage of males than females reported having had a flu vaccine sprayed in their nose in the past 12 months.*
- ✓ *There is negative correlation between age and having had a flu vaccine sprayed in the nose; the youngest residents were almost two and a half times more likely to have had the vaccines sprayed in their nose. (No data are available for 2000 and 2003.)*

2007

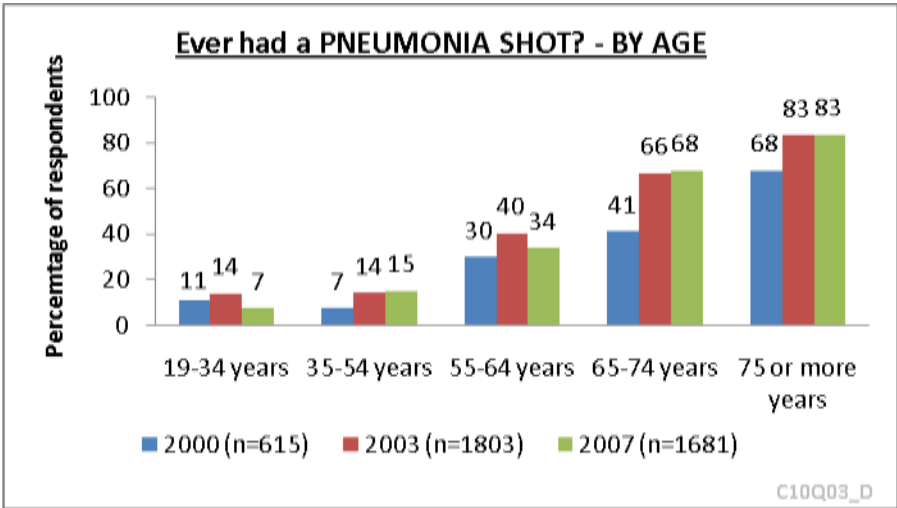
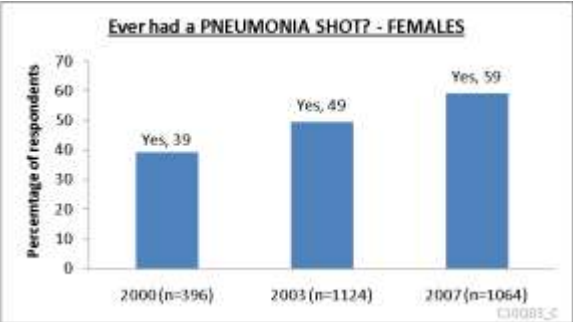
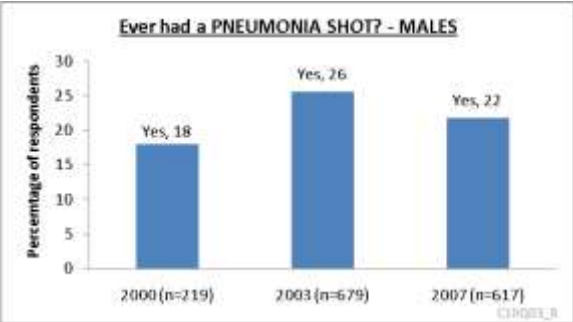
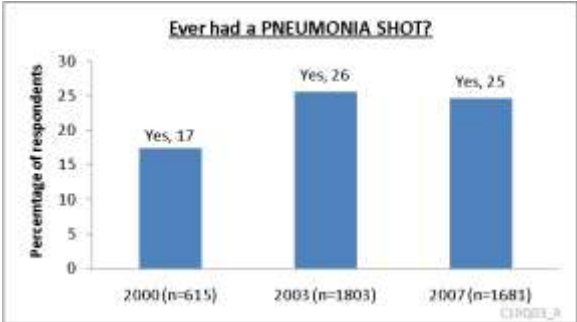
- Only 1.2% of Buffalo County respondents reported that they had had a flu vaccine sprayed in their nose in the past 12 months (Graph C10Q02_A).
 - A higher percentage of males (1.5%) than women (0.9%) reported the same (Graph C10Q02_B and _C).
 - Young adults were more likely to report they had had a flu vaccine sprayed in their nose in the past 12 months (Graph C10Q02_D).

TREND:

- Data were collected for the first time in 2007, therefore no trend could be examined.

Core Section 10.3: Immunization

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?



Core Section 10.3: Immunization

- ✓ *About one in four Buffalo County residents reported in 2007 having ever had a pneumonia shot.*
- ✓ *Females, in 2007, were more than twice as likely as males to have ever had a pneumonia shot.*
- ✓ *There is strong positive correlation between age and having had a pneumonia shot; the oldest residents were almost twelve times as likely to have had the shot compared to the youngest.*
- ✓ *While among adult women and the 65+ age group there was a consistent increase in the percentage of those who have had a pneumonia shot compared to 2000 and 2003, among men it has fallen compared to 2003, though still higher than that reported in 2000.*
- ✓ *The 19-34 year-olds had the lowest reported percent frequency of having ever had a pneumonia shot at seven percent.*

2007

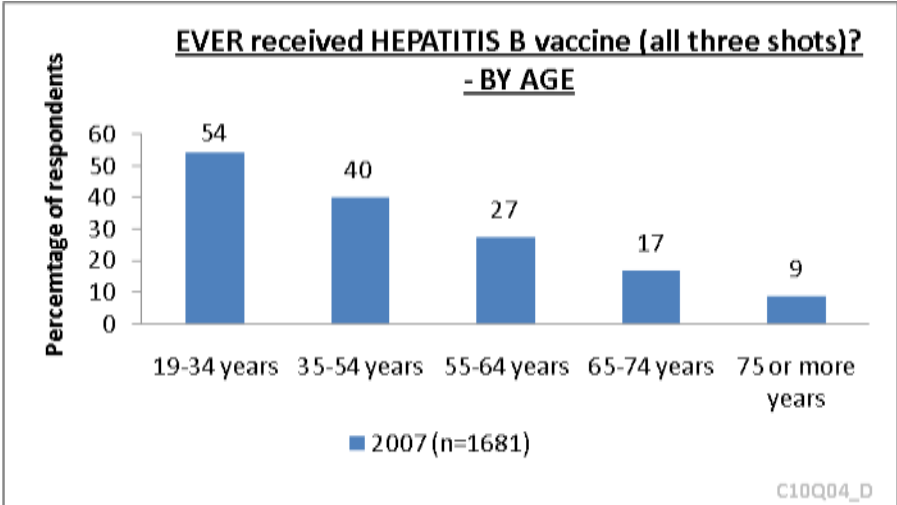
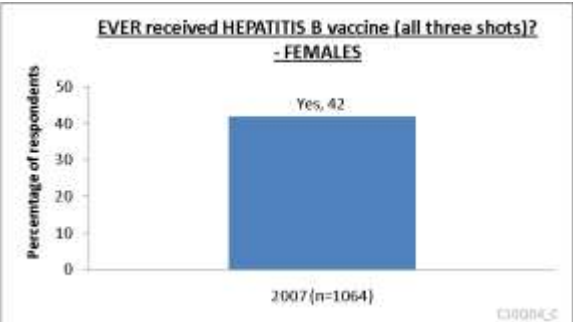
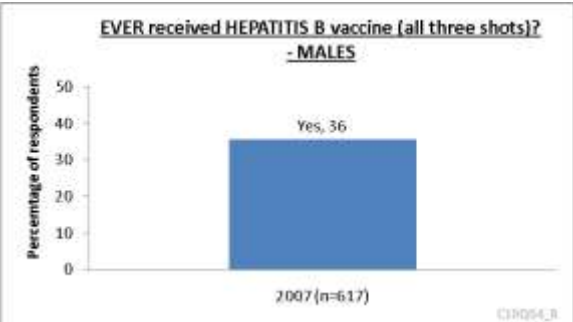
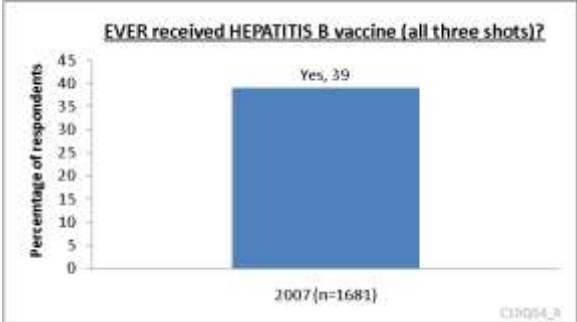
- Twenty-five percent of Buffalo County respondents reported that they ever had a pneumonia shot (Graph C10Q03_A).
 - A higher percentage of females (59%) than men (22%) reported the same (Graph C10Q03_B and _C).
 - The older the adults, the more likely were they to report, in 2007, that they had had a pneumonia shot (Graph C10Q03_D). Only 7% of those in the 19-34 age range reported having ever had a pneumonia shot, while 83% of the oldest group reported the same.

TREND:

- The percentage of residents who reporting having had a pneumonia shot decreased by one percentage point from 26% in 2003 to 25% in 2007 (Graph C10Q03_A).
 - Among females there has been a steady rise in those reporting that they have had a pneumonia shot, from 39% in 2000 to 49% in 2003 to 59% in 2007 (C10Q03_B and _C). Among men however, the pattern is an inverted U; only 22% of men reported having had a pneumonia shot compared to 26% in 2003, but the 22% is still higher than what was reported in 2000 (18%) (C10Q03_B and _C).
 - The positive correlation between age and having had a pneumonia shot is consistent over the seven years since 2000; the older the respondent, the more likely it is that the resident has had a pneumonia shot (C10Q03_D).

Core Section 10.4: Immunization

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



Core Section 10.4: Immunization

- ✓ *Just less than four in ten Buffalo County residents reported having received a Hepatitis B vaccine.*
- ✓ *A greater percentage of females than males reported having had a Hepatitis B vaccine*
- ✓ *There is negative correlation between age and having had a Hepatitis B vaccine; the youngest residents were six times more likely to have had the vaccine than the oldest residents. (No data are available for 2000 and 2003.)*

2007

- Thirty-nine percent of Buffalo County respondents reported that they had had a Hepatitis B vaccine (Graph C10Q04_A).
 - A higher percentage of females (42%) than males (36%) reported the same (Graph C10Q04_B and _C).
 - Young adults were more likely to report they had a Hepatitis B vaccine; more than half of the 19-34 year-olds reported having had Hepatitis B vaccine, while only 9% of the 75+ year-olds reported the same. There is a linear negative relationship between age and having received the Hepatitis B vaccine (Graph C10Q04_D).

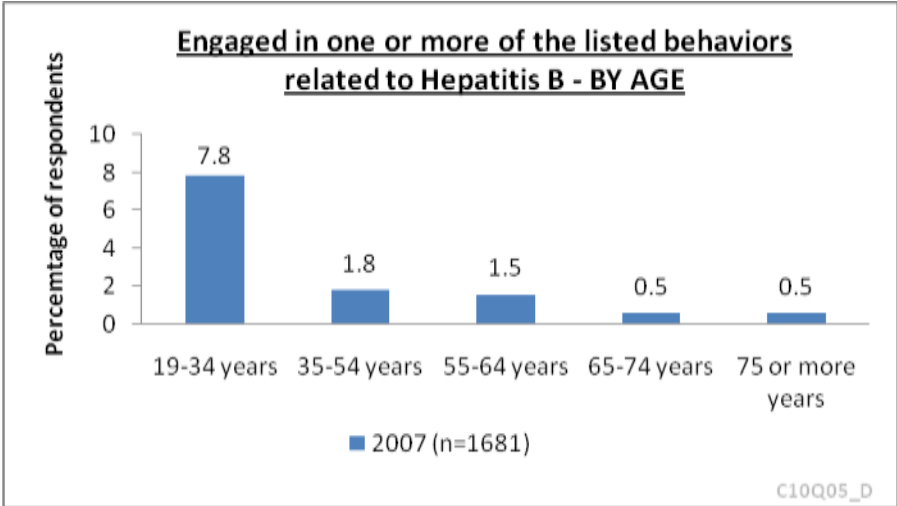
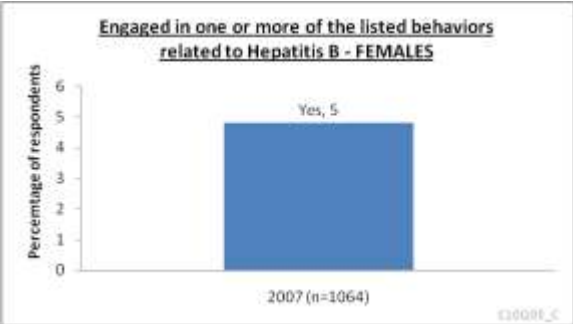
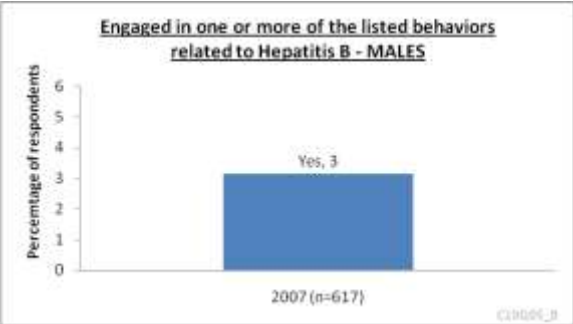
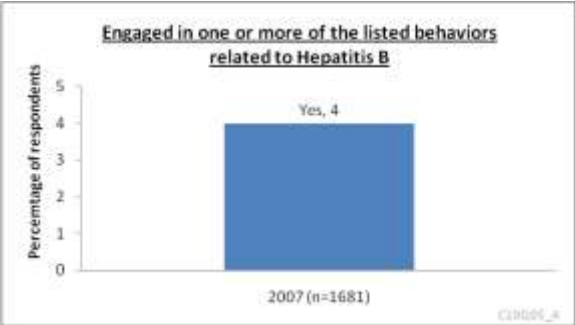
TREND:

- Data were collected for the first time in 2007; therefore no trend could be examined.

Core Section 10.5: Immunization

Please tell me if ANY of these statements is true for YOU.

- You have hemophilia and have received clotting factor concentrate
- You have had sex with a man who has had sex with other men, even just one time
- You have taken street drugs by needle, even just one time
- You traded sex for money or drugs, even just one time
- You have tested positive for HIV
- You have had sex (even just one time) with someone who would answer "yes" to any of these statements
- You had more than two sex partners in the past year



Core Section 10.5: Immunization

- ✓ *Only four in one hundred Buffalo County residents reported at least one of the listed statements related to Hepatitis B being true.*
- ✓ *A greater percentage of females than males reported the same.*
- ✓ *There is negative correlation between age and reporting at least one of the statements as being true for the respondent; the youngest residents were fifteen times more likely than the oldest residents to report one of the statements being true for themselves.*

2007

- Four percent of Buffalo County respondents reported at least one of the listed statements being true (Graph C10Q05_A).
 - A higher percentage of females (5%) than males (3%) reported the same (Graph C10Q05_B and _C).
 - Young adults were more likely to report at least one of the listed statements being true; almost 8 in 10 19-34 year-olds reported at least one of the listed statements being true, while only 0.5% of the 75+ year-olds reported the same. There is a linear negative relationship between age and at least one of the listed statements being true (Graph C10Q05_D).

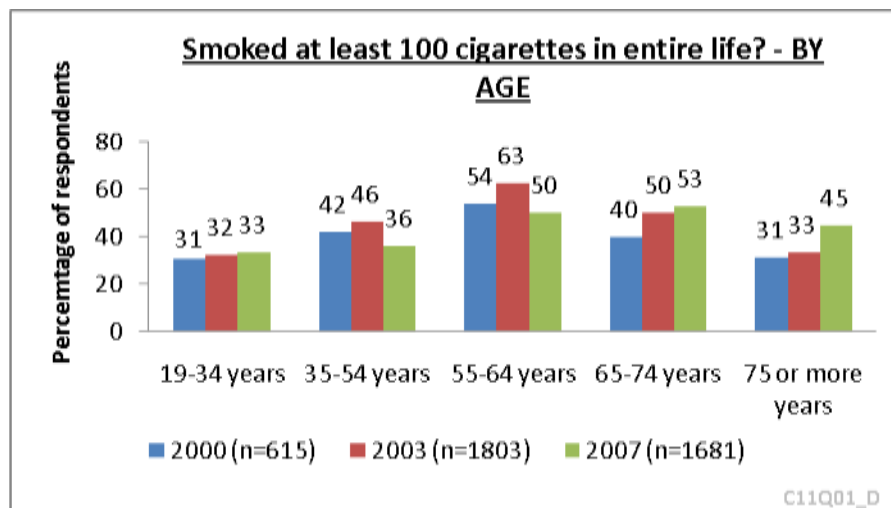
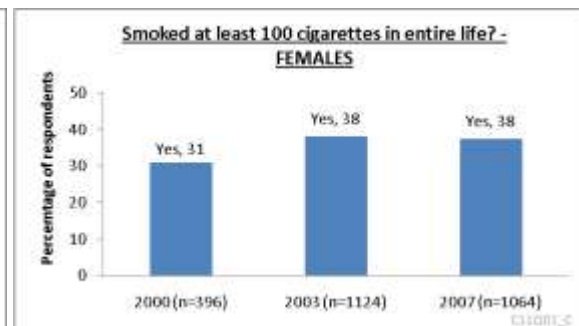
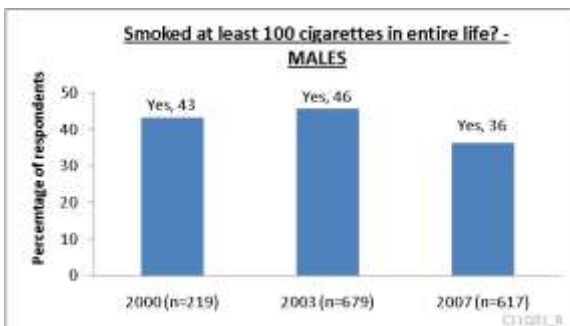
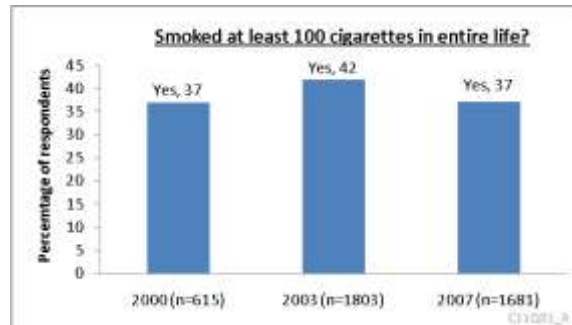
TREND:

- Data were collected for the first time in 2007; therefore no trend could be examined.

Core Section 11: Tobacco Use

Core Section 11.1

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



Core Section 11.1: Tobacco Use

- ✓ *Just less than four in ten Buffalo County residents reported in 2007 having smoked over 100 cigarettes in their lifetime.*
- ✓ *Females in 2007 were slightly more likely than males to have smoked over 100 cigarettes in their lifetime.*
- ✓ *Since 2000 this measure of the county's health has increased among females, and decreased among male.*
- ✓ *There is slight positive correlation between age and having smoked over 100 cigarettes in a lifetime -- among the oldest group there has been a much higher increase in the percentage of those who have smoked over 100 cigarettes in their lifetime.*

2007

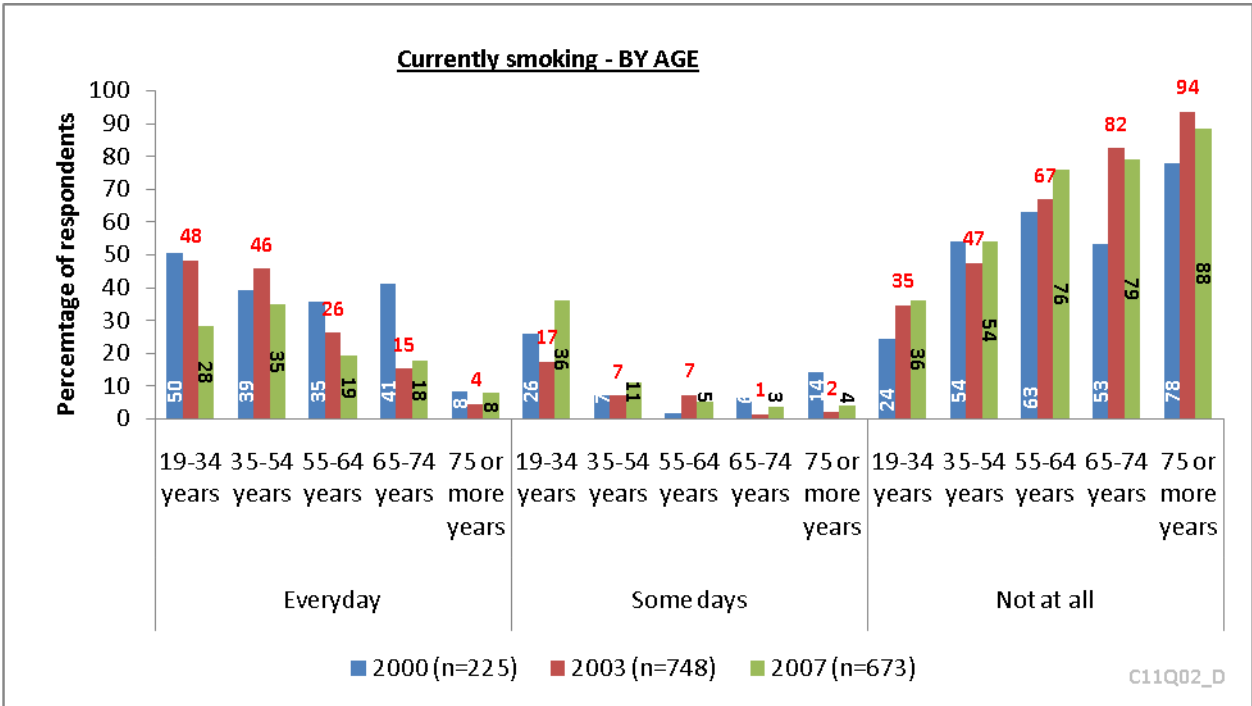
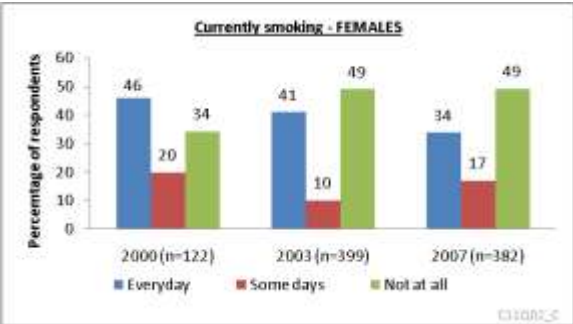
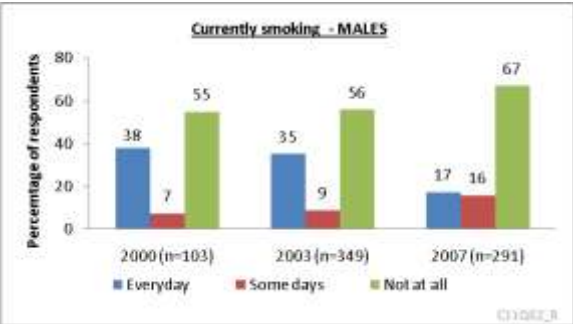
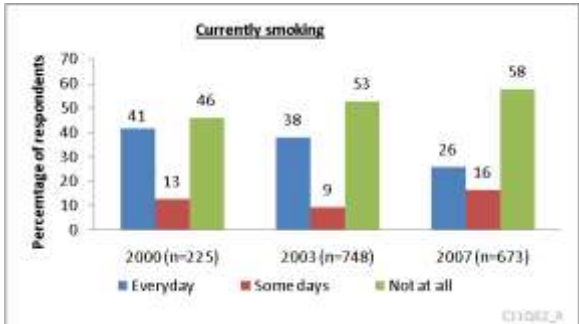
- Thirty-seven percent of Buffalo County respondents reported having smoked over 100 cigarettes in their lifetime (Graph C11Q01_A).
 - A higher percentage of females (38%) than men (36%) reported the same (Graph C11Q01_B and _C).
 - The older adults are the more likely were they to report, in 2007, that they had smoked over 100 cigarettes in their lifetime (Graph C11Q01_D).

TREND:

- The percentage of residents reporting in 2007 having smoked over 100 cigarettes in their lifetime has decreased from a high of 42% reported in 2003, by five percentage points, equaling the percentage reported in 2000 (Graph C11Q01_A).
 - Among females there was an increase in those reporting having smoked over 100 cigarettes in their lifetime, from 31% in 2000 to 38% in 2003 and 2007.
 - Among males, however, there was a significant drop to 36% from a high of 46% in 2003 and 43% in 2000 (C11Q01_B and _C).
 - A larger percentage of the 65+ age groups reported having smoked over 100 cigarettes in their lifetime than in 2000 and 2003 (C11Q01_D), while there has been a significant drop in the percentage of the 35-54 year-olds and the 64 year-olds reporting the same. There is a slight increase of one percentage point among the 19-34 year-olds who reported (C11Q01_D).

Core Section 11.2: Tobacco Use

(Among those who had smoked 100 cigarettes in their lifetime) Do you now smoke cigarettes every day, some days, or not at all?



Core Section 11.2: Tobacco Use

- ✓ *Almost six in ten Buffalo County residents who had smoked over 100 cigarettes in their lifetime reported having quit smoking; about 1 in four still smoke every day, while 1 in 6 reported smoking some days.*
- ✓ *Among those who had smoked over 100 cigarettes in their lifetime, women were twice as likely as males to smoke every day.*
- ✓ *Males are more likely to have completely quit smoking than are women.*
- ✓ *The older the resident, the more likely they were to have quit smoking.*
- ✓ *The younger the residents the more likely they were to smoke every day.*
- ✓ *The overall trend over the seven years was positive, a greater percentage of residents in almost all groups had quit smoking.*

2007

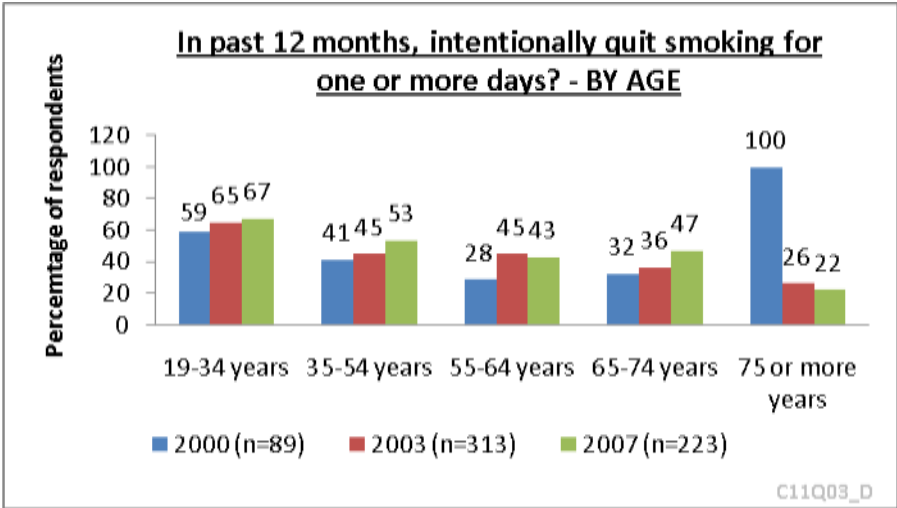
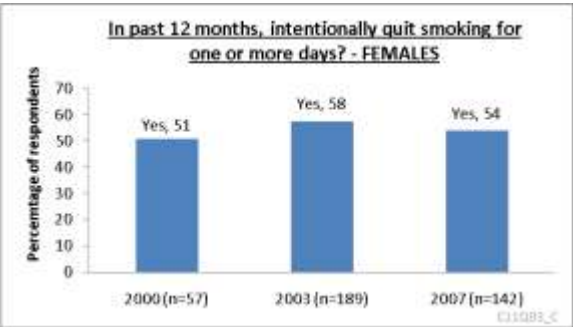
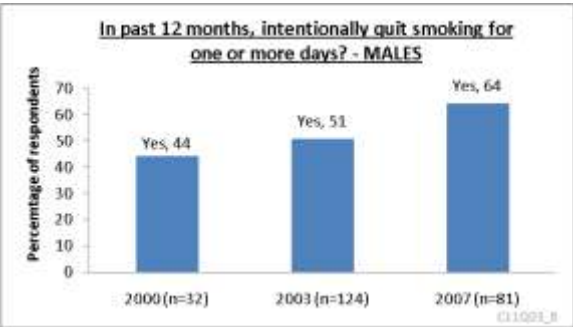
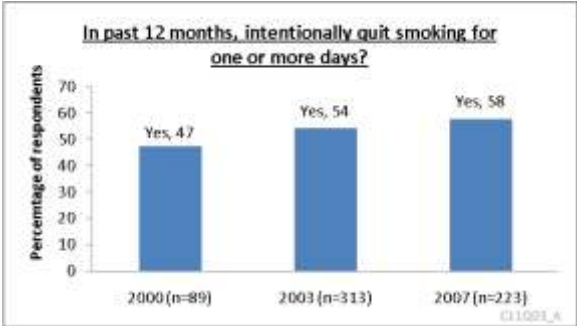
- Fifty-eight percent of Buffalo County respondents who reported having smoked over 100 cigarettes in their lifetime also reported that they had quit smoking while 26% of them reported smoking every day. A minority of 16% reported smoking some days (Graph C11Q02 _A).
 - A much higher percentage of males (67%) than females (49%) reported having quit smoking while a higher percentage of females (34%) reported still smoking every day compared to males (17%) who stated the same (Graph C11Q02 _B and _C).
 - The older the adults, the more likely were they to have quit smoking; on the other hand, the younger the residents, the more likely were they to smoke every day (Graph C11Q02 _D).

TREND:

- Overall there has been a decline in the number of Buffalo County ex-smokers still smoking every day, from a high of 41% in 2000 to a low of 26% in 2007 (Graph C11Q02 _A). Furthermore, there has been an increase in the percentage of ex-smokers of the Buffalo County who have quit smoking – from a low of 46% in 2006 to a high of 58% in 2007 (Graph C11Q02 _A).
 - This is true of both genders.
 - Among females the percentage of ex-smokers still smoking every day declined from 46% in 2000 to 34% in 2007, while among males the decline was from 38% in 2000 to 17% in 2007 (C11Q02 _B and _C).
 - Also among females the percentage of quitters rose from 34% in 2000 to 49% in 2007, while among men it rose from 55% to 67% (C11Q02 _B and _C).
 - The trend across all age groups is generally positive. Compared to 2000, a smaller percentage of 2007 respondents who were ex-smokers reported that they smoke every day; and a larger percentage of the ex-smokers had quit smoking (C11Q02 _D).

Core Section 11.3: Tobacco Use

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



Core Section 11.3: Tobacco Use

- ✓ *Almost six in 10 Buffalo County residents, in 2007, who had not yet completely quit smoking, had tried to in the past 12 months.*
- ✓ *A greater percentage of men than women, in 2007, had tried to quit smoking in the preceding 12 months.*
- ✓ *Young adults were more likely to try to quit smoking than other age groups.*
- ✓ *Males were more likely to have completely quit smoking than were women.*
- ✓ *The trend appears to be a greater effort, than in the past, on the part of smokers to quit smoking across almost all groups.*

2007

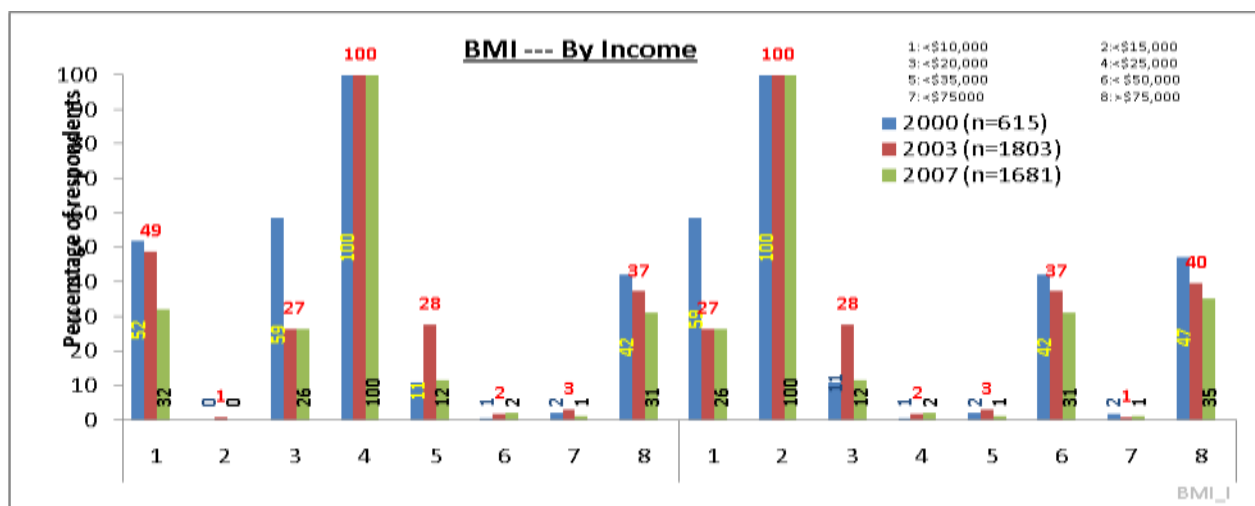
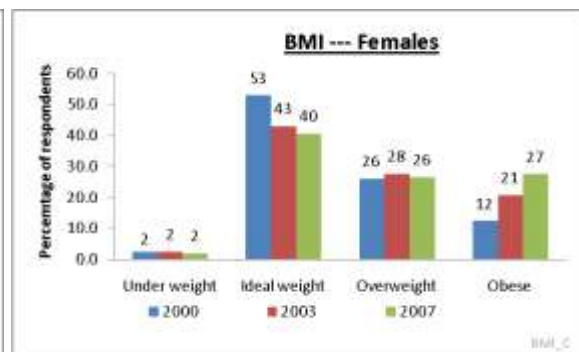
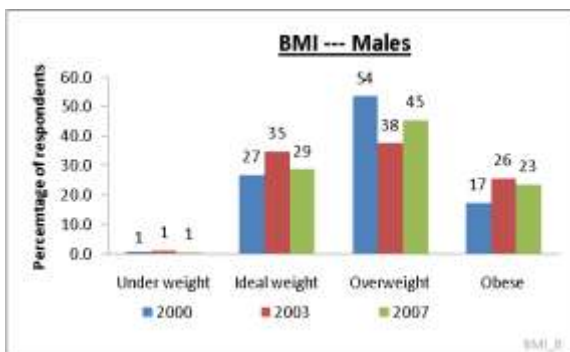
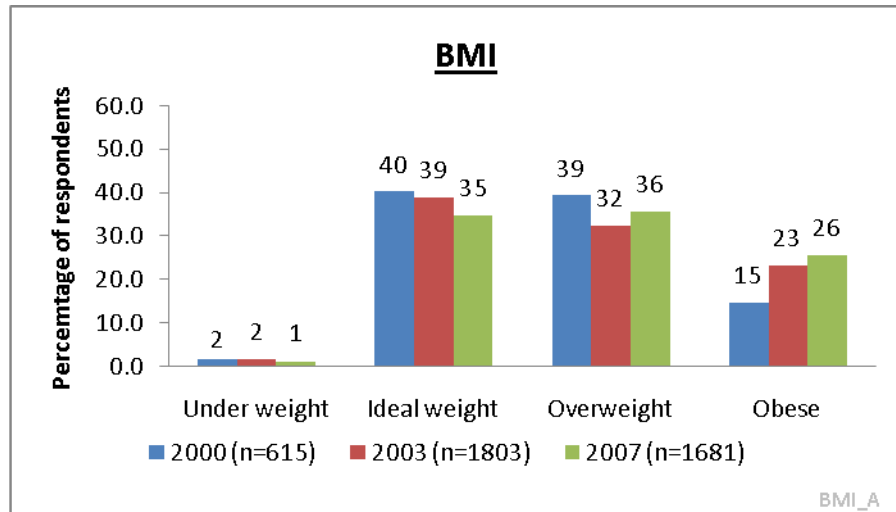
- Fifty-eight percent of Buffalo County respondents who reported that they had not quit smoking completely also reported that they had tried to quit smoking in the past 12 months (Graph C11Q03 _A).
 - A much higher percentage of males (64%) than females (54%) reported having tried to quit smoking in the past 12 months (Graph C11Q03 _B and _C).
 - Youngest adults were more likely to have tried to quit smoking (67%), over three times more likely than the oldest adults (22%) (Graph C11Q03 _D).

TREND:

- In general, a greater percentage of residents tried to quit smoking, from a low of 47% in 2000 to a high of 58% in 2007 (Graph C11Q03 _A).
 - This is true of males; 64% of them reported having tried to quit smoking compared to 51% in 2003 and 44% in 2000 (C11Q03 _B and _C).
 - Among females, a smaller percentage of them, in 2007, have tried to quit smoking (54%) compared to 2003 (58%); however it is higher than the percentage of women who tried to quit smoking in 2000 (51%) (C11Q03 _B and _C).
 - The trend across all age groups, except the 75+ year-olds, is generally positive. Among the youngest many more have tried to quit smoking in the past 12 months – 67% in 2007, compared with 65% in 2003 and 59% in 2000 (C11Q03 _D). This trend holds true for the 35-44 and 45-54 year-olds and the 65-74 year-olds. Not following the trend are the 55-64 year-olds, though only marginally, and the 75+ year-olds.

Core Section 12: BMI⁷

Core Section 12.11 and 12.12



⁷ Overweight: BMI = Over 25, up to 30
 Obese: BMI = over 30

Core Section 12.11 and 12.12: BMI

- ✓ *Just over 6 out of 10 Buffalo County residents are overweight or obese.*
- ✓ *Males, in 2007, were more likely to be overweight than female, while females are slightly more likely than males to be obese.*
- ✓ *In 2007, one hundred percent of respondents earning between \$10,000 to \$15,000 were obese, while one hundred percent of those earning \$20,000 to \$25,000 were overweight.*
- ✓ *The incidence of obesity and prevalence of overweight has gradually increased since 2000, while the percentage of residents in their ideal weight has gradually decreased during the same time period.*

2007

- Thirty-six percent of Buffalo County respondents are overweight, while 26% of them are obese (Graph BMI_A).
 - A higher percentage of males are overweight (45%) than females (26%) whereas a slightly higher percentage of females are obese (27%) compared to males (23%) (Graph BMI_B and _C).
 - Lower income residents are most likely to be overweight or obese, while those earning \$50,000 to \$75,000 are least likely to be so (Graph BMI_I).

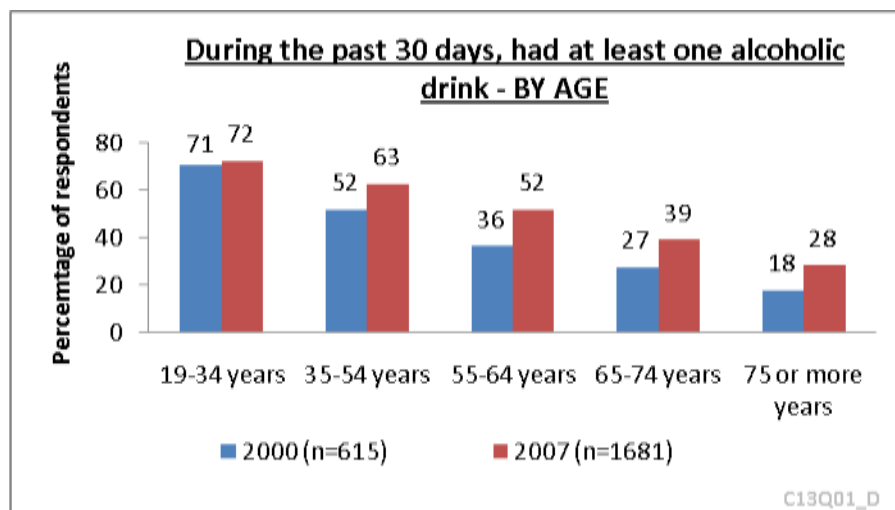
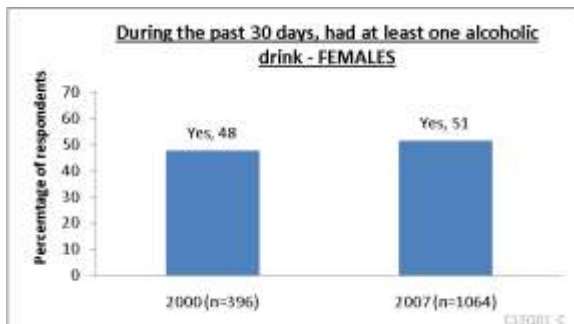
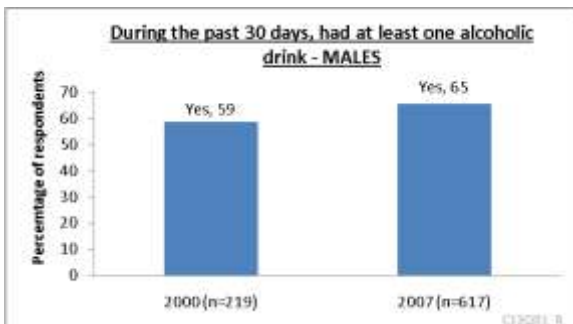
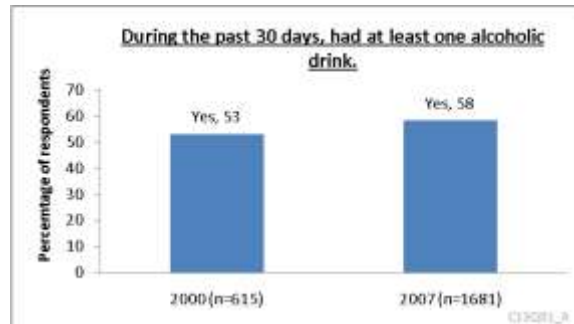
TREND:

- The percentage of residents who are obese has gradually increased since 2000, from 15% in 2000 to almost 27% in 2007, almost doubling (Graph BMI_A). There is a slight drop of 3% in the percentage of residents who are overweight, from 39% in 2000 to 36% in 2007, with a dip in 2003 at 32%.
 - Among males there has been a 6% increase in obesity since 2000, though this dropped by 3% since 2003; on the other hand a 9% drop in overweight since 2000, and light improvement of 2% of those in the ideal weight category (C14Q02_B).
 - Among females there has been a 15% increase in the percentage of those who are obese, increasing from 12% in 2000 to 27% in 2007(C14Q02_C) and a steep decline of 13% of those who are in the ideal weight category.
- There is no consistent trend across income groups (BMI_I). However it is observed that among those earning \$10,000 to \$15,000, 100% of them are obese, no different from 2000 and 2003. Also among those earning \$20,000 to \$25,000, 100% of them are overweight, no different from 2000 and 2003. Among the high income groups and the lowest income group there has been a decline in both obesity and overweight.

Core Section 13: Alcohol Consumption

Core Section 13.1: Alcohol Consumption

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?



Core Section 13.1: Alcohol Consumption

- ✓ *About 6 in 10 residents report having had at least one alcoholic drink in the past 30 days.*
- ✓ *Men are more likely than women to have had at least one alcoholic drink in the past 30 days.*
- ✓ *There is a strong negative correlation between age and having had at least one alcoholic drink in the past 30 days.*
- ✓ *A greater percentage of residents in 2007 reported having had at least one alcoholic drink in the past 30 day compared to 2000. (Data were not collected in 2003.)*

2007

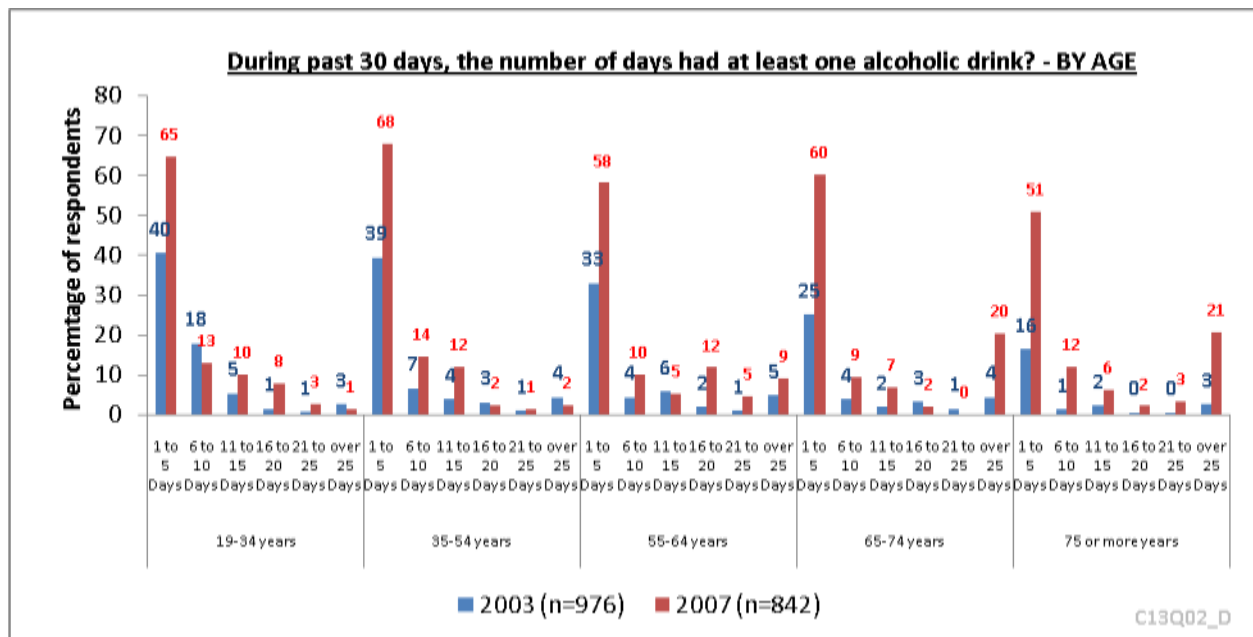
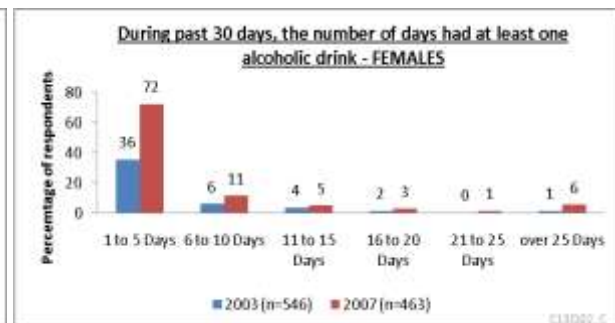
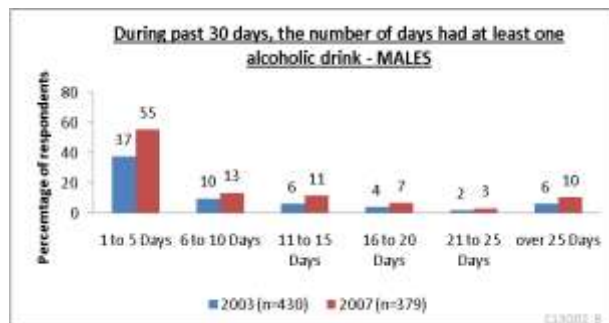
- Fifty-eight percent of Buffalo County respondents reported having had at least one alcoholic drink in the past 30 days (Graph C13Q01_A).
 - A greater percentage of males (65%) reported having consumed at least one alcoholic drink in the past 30 days than women (51%) (Graph C13Q01_B and _C).
 - There is a gradual decline, with age, in consuming at least one alcoholic drink in the past 30 days. While seventy-two percent of the 19-34 year-olds stated consuming at least one alcoholic drink in the past 30 days, 63% of the 35-54 year-olds, 52% of the 55-64 year-olds, 39% of the 65-74 year-olds, and 28% of the 75+ year-olds reported doing so (Graph C13Q01_D).

TREND:

- Overall, there has been a 5% increase since 2000 in the percentage of residents reporting having consumed at least one alcoholic drink in the past 30 days (Graph C13Q01_A). (No data available for 2003.)
 - Among men the increase was 6% while among women it was 3% (Graph C13Q01_B and _C).
 - There was been an increase in the percentage of residents having had at least one alcoholic drink in the past 30 days across all age groups. The increase was highest among the 55-64 year-olds (16%) and the least among the 19-34 year-olds (1%) (Graph C13Q01_D).

Core Section 13.2: Alcohol Consumption

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



Core Section 13.2: Alcohol Consumption

- ✓ *Among those who drank at least one alcoholic drink in the past 30 days, more than 4 in 10 residents report having had at least one alcoholic drink almost every day.*
- ✓ *Women are less likely than men to have had at least one alcoholic drink almost every day (over 25 days) of the past 30 days.*
- ✓ *Older adults are more likely than the younger to have had an alcoholic drink almost every day of the past 30 days.*
- ✓ *Compared to 2003, a greater percentage of both males and females, as well as the 55+ year-olds report having had at least one alcoholic drink almost every day during the last 30 days. (This data were not collected in 2000).*

2007

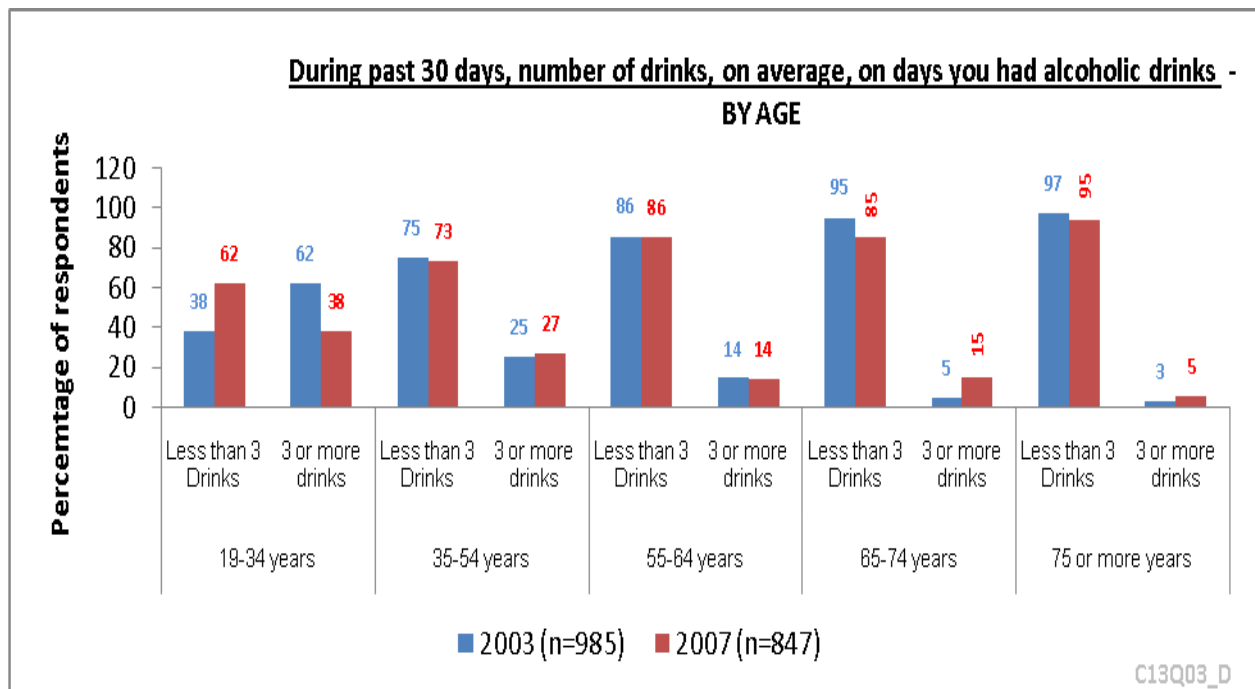
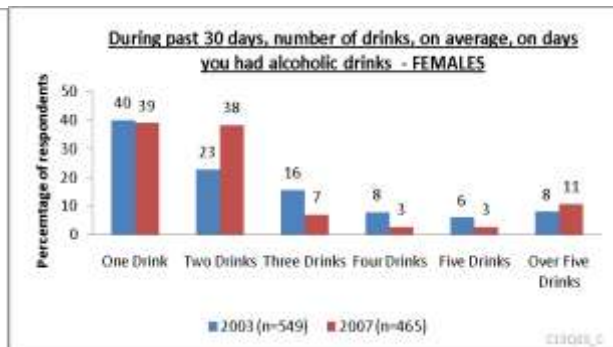
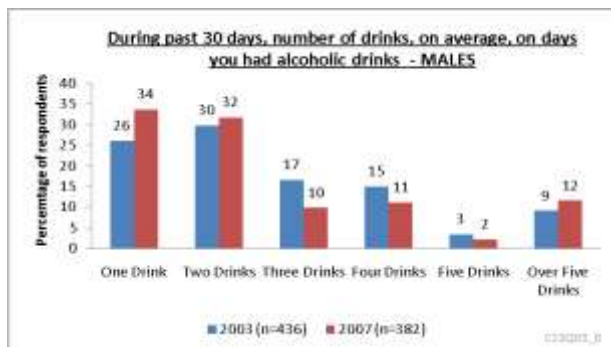
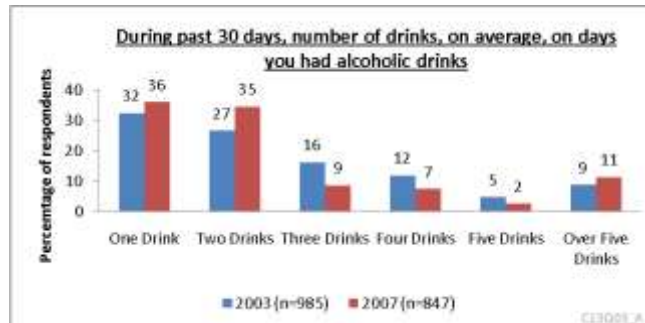
- Sixty-four percent of Buffalo County respondents who had reported having at least one drink in the past 30 days also reported having had at least one alcoholic drink on one to five days during the past 30 days (Graph C13Q02_A).
 - A greater percentage of females (72%) reported having consumed at least one alcoholic drink on one to five days during in the past 30 days than men (55%) (Graph C13Q02_B and _C).
 - However, a greater percentage of males (10%) reported having consumed at least one alcoholic drink almost every day (over 25 days of the month) during the past 30 days than women did (6%) (Graph C13Q02_B and _C).
 - There is a gradual increase with age in consuming at least one alcoholic drink almost every day during the past 30 days. While twenty-one percent of the 75+ year-olds stated consuming at least one alcoholic drink almost every day in the past 30 days, only 1% of the 19-34 year-olds said so (Graph C13Q02_D).

TREND:

- Compared to 2003 reports and among those who consume alcohol, there has been an increase in alcohol consumption across all durations (Graph C13Q02_A). (No data available for 2000.)
 - Among men the increase in the number of days of alcohol consumption in the past 30 days is 4%, from 6% in 2003 to 10% in 2007. The increase among females in the same type of behavior is 5%, from 1% in 2003 to 6% in 2007 (Graph C13Q02_B and _C)
 - Also twice the percentage of females reported having had at least one drink on one to five days in the past 30 days, from 36% in 2004 to 72% in 2007. The increase among men in this category was less extreme, increasing to 55% from 37% (Graph C13Q02_B and _C)
 - Among 55+ year-olds, there has been a significant increase in the percentage of those who had at least one alcoholic drink almost every day during the past 30 days (Graph C13Q02_D), especially among the oldest.

Core Section 13.3: Alcohol Consumption

During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?



Core Section 13.3: Alcohol Consumption

- ✓ *Among those who drank at least one alcoholic drink in the past 30 days, a significant majority consumed 1 or 2 drinks on days they drank alcohol.*
- ✓ *Women are less likely than men to have had three or more alcoholic drinks on days they consumed alcohol.*
- ✓ *Older adults are less likely than young adults to have had three or more alcoholic drinks on days they consumed alcohol*
- ✓ *Compared to 2003, a smaller percentage of both males and females reported having three or more drinks on days they consumed alcohol.*
- ✓ *Compared to 2003, a greater percentage of only the 65 years and older groups consumed three or more drinks on days they consumed alcohol. (No data are available for 2000.)*

2007

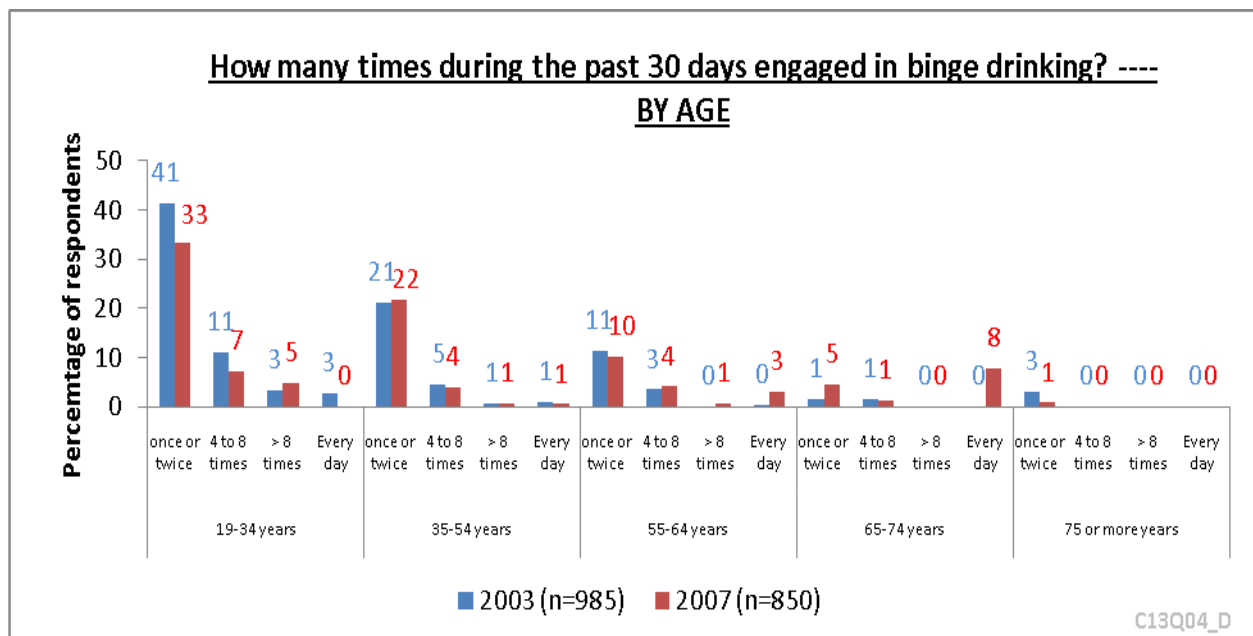
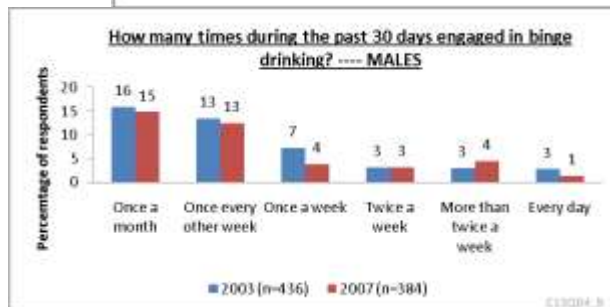
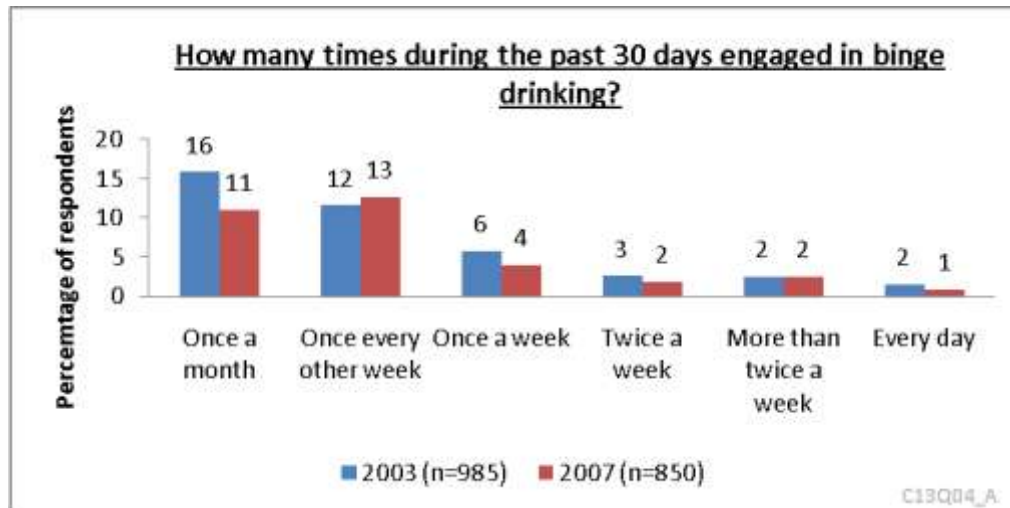
- Twenty-nine percent of Buffalo County respondents who drank alcohol reported drinking 3 or more drinks on days they consumed alcohol (Graph C13Q03_A) during the past 30 days.
 - A greater percentage of males (35%) reported drinking 3 or more drinks on days they consumed alcohol during the past 30 days than did women (24%) (Graph C13Q03_B and _C).
 - However, a greater percentage of males (10%) reported having consumed at least one alcoholic drink almost every day (over 25 days of the month) during the past 30 days than of women (6%) (Graph C13Q03_B and _C).
 - There is a gradual decrease with age in consuming 3 or more drinks on days they consumed alcohol during the past 30 days with 38% of the 19-34 year-olds reporting so compared to 15% or less among those 55 years or older reporting so (Graph C13Q03_D).

TREND:

- Compared to 2003 reports among those who consumed alcohol, there has been a decrease in the percentage of residents who drank 3 or more drinks on days they drank alcohol, from 42% in 2003 to 29% in 2007 (Graph C13Q03_A). (No data available for 2000.)
 - Among men the decrease was 9%, from 44% in 2003 to 35% in 2007; among women the decrease was 14% from 38% in 2003 to 24% in 2007 (Graph C13Q03_B and _C)
 - A significant decrease is noticed among 19-34 year-olds who reported drinking three or more drinks on days they consumed alcohol from 62% to 38%. At the other extreme, this statistic rose from 5% to 15% among the 65-74 year-olds (Graph C13Q03_D), especially among the oldest.

Core Section 13.4: Alcohol Consumption

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



Core Section 13.4: Alcohol Consumption

- ✓ *Among those who drank at least one alcoholic drink in the past 30 days, almost one-third of them engaged in binge drinking on at least one occasion.*
- ✓ *Women are almost half as likely as men to have engaged in binge drinking once in the past 30 days.*
- ✓ *Older adults are less likely than the younger to have engaged in binge drinking.*
- ✓ *Compared to 2003, there has been a decline in the percentage of residents reporting having engaged in binge drinking at least once in the past 30 days; this is true across both genders and across all age groups except the 55-74 year-olds. (No data are available for 2000.)*

2007

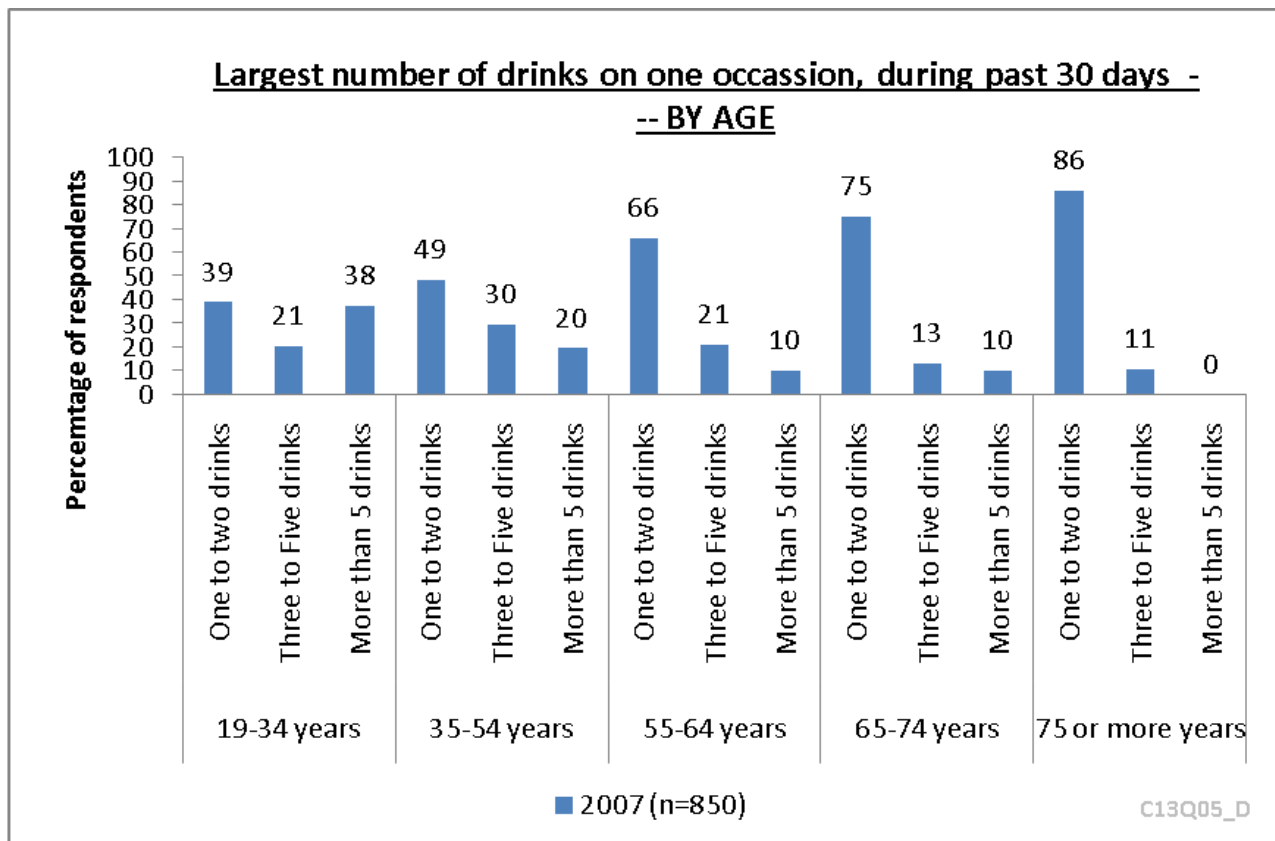
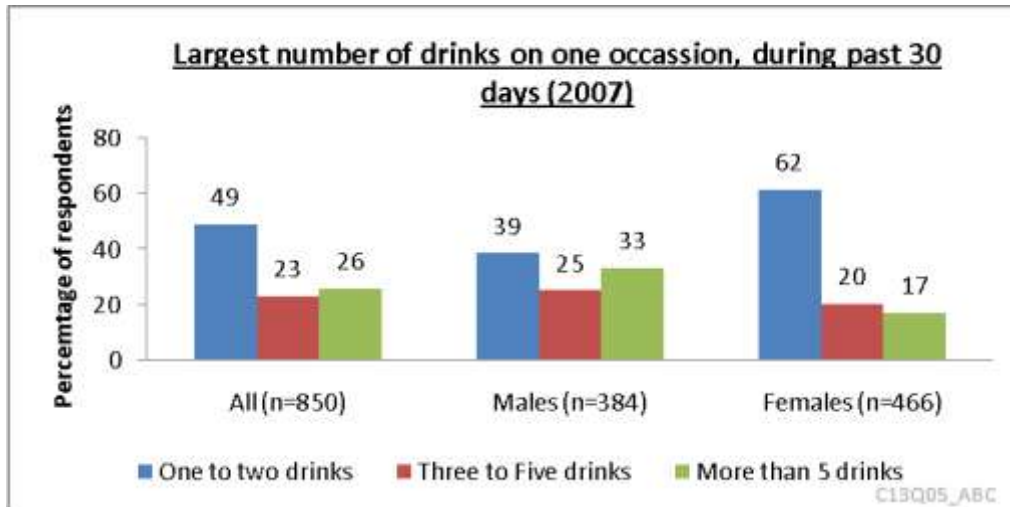
- About 33% of Buffalo County respondents who drank alcohol reported having engaged in binge drinking at least once in the past 30 days, with over one-fourth of them (9% of the 33%) engaging in this behavior 4 (once a week) to 30 days (every day) in the past 30 days (Graph C13Q04_A).
 - Forty percent of the men who consumed alcohol have engaged in this activity at least once in the past 30 days, compared to 24% among women (Graph C13Q04_B and _C).
 - Among men, about a third of those who engaged in binge drinking (13% of the 40%) engaged in this behavior 4 to 30 days during the past 30 days. Among women, 21% (5% of the 24%) of them engaged in the behavior as frequently during the last 30 days (Graph C13Q04_B and _C).
 - There is a gradual decrease in binge drinking with age. While 45% of the 19-34 year-olds who consumed alcohol engaged in it during the past 30 days, less than 1% of the 75+ year-olds did so (Graph C13Q04_D). Among the 19-34 year-olds who engaged in binge drinking, just over a quarter of them engaged in it at least once a week (4 or more times) in the past 30 days. This pattern does not seem to drop with age. Forty-four percent of the 55-64 year-olds who engaged in binge drinking, and 64% of the 65-74 year-olds who engaged in binge drinking, did so at least once a week, more often every day than the 19-34 year-olds.

TREND:

- Compared to 2003 reports among those who consumed alcohol, there has been a decrease in the percentage of residents who engaged in binge drinking, from 40% in 2003 to 33% in 2007 (Graph C13Q04_A). (No data available for 2000.)
 - Among men the decrease was 6%, from 46% in 2003 to 40% in 2007; among women the decrease was 9% from 33% in 2003 to 24% in 2007 (Graph C13Q04_B and _C) The incidence of binge drinking at least once a week also dropped across both genders, from 16% to 13% for men and from 7% to 5% among women.
 - A significant decrease is noticed among 19-34 year-olds from 59% to 45% in this incidence, while among the 55-74 year-olds, the opposite held true; among the 55-64 the incidence rose by 3% from 15% to 18% while among the 65-74 year-olds it increased by 11% from 3% to 14% (Graph C13Q04_D).

Core Section 13.5: Alcohol Consumption

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



Core Section 13.5: Alcohol Consumption

- ✓ *Among those who drank at least one alcoholic drink in the past 30 days, just about half of them had consumed three or more drinks on at least one occasion.*
- ✓ *Adult males are more likely than adult females to have consumed three or more drinks on at least one occasion in the past 30 days.*
- ✓ *Older adults are less likely than the young adults to have consumed three or more drinks on at least one occasion during the past 30 days.*
- ✓ *No data are available for 2000 and 2003. This was the first time these data were collected and therefore no trend can be determined as yet.*

2007

- Forty-nine percent of Buffalo County respondents who drank alcohol reported having consumed three or more drinks on at least one occasion in the past 30 days (Graph C13Q05_ABC).
 - Fifty-eight percent of men and 37% of women reported having consumed three or more drinks on at least one occasion in the past 30 days (Graph C13Q05_ABC).
 - There is a gradual decrease with age in consuming three or more drinks on at least one occasion in the past 30 days. While 59% of the 19-34 year-olds who consumed alcohol engaged in it during the past 30 days, 11% of the 75+ year-olds also did so (Graph C13Q05_D). Fifty percent of the 35-54 year-olds, 31% of the 55-64 year-olds, and 23% of the 65-74 year-olds consumed three or more drinks on at least one occasion in the past 30 days.

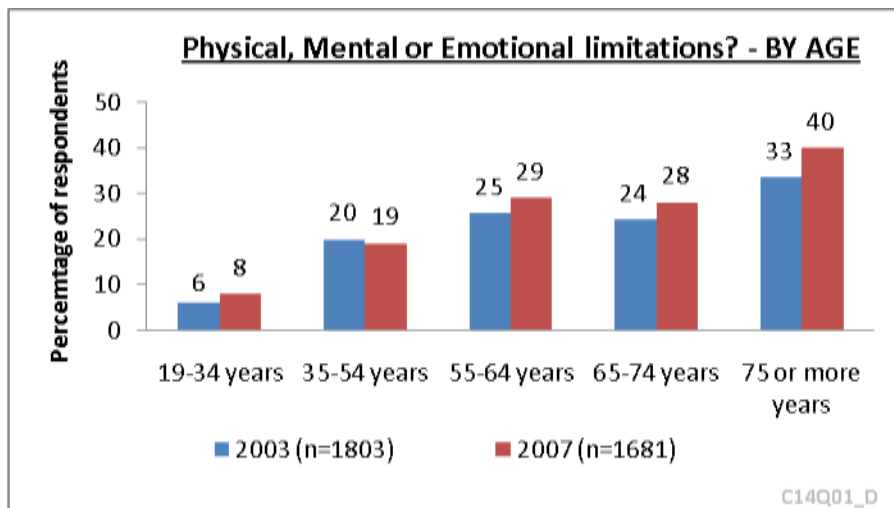
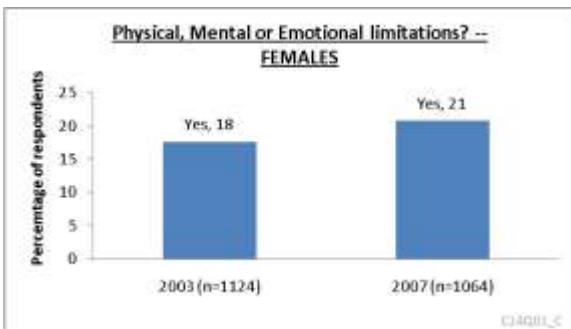
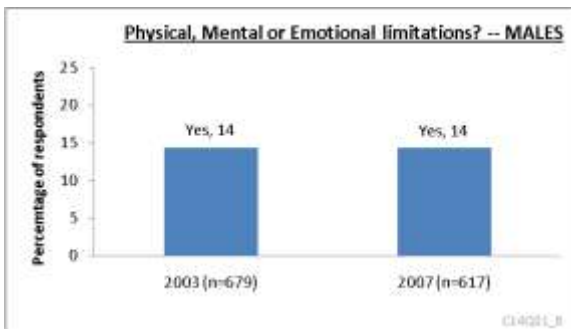
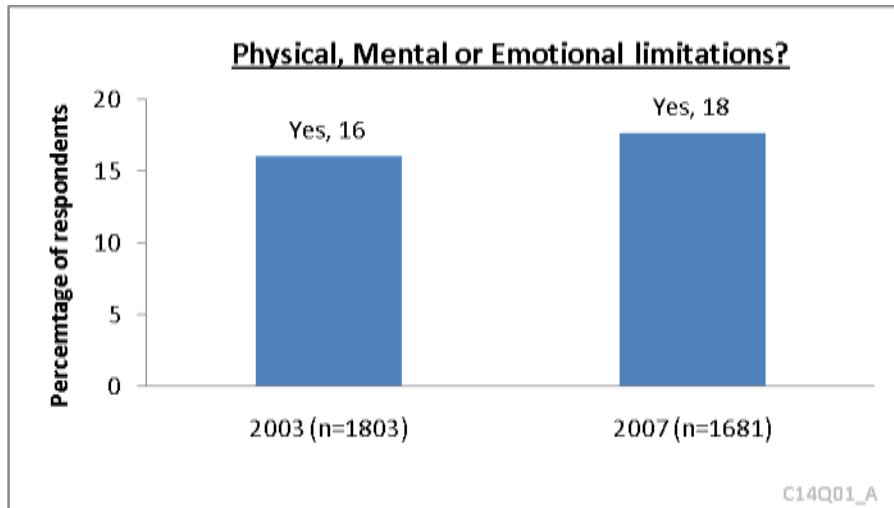
TREND:

- No data were collected prior to 2007; no trend in this behavior can be ascertained.

Core Section 14: Disability

Core Section 14.1

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



Core Section 14.1: Disability

- ✓ *In 2007 less than two in ten Buffalo County residents reported having physical, mental, or emotional limitations.*
- ✓ *Females were slightly more likely than males to report having physical, mental, or emotional limitations.*
- ✓ *There is a positive correlation between age and having physical, mental, or emotional limitations –those among the oldest group were five times as likely to report having physical, mental, or emotional limitations as those among the youngest group.*
- ✓ *There has been an increase in physical, mental, or emotional limitations across most groups. (No data are available for 2000.)*

2007

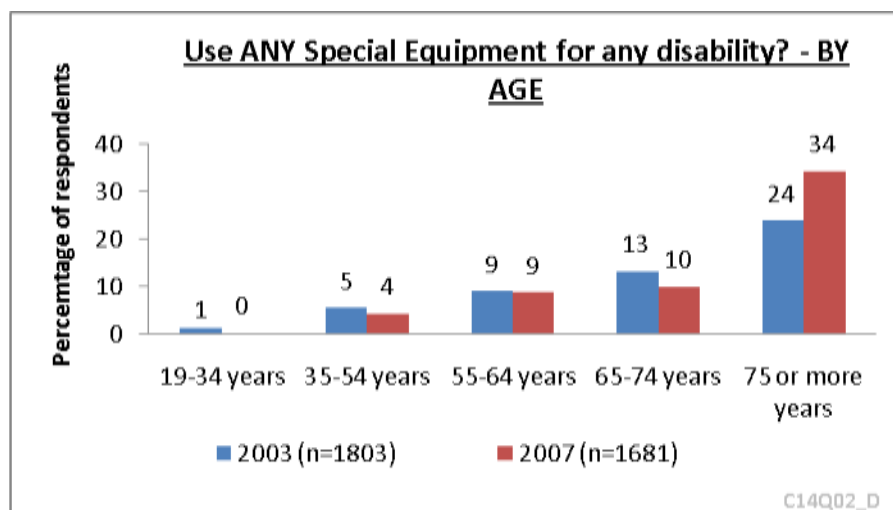
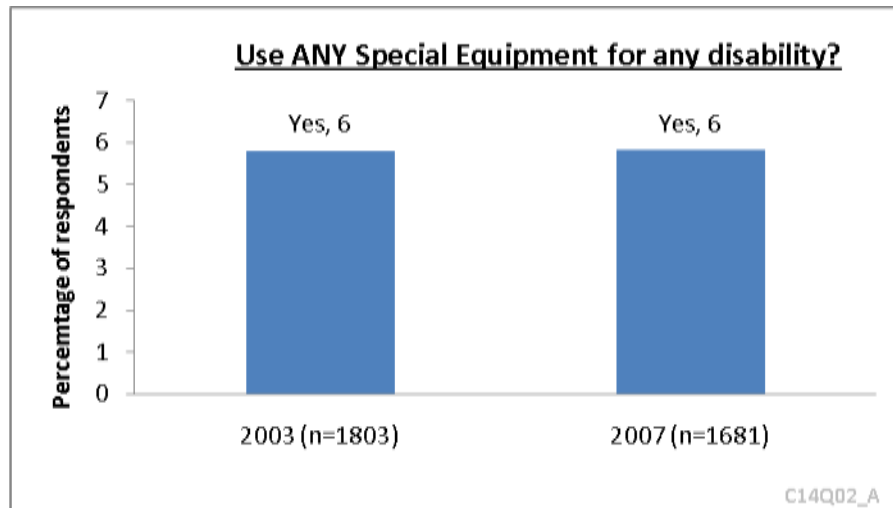
- ✓ Eighteen percent of Buffalo County respondents reported having physical, mental, or emotional limitations (Graph C14Q01_A).
 - A higher percentage of females (21%) than males (14%) reported having physical, mental, or emotional limitations (Graph C14Q01_B and _C).
 - The older the adults the more likely were they to have reported having physical, mental, or emotional limitations (Graph C14Q01_D).

TREND:

- In 2007 the percentage of residents reporting having physical, mental, or emotional limitations increased by two percentage points, from a high of 16% reported in 2003, to 18% (Graph C14Q01_A). (No data are available for 2000.)
 - Among females there was a 3% increase in those reporting having physical, mental, or emotional limitations, from 18% in 2000 to 21% in 2003 respectively.
 - Among males, however, the percentage of those who reported having physical, mental, or emotional limitations remained the same at 14% (C14Q01_B and _C).
- Across all age groups except one, there has been an increase in the percentage of respondents reporting having physical, mental, or emotional limitations compared to 2003. The increase is correlated positively with age; the increase is highest among the oldest and the least among the youngest. While among the 19-34 year-olds the increase is 2%, among the 75 year-olds, the increase is 7% (C14Q01_D).

Core Section 14.2: Disability

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?



Core Section 14.2: Disability

- ✓ *In 2007 six in ten Buffalo County residents reported having a health problem that required the use of special equipment such as a cane, a wheelchair, a special bed, or a special telephone.*
- ✓ *Females were slightly more likely than males to report needing special equipment.*
- ✓ *There is a positive correlation between age and having a health problem that requires special equipment, with over a third of the 75+ year-olds needing it.*
- ✓ *Among the 75+ year-olds there has been a 10% increase in the need for special equipment compared to 2003 while it remained about the same for all other groups. (No data were collected in 2000).*

2007

- ✓ Six percent of Buffalo County respondents reported having a need for special equipment due to health problems (Graph C14Q02_A).
 - A higher percentage of females (7.2%) than males (4.3%) reported needing special equipment (Graph C14Q02_B and _C).
 - The older the adults, the more were they likely to have reported needing special equipment due to health problems; among the 75+ year-olds 34% of them reported so (Graph C14Q02_D).

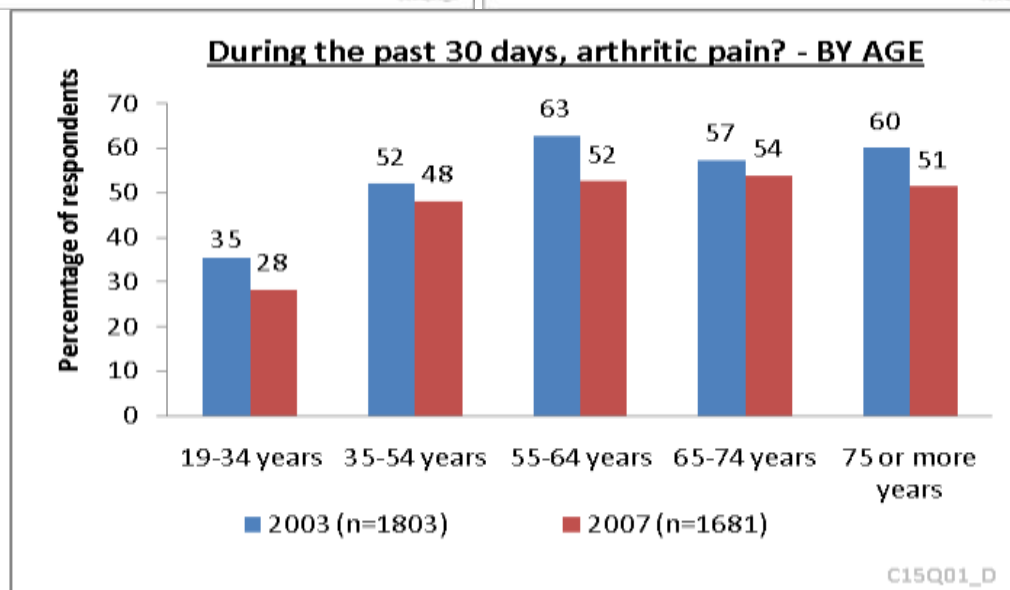
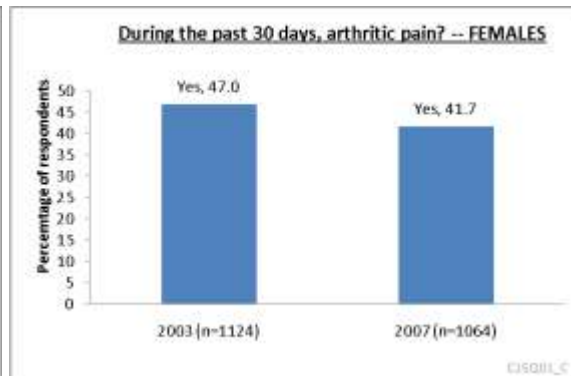
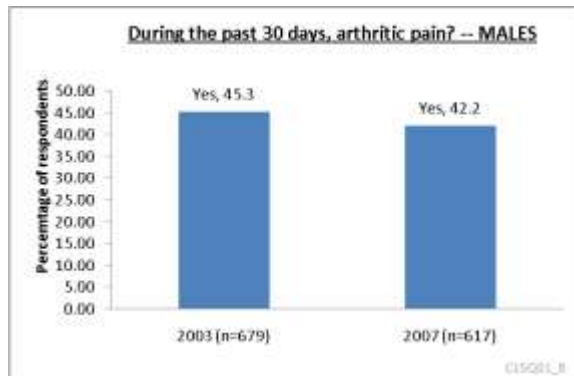
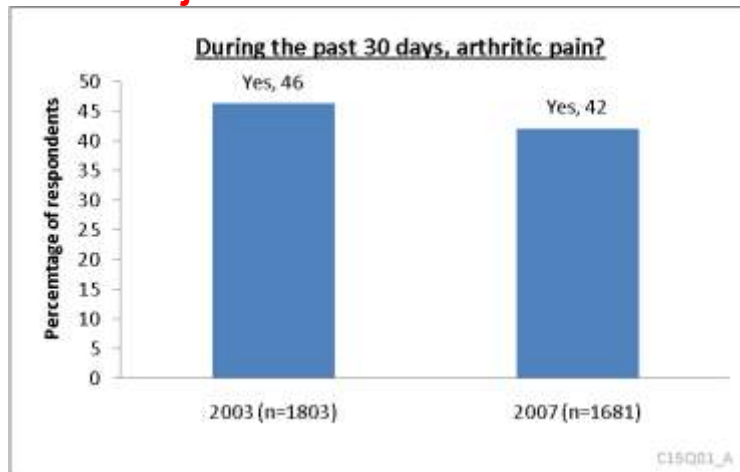
TREND:

- The percentage of residents reporting that they need special equipment for health reasons was the same in 2003 and 2007, at 6% (Graph C14Q02_A). (No data are available for 2000.)
 - Among females there has been a slight increase of 0.4%, from 6.8% to 7.2%, in this need (C14Q02_C).
 - Among males, however, the need dropped by 0.5%, from 4.8% to 4.3% (C14Q02_B).
- There has been a slight drop in the need for special equipment for health reasons among most age groups, except the 75+ year-olds. Within this oldest group the need has risen from 24% in 2003 to 34% in 2007 (C14Q02_D).

Core Section 15: Arthritis Burden

Core Section 15.1

During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?



Core Section 15.1: Arthritis Burden

- ✓ *Four in ten Buffalo County residents reported in 2007 having had an arthritis symptom in the past 30 days.*
- ✓ *Males were as likely as females to report having had an arthritis symptom in the past 30 days.*
- ✓ *There is a positive correlation between age and having had an arthritis symptom in the past 30 days. (No data are available for 2000.)*

2007

- Forty-two percent of Buffalo County respondents reported having had an arthritis symptom in the past 30 days (Graph C15Q01_A).
 - About the same percentage of females (41.7%) as males (42.2%) reported having had an arthritis symptom in the past 30 days (Graph C15Q01_B and _C).
 - Thirty five plus year-olds were more likely to have suffered from arthritis symptom than 19-34 year-olds. Almost 50% of those over 34 years of age suffered from an arthritis symptom (Graph C15Q01_D).

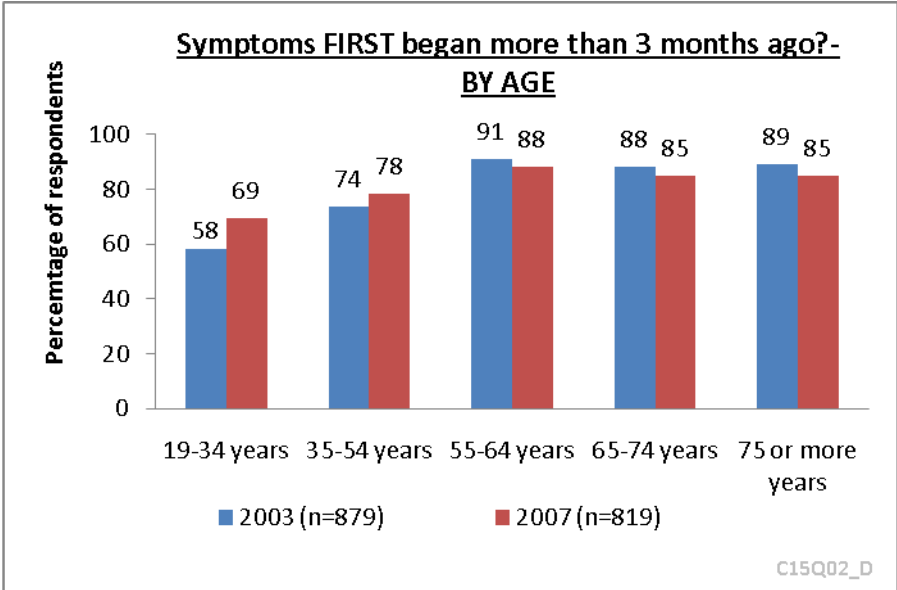
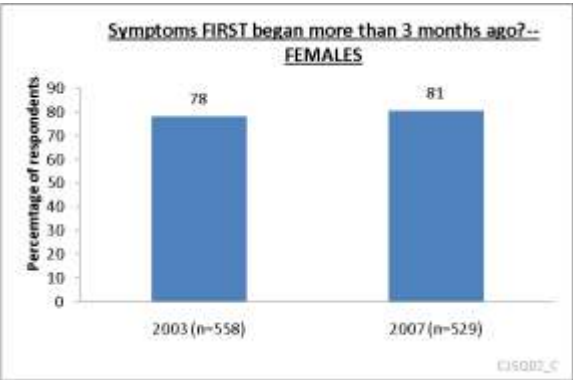
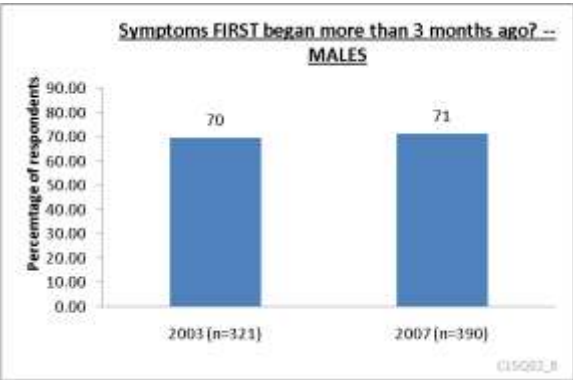
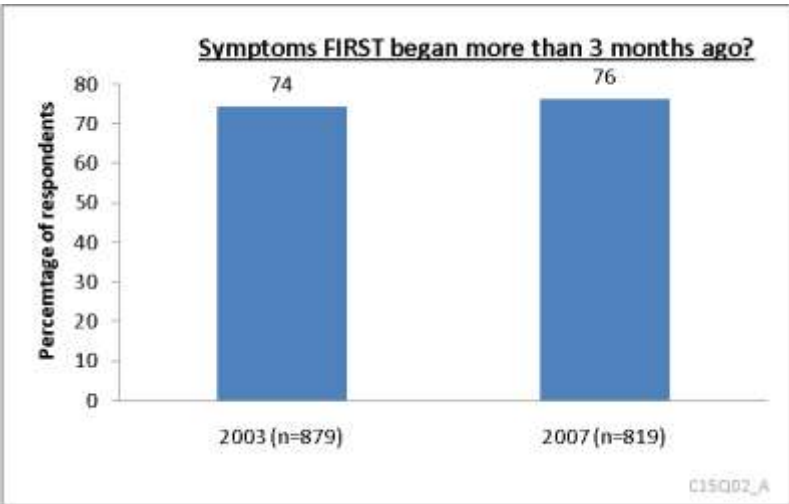
TREND:

- The percentage of residents reporting arthritis symptoms dropped by 4% since 2003 (Graph C15Q01_A). No data were collected in 2000.
 - Among females there has been a decrease of 5.3%, from 47% in 2003 to 41.7% in 2007 in those suffering from an arthritis symptom in the past 30 days (C15Q01 _C).
 - Among males there has been a decrease of 3.1%, from 45.3% in 2003 to 42.2% in 2007 in those suffering from an arthritis symptom in the past 30 days (C15Q01_B).

- Across all age groups there has been a decrease in the percentages of those suffering from an arthritis symptom in the past 30 days (C15Q01_D). The greatest decrease of 11% was among the 55-64 year-olds followed by a drop of 9% among the 75+ year-olds.

Core Section 15.2: Arthritis Burden

Did your joint symptoms first begin more than 3 months ago?



Core Section 15.2: Arthritis Burden

- ✓ *Of those who have had arthritis symptoms in the past 30 days, more than 7 in 10 reported that the symptoms began over 3 months ago.*
- ✓ *Women were more likely than men to report having arthritis symptoms over three months ago.*
- ✓ *Older adults were more likely to report having arthritis symptoms over a three month period.*
- ✓ *Overall, there has been a slight increase in the percentage of residents reporting that their arthritis symptoms appeared over three months ago, compared to 2003.*
- ✓ *Compared to 2003, there has been a rise in the percentage of younger adults 19-54 reporting having had arthritis symptoms over three months ago, while there has been a decline among the 55+ year-olds. (No data are available for 2000.)*

2007

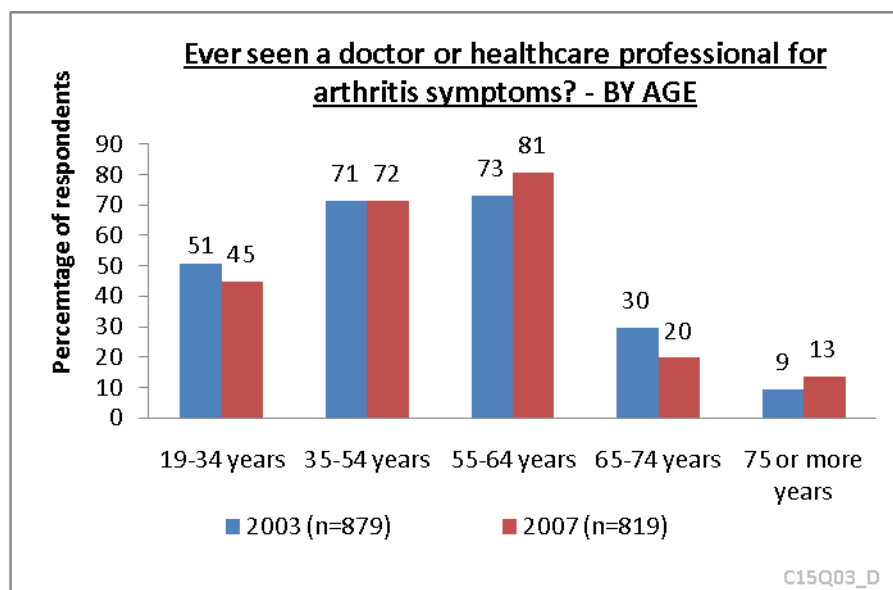
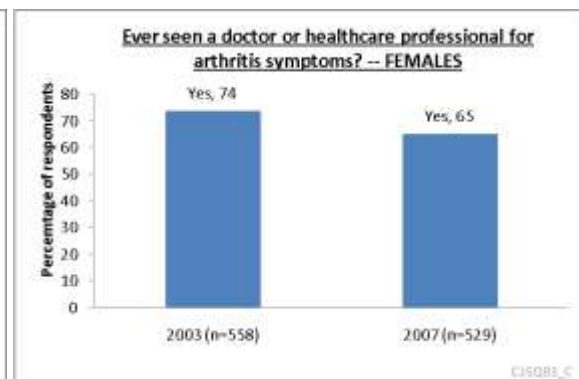
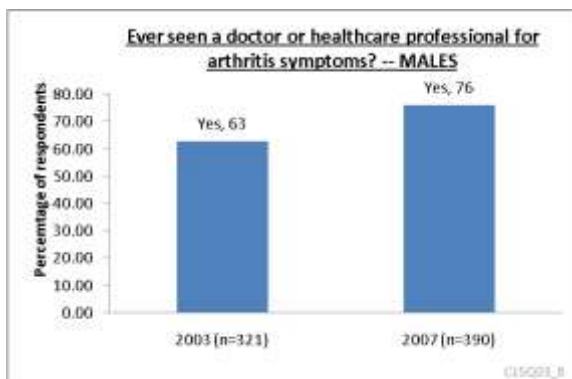
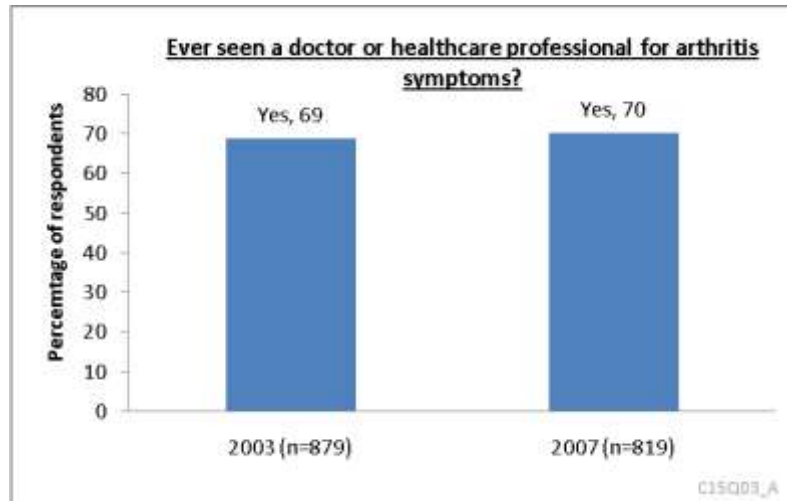
- Seventy-six percent of Buffalo County respondents, who reported having had an arthritis symptom in the past 30 days, also reported having had the arthritis symptom(s) in the past 3 months (Graph C15Q02_A).
 - A greater percentage of females (81%) than males (71%) reported having had the arthritis symptom(s) in the past 3 months (Graph C15Q02_B and _C).
 - A significant majority among all age groups who reported having had an arthritis symptom in the past 30 days, also reported that they the arthritis symptom(s) in the past 3 months. It is highest among the 55-64 year-olds (88%) (Graph C15Q02_D).

TREND:

- The percentage of residents reporting having had the arthritis symptom(s) in the past 3 months rose by 2% since 2003 (Graph C15Q02_A). No data were collected in 2000.
 - Among females there has been an increase of 3%, from 78% in 2003 to 81% in 2007, in those having the arthritis symptom(s) in the past 3 months (C15Q02_C).
 - Among males there has been a increase of 1%, from 70% in 2003 to 71% in 2007, in those suffering from an arthritis symptom in the past 3 months (C15Q02_B).
- Across the 19-54 age groups there has been an increase, while among the 55+ year-olds there has been a decrease in the percentages of those suffering from an arthritis symptom in the past 3 months (C15Q02_D). The greatest decrease of 4% was among the 75+ year-olds while the greatest increase of 11% was among the 19-34 year-olds from 58% in 2003 to 69% in 2007.

Core Section 15.3: Arthritis Burden

Have you ever seen a doctor or other health professional for these joint symptoms?



Core Section 15.3: Arthritis Burden

- ✓ *Of those who have had arthritis symptoms in the past 30 days, 7 in 10 reported having seen a doctor or health care professional for the symptom(s)*
- ✓ *Men were more likely than women to report having seen a doctor or health care professional for the symptom(s).*
- ✓ *Younger adults were more likely to report having seen a doctor or health care professional for the symptom(s).*
- ✓ *Overall, though there has been a slight increase in the percentage of residents reporting having seen a doctor or health care professional for the symptom(s), compared to 2003, among men the percentage has risen significantly, while among women it has declined significantly.*
- ✓ *Compared to 2003, the trend for seeing a doctor or a health care profession for arthritis symptom(s) varies across age groups. (No data are available for 2000.)*

2007

- Seventy percent of Buffalo County respondents, who reported having had an arthritis symptom in the past 30 days, also reported having seen a doctor or a health care professional for the symptom(s) (Graph C15Q03_A).
 - A greater percentage of males (76%) than males (65%) reported having seen a doctor or a health care professional for the symptom(s) (Graph C15Q03_B and _C).
 - A significant majority of the 35 plus year-olds reported having seen a doctor or a health care professional for the symptom(s), while 45% of the 19-34 year-olds reported doing so (Graph C15Q03_D).

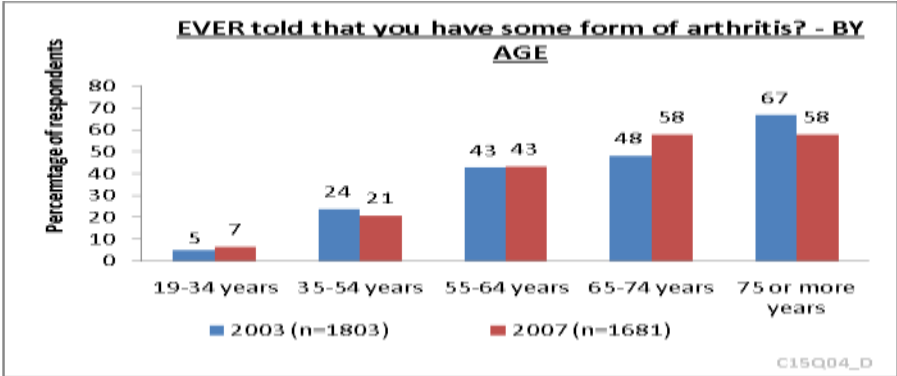
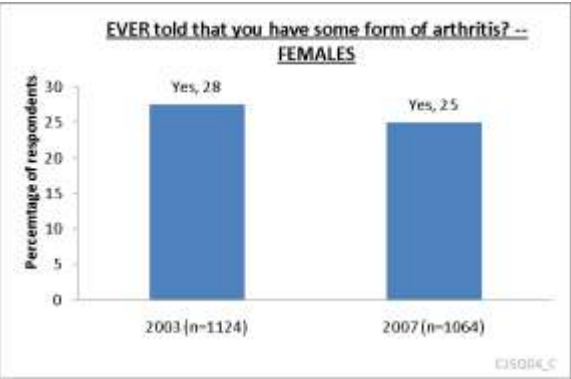
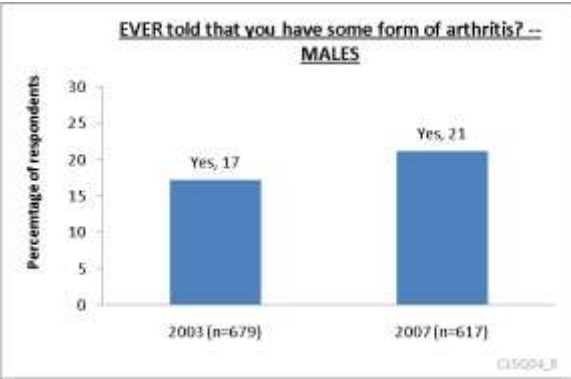
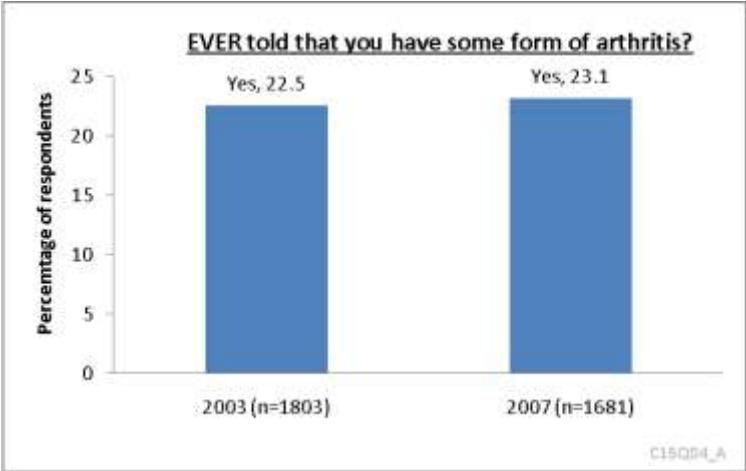
TREND:

- The percentage of residents reporting having seen a doctor or a health care professional for arthritis symptom(s) rose by 1% since 2003 (Graph C15Q03_A). No data were collected in 2000.
 - Among females there has been a decrease of 9%, from 74% in 2003 to 65% in 2007 in those having seen a doctor or a health care professional for the symptom(s) (C15Q03_C).
 - Among males there has been an increase of 13%, from 63% in 2003 to 76% in 2007 in those having seen a doctor or a health care professional for the symptom(s) (C15Q03_B).
 - Among the 19-34 age olds and the 65-74 year-olds there has been a decrease of 6% and 7% respectively in reporting having seen a doctor or a health care professional for the arthritis symptom(s), while among the other age groups the percentage rose from 1% for the 35-54 year-olds to 8% for the 55-64 year-olds (C15Q03_D).

Core Section 15.4: Arthritis Burden

Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

Arthritis diagnoses include: rheumatism; polymyalgia rheumatic; osteoarthritis (not osteoporosis); tendonitis, bursitis, bunion, tennis elbow; carpal tunnel syndrome, tarsal tunnel syndrome; joint infection, Reiter’s syndrome; ankylosing spondylitis; spondylosis; rotator cuff syndrome; connective tissue disease, scleroderma, polymyositis, Raynaud’s syndrome; vasculitis (giant cell arteritis, Henoch-Schonlein purpura, Wegener’s granulomatosis, polyarteritis nodosa)



Core Section 15.4: Arthritis Burden

- ✓ *Just over 2 in 10 Buffalo County residents reported having been told they had some form of arthritis.*
- ✓ *Men were slightly less likely than women to have been told they had some form of arthritis.*
- ✓ *Younger adults were less likely to report having been told they had some form of arthritis.*
- ✓ *While there is no significant increase in the percentage of residents who were told they had some form of arthritis, the reporting percentages increased among men but decreased among women.*
- ✓ *Compared to 2003, the trend for seeing a doctor or a health care profession for arthritis symptom(s) varies across age groups. No data are available for 2000.*

2007

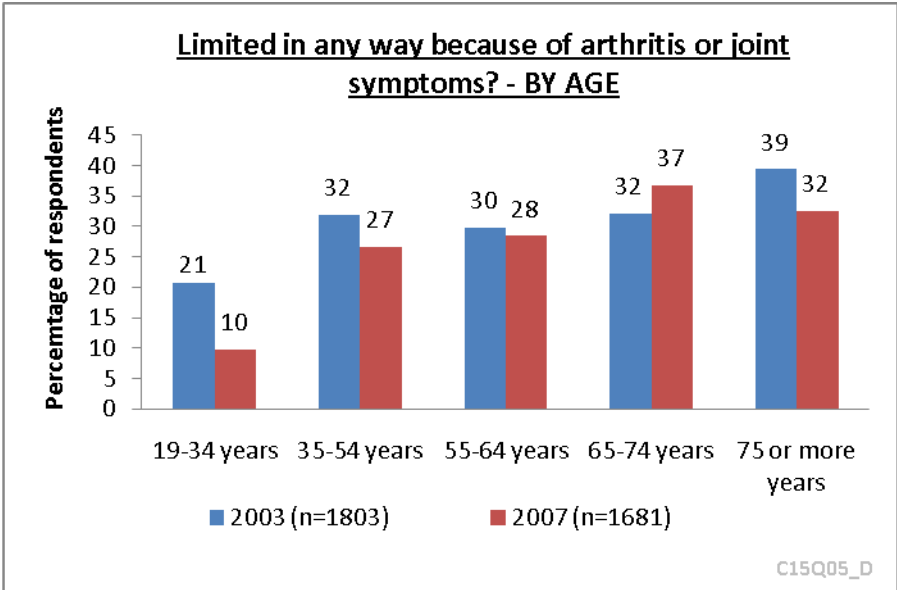
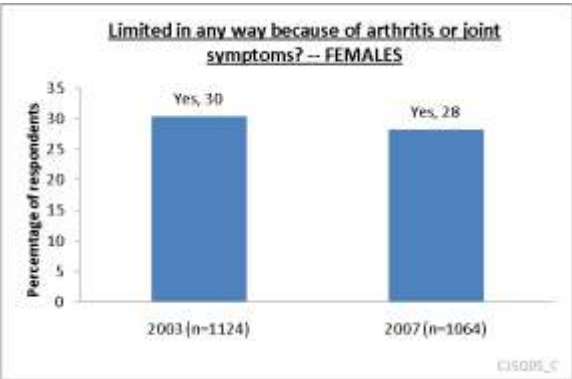
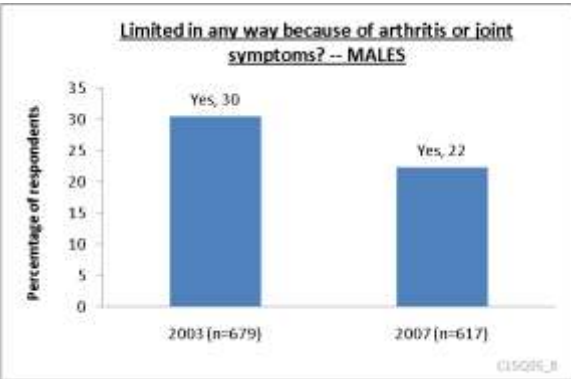
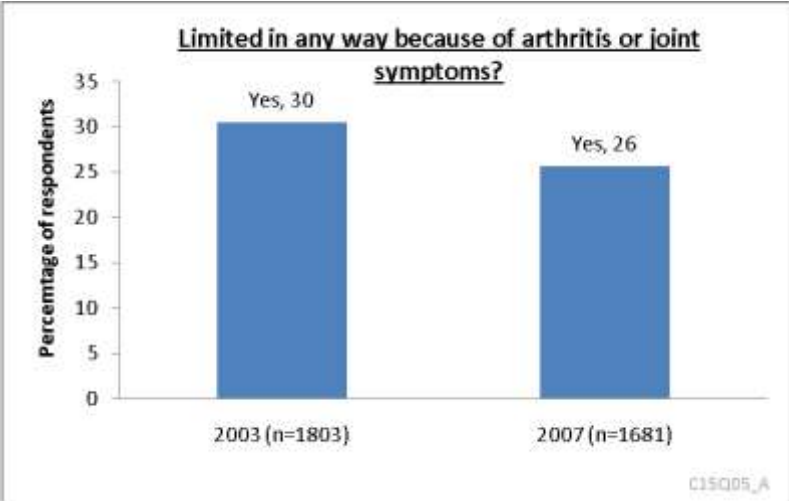
- Twenty-three percent of Buffalo County respondents reported having been told they had some form of arthritis (Graph C15Q04_A).
 - A greater percentage of females (25%) than males (21%) reported having been told they had some form of arthritis (Graph C15Q04_B and _C).
 - Over half of the 65+ year-olds reported having been told they had some form of arthritis while 45% of the 19-34 year-olds reported so (Graph C15Q04_D).
 - There is a positive correlation between age and being told the resident has some form of arthritis; older adults are more likely than younger adults to have been told they have some form of arthritis.

TREND:

- The percentage of residents reporting having been told they had some form of arthritis rose by just over half a percentage point since 2003 (Graph C15Q04_A). No data were collected in 2000.
 - Among females there has been a decrease of 3%, from 28% in 2003 to 25% in 2007 in those having been told they had some form of arthritis (C15Q04_C).
 - Among males there has been an increase of 4%, from 17% in 2003 to 21% in 2007 in those having been told they had some form of arthritis (C15Q04_B).
- No consistent pattern emerges across age.
 - Across the 19-34 age group and the 65-74 year-olds there has been an increase, since 2003, in the percentage of residents being told they had some form of arthritis; 2% among the 19-34 year-olds and 10% among the 65-74 year-olds (C15Q04_D).
 - Among the 35-54 year-olds and the 75+ year-olds, there has been a decline of 3% and 9% respectively in the percentage of those reporting that they had been told they had some form of arthritis (C15Q04_D).

Core Section 15.5: Arthritis Burden

Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?



Core Section 15.5: Arthritis Burden

- ✓ *About a quarter of Buffalo County respondents reported being limited in their usual activities because of arthritis or joint symptoms.*
- ✓ *Women were more likely than men to report so.*
- ✓ *Younger adults were less likely to report being limited in their usual activities because of arthritis or joint symptoms.*
- ✓ *There is a decline in those reporting being limited in their usual activities because of arthritis or joint symptoms compared to 2003 across both genders and all age groups with the exception of the 65-74 year-olds. (No data are available for 2000.)*

2007

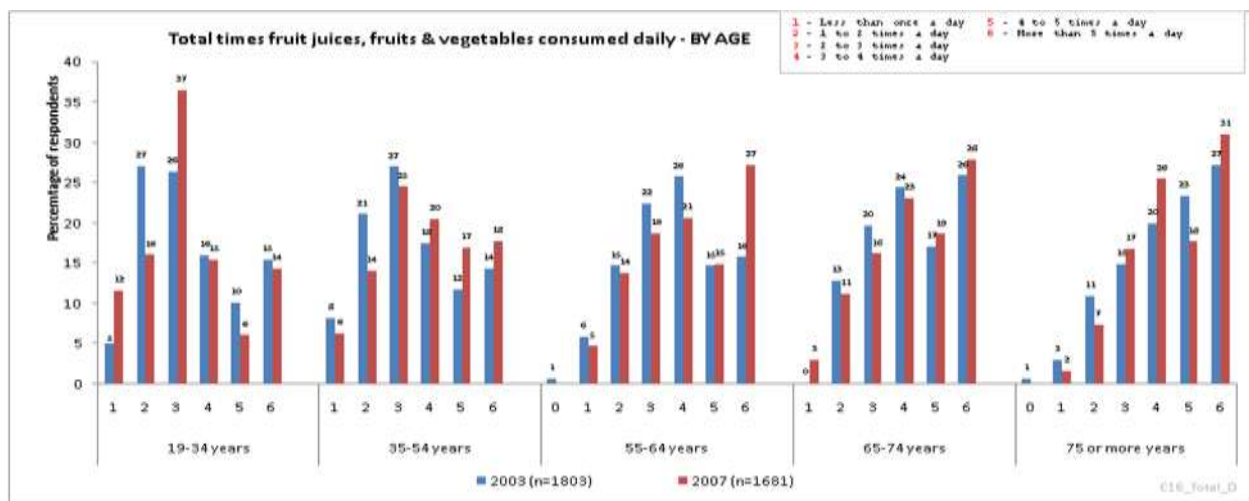
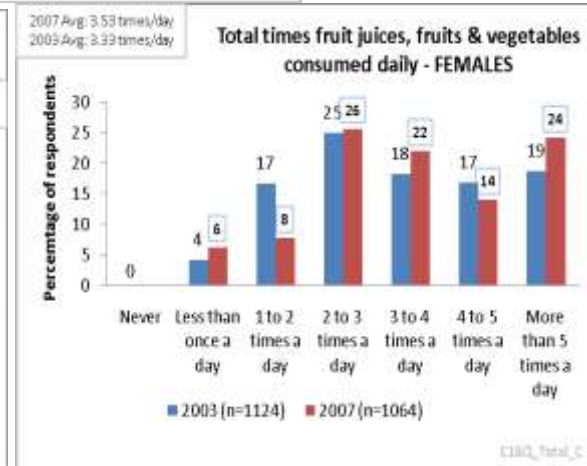
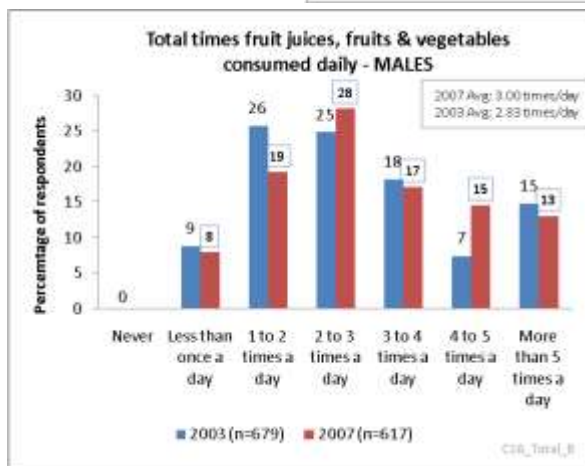
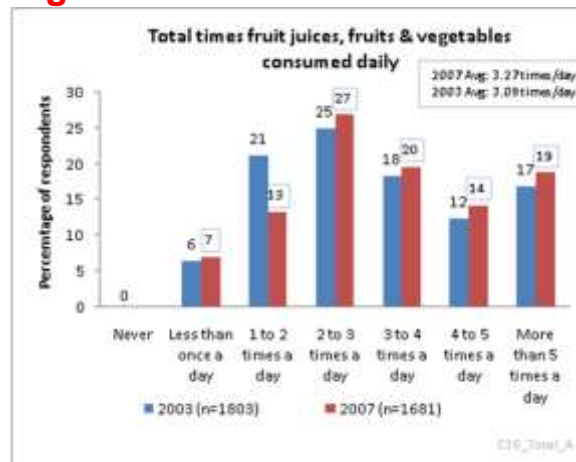
- Twenty-three percent of Buffalo County respondents reported having been limited in their usual activities because of arthritis (Graph C15Q05_A).
 - A greater percentage of females (28%) than males (22%) reported having been limited in their usual activities because of arthritis (Graph C15Q05_B and _C).
 - Close to one-third of the 55+ year-olds reported having been limited in their usual activities because of arthritis while just over a quarter of the 35-54 year-olds reported so; one in ten 19-34 year-olds reported having been limited in their usual activities because of arthritis (Graph C15Q05_D).
 - There is a positive correlation between age and being told the resident has some form of arthritis; older adults are more likely than younger adults to have been told they have some form of arthritis.

TREND:

- The percentage of residents reporting having been limited in their usual activities because of arthritis dropped by 4% since 2003 (Graph C15Q05_A). No data were collected in 2000.
 - Among females there has been a decrease of 2%, from 30% in 2003 to 28% in 2007 in those having been limited in their usual activities because of arthritis (C15Q05_C).
 - Among males there has been a decrease of 8%, from 30% in 2003 to 22% in 2007 in those having been limited in their usual activities because of arthritis (C15Q05_B).
- With the exception of the 65-74 year-olds, there has been a decline in the percentage of respondents having been limited in their usual activities because of arthritis since 2003 . No data were collected in 2000.
 - The 19-34 year-olds saw the greatest decline of 11% followed by the 75+ year-olds where the decline in reporting being limited in their usual activities because of arthritis was 7% (C15Q05_D).
 - Among the 35-54 year-olds the decline ranged from 2 to 5% in those reporting they have been limited in their usual activities because of arthritis (C15Q05_D).

Core Section 16: Fruits and Vegetables

How often do you drink fruit juices, eat fruit, green salad, potatoes, carrots, and other vegetables?⁸



⁸ In 2003, respondents were asked about the number of servings of fruits and vegetables they consumed; for this report we have equated 'number of times' with 'number of servings' to enable visual comparisons, though the validity of such comparisons are questionable.

Core Section 16: Fruits and Vegetables

- ✓ *On average Buffalo County respondents reported having consumed fruits and vegetables over three times a day; about half of them consumed fruits and vegetables more than 3 times a day.*
- ✓ *Women were more likely to have consumed fruits and vegetables than men.*
- ✓ *Younger adults were less likely than older ones to have consumed fruits and vegetables.*
- ✓ *The 2007 data was not equivalent to the 2003 data, making valid comparisons impossible. (No data are available for 2000.)*

2007

- Twenty-seven percent of Buffalo County respondents reported having consumed fruits and vegetables two to three times a day, on the average (Graph C16_TOTAL_A). Twenty percent of them consumed less per day while 53% of them consumed fruits and vegetables more than 3 times a day, on the average.
 - Among women 26% of Buffalo County respondents reported consuming fruits and vegetables two to three times a day, on the average (Graph C16_TOTAL_C); 28% of men reported so (C16_TOTAL_B).
 - Twenty-seven percent of men consumed fruits and vegetables less than 2 to 3 times per day while 45% of them consumed fruits and vegetables more than 3 times a day, on the average (C16_TOTAL_B).
 - Fourteen percent of women consumed fruits and vegetables less than 2 to 3 times per day while 60% of them consumed fruits and vegetables more than 3 times a day, on the average (C16_TOTAL_C).
 - A greater percentage of older adults, than did younger adults, consumed fruits and vegetables more than 3 or more times a day (Graph C16_TOTAL_D). While among the 19-34 year-olds only 41% reported consuming fruits and vegetables more than 3 or more times a day, 70% of the 75+ year-olds reported so.

TREND:

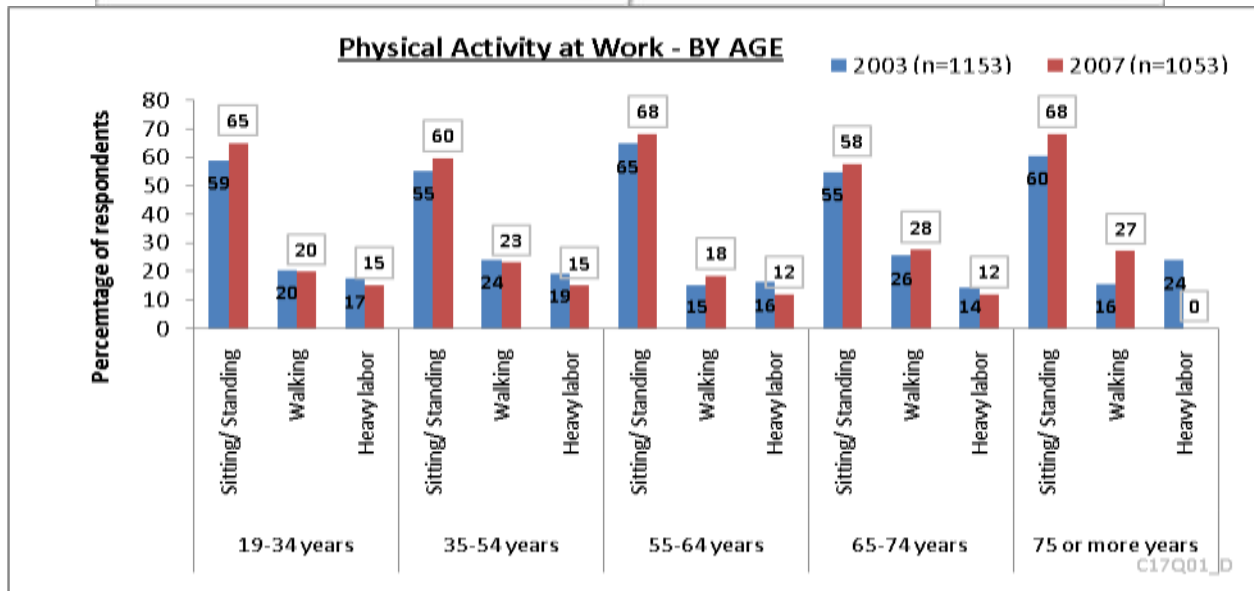
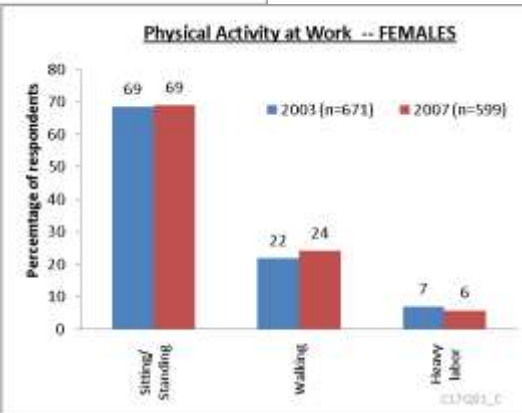
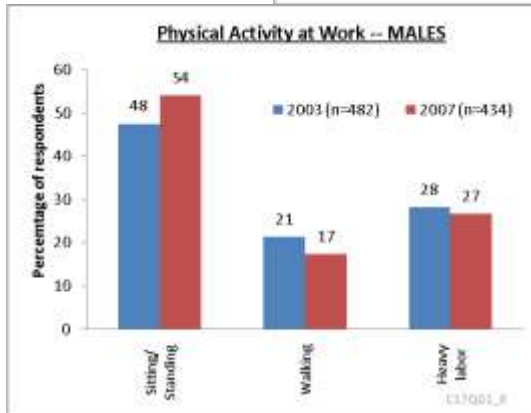
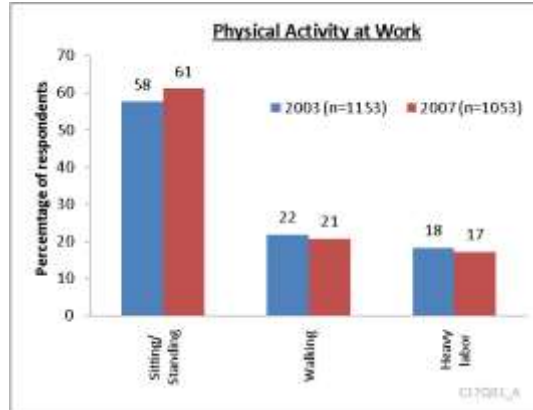
- The average times per day a Buffalo County respondent consumed fruits and vegetables rose from 3.00 servings a day in 2003 to 3.27 times a day in 2007 (Graph C16_TOTAL_A). No data were collected in 2000.
 - Among females there was an increase from 3.33 servings a day in 2003 to 3.53 times per day in 2007 (C16_C).
 - Among males the increase from 2003 was much less than for females, from 2.87 servings per day of fruits and vegetables consumption to 3.00 times per day in 2007 (C16_TOTAL_B).
- Across all age groups the average consumption of fruits and vegetables has dropped since 2003, with the exception of the 35-54 year-olds (See table below). No data were collected in 2000.

Average per-person consumption of fruits and vegetables		
	2003 (Servings per day)	2007 (Times per day)
19-34 years	2.31	2.22
35-54 years	2.38	2.57
55-64 years	2.59	2.42
65-74 years	2.62	2.57
75 or more years	2.63	2.59

Core Section 17: Physical Activity

Core Section 17.1

When you are at work, which of the following best describes what you do?



Core Section 17.1: Physical Activity

- ✓ *A significant majority of Buffalo County respondents who were employed spent much of their time at work standing or sitting.*
- ✓ *Women were more likely than men to spend much of their time at work standing or sitting.*
- ✓ *Younger adults were slightly more likely than older adults to spend much of their time at work standing or sitting.*
- ✓ *There has been an increase in respondents spending much of their time at work standing or sitting, compared to 2003. (No data are available for 2000.)*

2007

- Sixty-one percent of Buffalo County respondents reported spending much of their time at work standing or sitting (Graph C17Q01_A) while 38% of them engaged in some physical activity at work.
 - Among women 69% of employed Buffalo County respondents reported spending much of their time at work standing or sitting (Graph C17Q01_C) while among men it was 54% (C17Q01_B).
 - Forty-four percent of men reported engaging in some physical activity, walking or heavy labor, at work (C17Q01_B).
 - Thirty percent of women reported engaging in some physical activity, walking or heavy labor, at work (C17Q01_C).
 - A great majority of employed respondents from Buffalo county, across all age groups, reported spending much of their time at work standing or sitting (Graph C17Q01_D). From 27% to 38% across the various age groups reported engaging in some physical activity, walking or heavy labor, at work.

TREND:

- The percentage of employed Buffalo County respondents who reported spending much of their time at work standing or sitting rose from 58% in 2003 to 61% in 2007 (Graph C17Q01_A). No data were collected in 2000.
 - Among females there was no increase from the 69% who reported spending much of their time at work standing or sitting in 2003 (C17Q01_C).
 - Among males the increase in employed Buffalo County respondents who reported spending much of their time at work standing or sitting rose from 48% in 2003 to 54% in 2007 (C17Q01_B).
- Across all age groups, the employed Buffalo County respondents who reported spending much of their time at work standing or sitting rose in 2007 compared to 2003 (C17Q01_D).

Core Section 17.2: Physical Activity

Now, thinking about the moderate activities you do [“when you are not working” if “employed” or self-employed”] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

