

Results from the  
**2015–2016**

**Allegheny County  
Health Survey  
(ACHS):**

**Measuring the Health of Adult Residents**



April 28, 2017



# Authors of This Report

**Karen Hacker  
LuAnn Brink  
Lynda Jones  
Casey Monroe**

## 2015–2016 ACHS Project Team

Behavioral and Community Health Sciences  
Graduate School of Public Health

**Edmund M. Ricci, PhD, MLitt, Team Leader**

**Todd M. Bear, PhD, MPH, Director, Office of Health Survey Research**

**Andrew Mrkva, Data Manager**

**Abigail Foulds Locke, PhD, Project Coordinator**

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# Using This Report

This report of the 2015–2016 Allegheny County Health Survey (ACHS) is organized into the following sections:

- **Executive Summary:** This summary provides a brief explanation of the methods used to conduct the survey, as well as highlights of important results.
- **Health Issue Profiles:** Data on the most salient health issues are provided in a series of topic-specific tables, detailed for the county’s adult population. Data are also provided by gender, age, income, education, and race groups. Some key results are highlighted in accompanying text and graphs.

The tables in this section contain percentage estimates and 95% confidence intervals. Percentage estimates are labeled “%”; all percentages have been weighted (adjusted).

An accurate sense of the health of Allegheny County’s adult residents requires an understanding of the confidence intervals, which are labeled “CI.” A CI is “the range within which the true magnitude of effect lies with a certain degree of assurance.”<sup>1</sup>

Here is an example:

The data indicate that 23% Allegheny County residents said they currently smoke cigarettes; the confidence interval is 23–25%. This means that we can be 95% sure that the true proportion of Allegheny County residents who currently smoke is between 23% and 25%.

Confidence intervals help us determine if there is a meaningful difference between two groups of people on a given health issue.

Continuing with the smoking example:

According to the data, 27% of Allegheny County residents who are 18–29 years of age are current smokers; the CI is 22–33%. Also, 10% of residents 65 years of age or older are current smokers; the CI is 9–12%. Because the confidence intervals do not overlap, we can say with 95% confidence that significantly more Allegheny County residents aged 18–29 years old are current smokers than those who are 65 years of age or older.

Race data are self-reported by the individual respondent. Questions reporting race and ethnicity can be found in Appendix A, questions 7.3, 7.4 and 7.5. Race is defined as White/Caucasian, Black or African American, American Indian or Alaska Native, or Other. Within this report, White and Black indicate those who are White or Black and not Hispanic. Hispanic individuals are included in “Other” with American Indian and Asian.

- **Technical Notes:** Details of the survey design, sampling, protocol and management, response rates, sample characteristics, and data adjustment procedures are provided.
- **Appendices:**
  - A. Questionnaire.*
  - B. Data request forms:* Forms and related procedures are provided for those who would like to receive the AC-BRFSS 2009–2010 dataset.
- **References**

# Executive Summary

To understand the health risks in the community, the Allegheny County Health Department (ACHD) has conducted independent Health Surveys based upon the CDC Behavioral Health Risk Factor Surveillance System (BRFSS) in 2002, 2010, and most recently in 2016. Per the 2009-10 Allegheny County Health Survey (ACHS), Allegheny County (AC) faced many health challenges. For example, 29% of adults had not had a physical examination in the last year, 23% of adults smoked (compared to 19% nationally), 62% were overweight or obese (compared to 64% nationally) and 11% had been diagnosed with diabetes (compared to 9.7% nationally). These data were critical in identifying and prioritizing health issues addressed in the 2015 ACHD Community Health Assessment (CHA) and Plan for a Healthier Allegheny (PHA).

As the Allegheny County Health Department (ACHD) moves forward with our Plan for a Healthier Allegheny (PHA) and accreditation, data from the current (2016) Health Survey are critical for 1) measuring our progress, and 2) for partnering with public and community organizations, appointed and elected officials, and researchers to improve Public Health.

Between August 2015 and September 2016, a total of 9,007 interviews, (3,704 on landlines and 5,303 on cell phones) were conducted by the Evaluation Institute (EI) at the University of Pittsburgh. A countywide dual frame sampling design was used that included both landline and cellular telephone numbers. Participants were selected randomly using a digital, direct-dial computer system. A probability-based sampling via random digit dial (RDD) was conducted within each of the 13 County Council Districts of the landline telephone frame and within the cellular frame to ensure that a reproducible and representative sample was obtained.

Overall, 71% of those contacted responded to the interview. Fifty-eight percent of respondents were female, 12.9% self-identified as African Americans, 45.6% reported household incomes under \$50,000, and 29.4% were 45 years old or younger.

This is also the first time that the ACHD can report results at the level of County Council Districts, in addition to the entire County.

## **Among the findings of the 2015–2016 ACHS:**

- **The health of Allegheny County adults has improved in several factors.**

There were several major improvements since the last 2010 survey including an overall 4% increase in colon cancer screening, from 66% to 70% among those 50 and older and a decrease in being uninsured, from 11% to 7%. The rate of un-insurance in black adults fell to 12%; our highest rates of insurance were in our western suburbs. More insurance coverage may have resulted in an increase in black adults getting regular checkups, since this increased from 61% to 78%. Some of our highest rates of having seen the doctor within the past year were within the Mon Valley. In addition, the rate of smoking fell from 23% to 19%. There were also fewer adults reporting disabilities. While not significant, diabetes and stroke rates were slightly lower and mammography and Pap smear rates were slightly higher. These rates were highest among those in the North Hills. There was a 3% decrease in blacks with hypertension since 2010, narrowing the disparity from 9% to 4%.

- **The health of Allegheny County adults has worsened in a few ways.**

Unfortunately, while progress was made in some areas, it was not in others. Obesity and overweight conditions continue to increase slightly, although not significantly. Asthma rates were unchanged, and binge drinking increased from 33% to 35%. More Allegheny residents reported at least one day in the past month where their physical health was not good (40%) and their mental health was not good (42%). Despite insurance gains, more residents reported not having a primary care provider (15%) than in prior years. There was a 3% increase in women binge drinking. There was a 7% decrease in HIV testing among those aged 18-29, from 43% in 2010 to 36% currently. Fewer black women were receiving annual mammography than in 2009-2010; this decreased from 59% to 54%.

- **Health disparities persist.**

Data show significant health disparities for many indicators by education, household income, region, and race. The most notable racial disparities were in general health, community, obesity, and asthma. Six percent more women than men are worried about paying their rent or mortgage, and 7% more are worried about providing food for their families. Twenty-two percent more black adults are worried about feeding their families. Those with lower education and income were five times more likely to rate their health as fair or poor, when compared to those more affluent. Black adults were 9% more likely to be overweight or obese than white adults. Men were 12% more likely to be overweight, and more than twice as likely to have ever used heroin. Those without a high school education were twice as likely to have abused prescription pain medicine as those with a college education. Many of those describing illicit drug use were in District 12. A 15-20% increased likelihood of binge drinking was noted among those with the least education and income, and most of binge drinking took place within Districts 12 and 13.

- **The well-being of Allegheny County adults was assessed for several new indicators.**

For the first time, survey results were collected to be representative of region of the County; specifically, County Council District. Results are therefore presented at this geographic level as well as by race, gender, education, and income, as has previously been reported. This will allow for not only racial and need-based interventions, but also geographically targeted interventions for every health issue assessed.

In addition, several questions about emerging health issues were addressed. Specifically, gender identity and sexual preference were assessed for the first time. In Allegheny County, less than 1% of adults identify as transgender. Drug abuse was assessed for the first time this year; 9% of adults abused prescription pain killers and 3% used heroin. The use of electronic tobacco products was assessed; 16% of adults have used e-cigarettes.

### **The results of this survey point to the urgent need for efforts to address health disparities in our region.**

While improvement in various health issues is apparent, disparities in health outcomes are evident and demand attention if we are to achieve health equity across Allegheny County. The data can be used to support policy proposals, to plan programs and services to meet residents' needs, to support funding for a variety of services, and to conduct research. These data are useful for public and community organizations, appointed and elected officials, the public, and researchers.



# HEALTH ISSUE PROFILES - General Health

## How would you say your general health is?

- In 2015-2016, 16% of Allegheny County adults said their health was fair or poor.
- Predictably, age was a factor in health status responses. Older adults were significantly more likely to say their health was fair or poor than younger adults.
- Similarly, education level and household income influenced health status. Percentages of fair and poor health increased significantly as each of these factors decreased.
- Black adults were significantly more likely to report fair or poor health than whites.

## In the past month, how many days was your physical health not good?

- Four in 10 Allegheny County adults (40%) said their physical health was not good at least one day in the past month.
- Women, blacks, and those without a college degree were significantly more likely to report their health was not good at least one day in the past month.

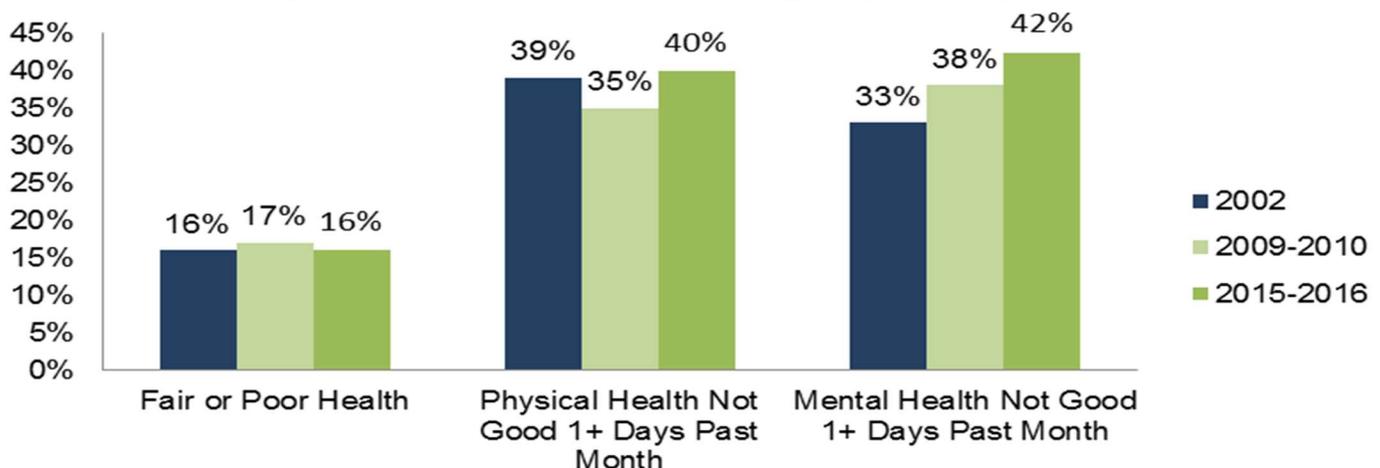
## In the past month, how many days was your mental health not good?

- More than four in 10 adults (42%) said their mental health was not good at least one day in the past month.
- Women were significantly more likely to report at least one day that their mental health was not good, as were those with less education and lower household incomes. Younger individuals were also more likely to report poor mental health days.

### CHANGES: 2002 through 2015-2016

- Overall, the percentage of adults who reported their health as fair or poor remained relatively stable. In 2002, 16% gave this answer; in 2009-2010, 17% did, and in 2015-2016, it was 16%.
- The percentage of adults who reported their physical health status was not good at least one day during the past month decreased from 38% to 35% between 2002-2009-2010, but increased to 40% in 2015-2016.
- The percentage who reported their mental health was not good during this time frame increased significantly, from 33% in 2002 to 38% and is now 42% in the latest survey.

**Figure 1: General Health of Allegheny County Adults**



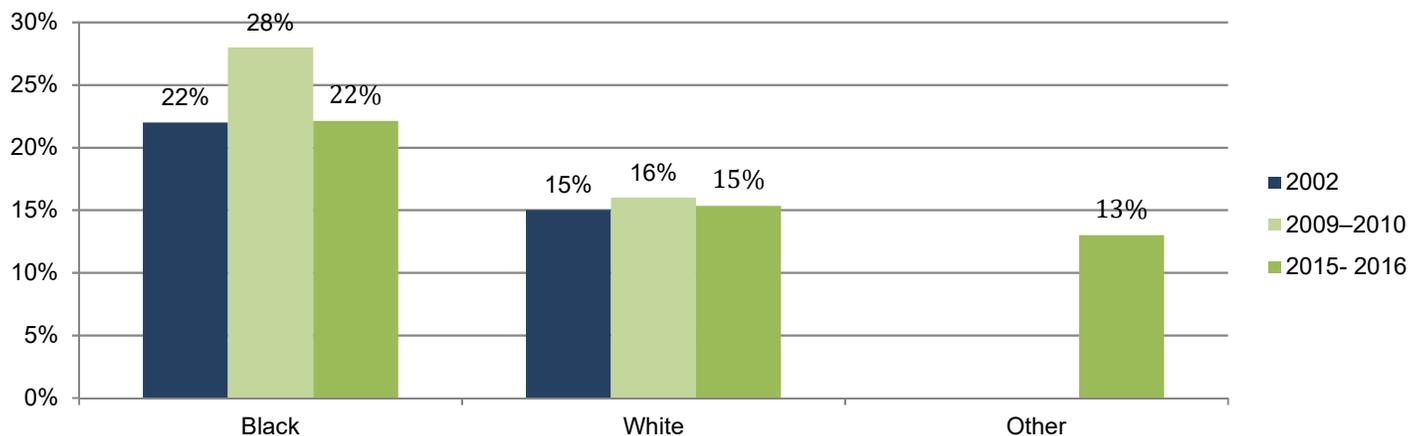
**Table 1: General Health, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Fair or Poor Health*				Physical Health Not Good 1+ Day In Past Month*				Mental Health Not Good 1+ Day In Past Month*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	9026	1468	16	15-17	8936	3541	40	39-41	8908	3458	42	41-44
Male	3800	606	16	14-17	3770	1410	38	36-40	3755	1246	37	34-38
Female	5226	862	16	15-18	5166	2131	42	40-43	5153	2212	48	46-49
Age:												
18–29	979	79	8	7-10	975	342	36	33-39	972	550	57	54-61
30–44	1533	164	12	10-15	1521	569	39	36-41	1520	755	50	48-53
45–64	3616	593	17	16-19	3590	1449	41	39-43	3576	1377	39	37-41
65+	2825	622	24	22-26	2779	1154	43	41-45	2771	752	27	25-29
Education:												
< High School	272	105	38	31-44	267	151	57	51-64	262	134	59	52-66
High School	2243	536	23	21-25	2202	935	42	40-45	2197	858	42	39-44
Some College	2387	465	17	15-19	2367	1049	43	40-45	2357	992	45	42-47
College Degree	4112	359	7	6-8	4088	1404	34	32-36	4082	1473	39	38-41
Household Income:												
< \$15,000	643	252	36	32-40	634	394	60	55-64	629	378	62	58-66
\$15,000–24,999	1077	305	26	23-29	1046	504	47	43-50	1053	478	50	46-53
\$25,000–49,999	1874	344	17	15-19	1861	807	42	40-45	1856	750	43	40-45
\$50,000–74,999	1315	163	13	11-15	1310	470	38	35-41	1299	459	39	36-42
\$75,000+	2969	169	5	4-6	2963	931	31	29-33	2956	1030	37	35-39
Race:												
White	7348	1122	15	14-16	7279	2844	39	38-41	7257	2760	42	40-43
Black	1098	268	22	19-25	1087	492	44	41-48	1084	481	48	44-51
Other	499	66	13	10-17	491	176	38	32-43	487	184	41	36-47

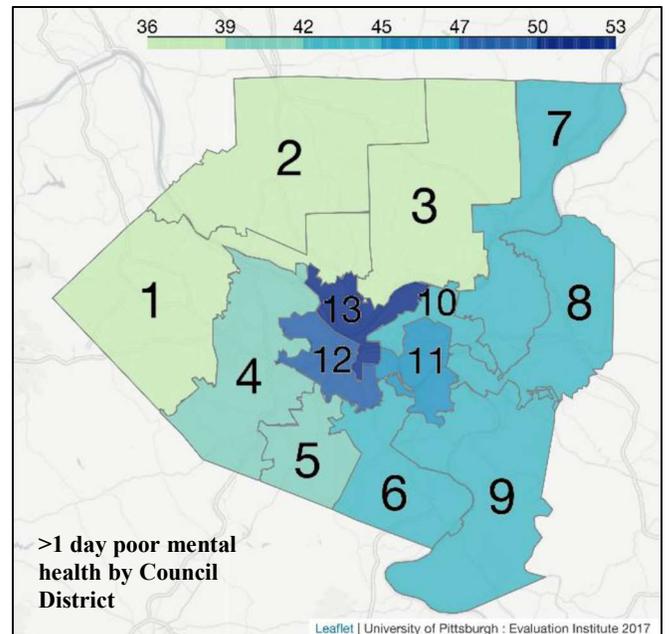
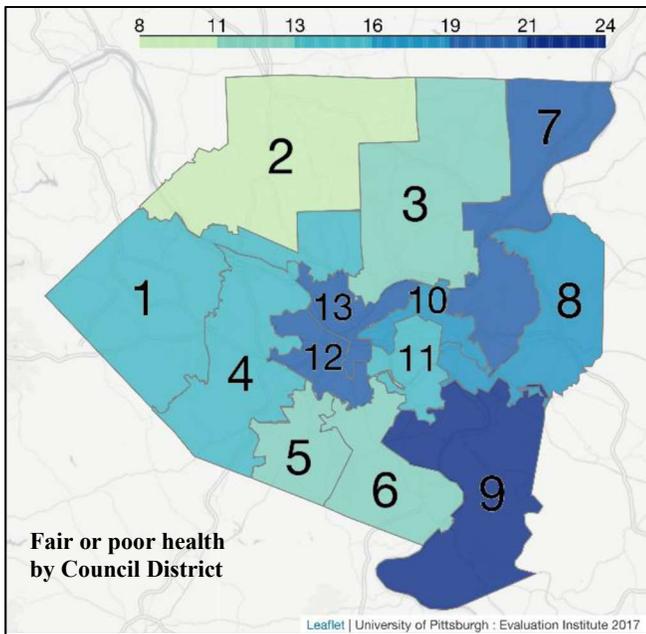
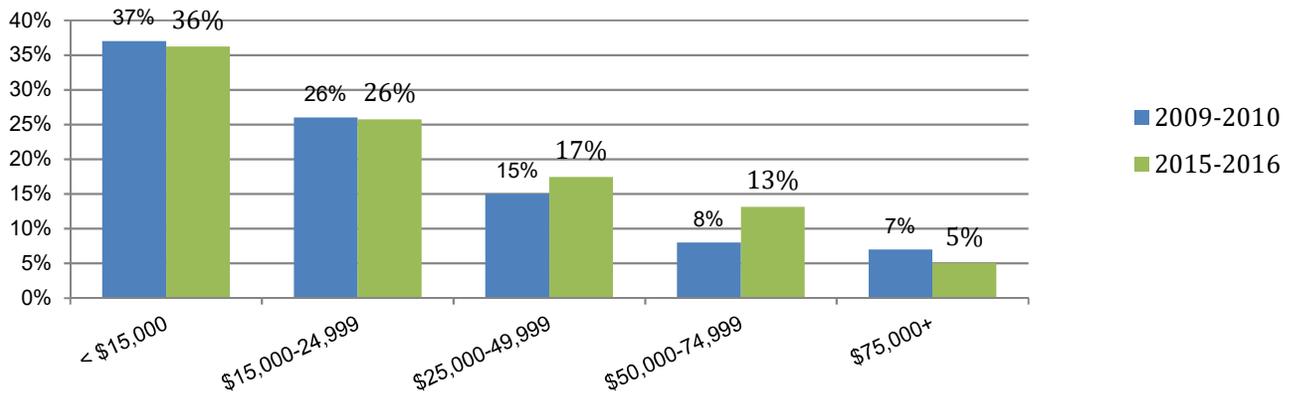
\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 2: Fair or Poor Health by Race**



**Figure 3: Fair or Poor Health by Household Income**



# Community

## I believe my community is becoming a healthier place in which to live.

- In 2015-2016, 78% of adults believe that their community is becoming healthier.
- Those 65 or older had a significantly higher proportion who believed this than younger individuals.
- Whites were significantly more likely to believe this than blacks.
- Those with the highest incomes were significantly more likely to believe that their community is becoming healthier.

## Do you own your own home?

- In 2015-2016, 64% of Allegheny County adults said they owned their own home.
- Home ownership was significantly higher among those aged 45 and older.
- Those with less than a high school education were significantly less likely and those with college degrees were more likely to own their own homes than other groups.
- Whites were more than twice as likely to own their own homes as blacks.
- There were significant differences in home ownership by income category.

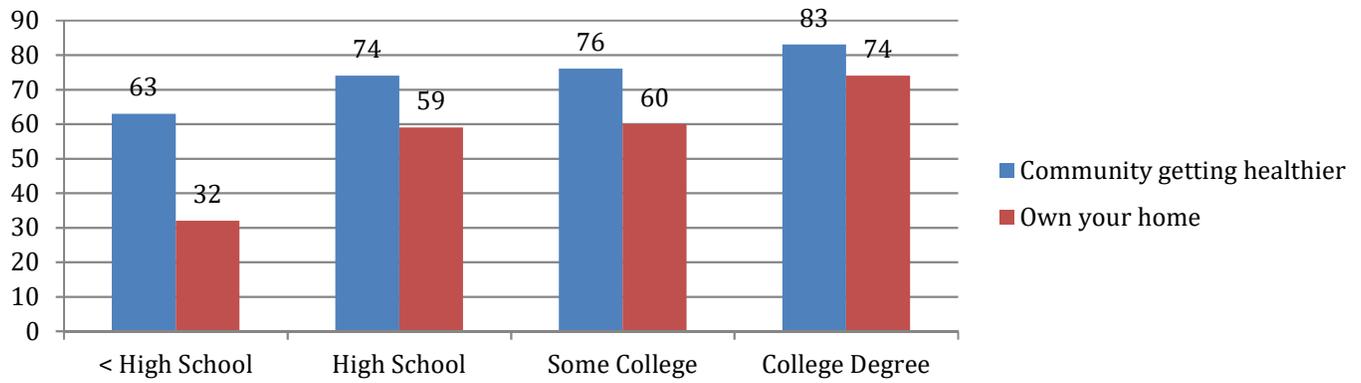
**Table 2: Community 2015-2016 (with 95% confidence intervals)**

	Community getting healthier				Own your home			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8046	6267	78	76-79	8993	6390	63	62-65
Male	3360	2665	79	77-80	3791	2641	62	60-64
Female	4686	3602	77	75-78	5202	3749	65	63-66
Age:								
18-29	910	711	78	75-80	975	241	23	20-26
30-44	1385	1068	76	73-78	1532	966	59	56-62
45-64	3223	2451	76	74-78	3605	2880	79	77-80
65+	2472	2000	82	80-84	2821	2260	81	79-83
Education:								
< High School	245	161	63	56-70	271	100	32	26-38
High School	2034	1508	74	72-77	2233	1453	59	56-61
Some College	2105	1576	76	74-78	2382	1580	60	57-62
College Degree	3655	3019	83	82-85	4103	3254	74	72-76
Household Income:								
< \$15,000	582	368	64	59-68	639	171	23	19-26
\$15,000-24,999	981	692	72	69-75	1075	496	40	37-44
\$25,000-49,999	1690	1263	74	72-77	1875	1246	61	58-63
\$50,000-74,999	1172	931	79	76-82	1314	1045	74	71-77
\$75,000+	2667	2275	85	83-86	2965	2638	83	81-85
Race:								
White	6526	5191	79	78-80	7323	5662	70	69-72
Black	1005	659	65	62-69	1096	437	30	27-33
Other	452	377	82	77-86	500	250	40	35-44

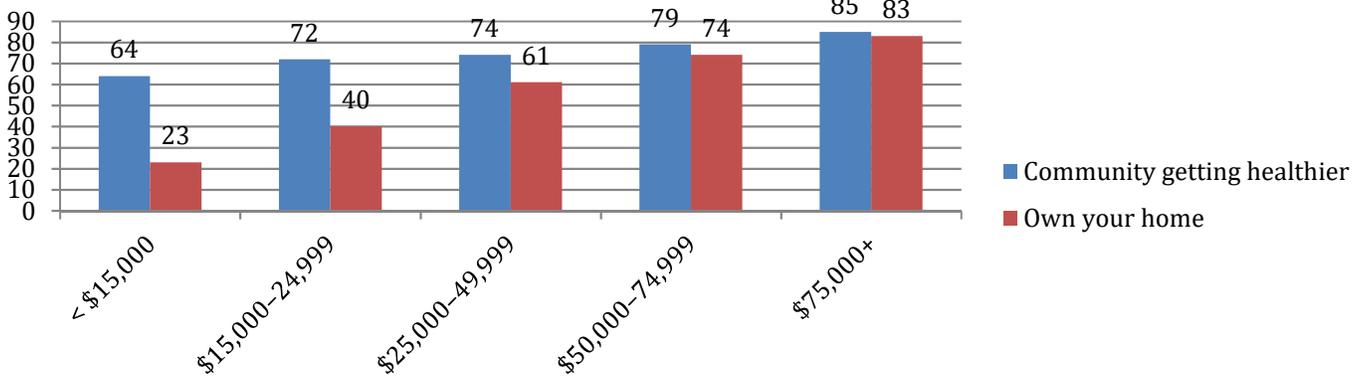
\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

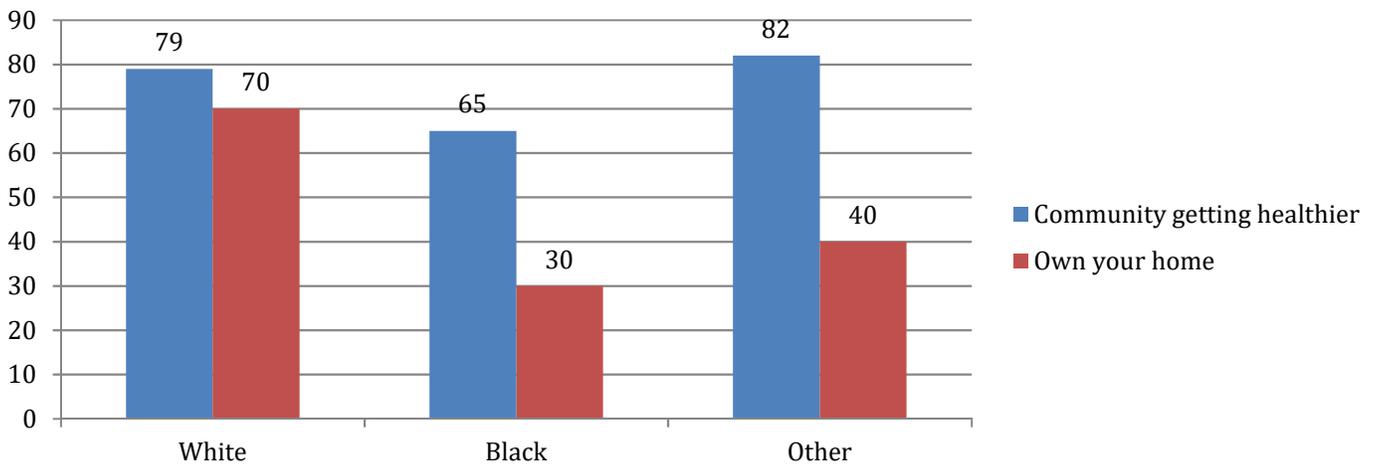
**Figure 4: Community Indicators by Education, 2015-2016**

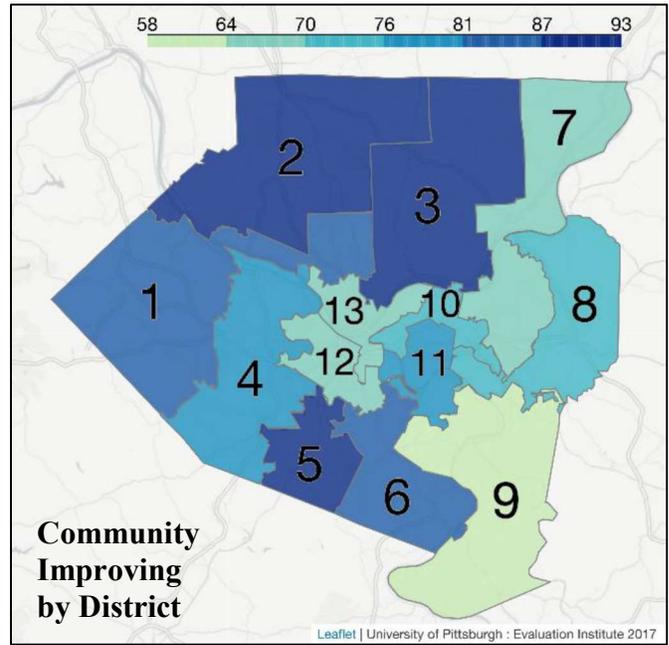
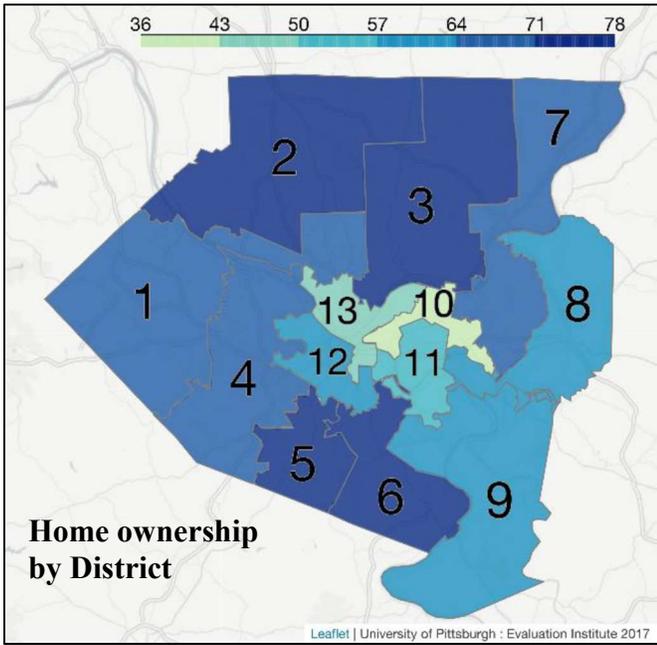


**Figure 5: Community Indicators by Income, 2015-2016**



**Figure 6: Community Indicators by Race, 2015-2016**





# Perception of Environmental Risk

## How much of a health risk do you think outdoor air quality such as air pollution is to you and your family?

- Among adults, 24% felt that there was “a lot” of health risk attributable to outdoor air quality.
- There was a significantly higher perception of risk due to air pollution among blacks.

## How much of a health risk do you think fracking is to you and your family?

- In 2015-2016, 19% of Allegheny County adults said they believed there was “a lot” of risk associated with fracking.
- Black residents were significantly more likely to believe that there was a risk.

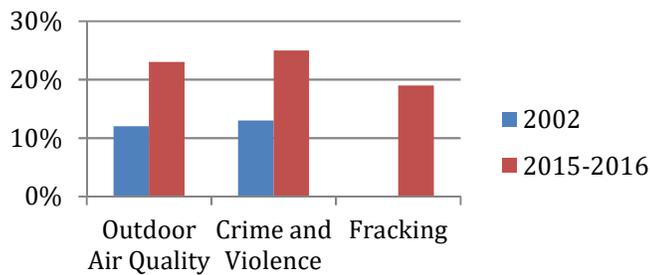
## How much of a health risk do you think crime and violence is to you and your family?

- Twenty-four percent of adults believed that there was “a lot” of risk.
- This was significantly lower among those with a college degree and among those who made more than \$75,000 than other groups.

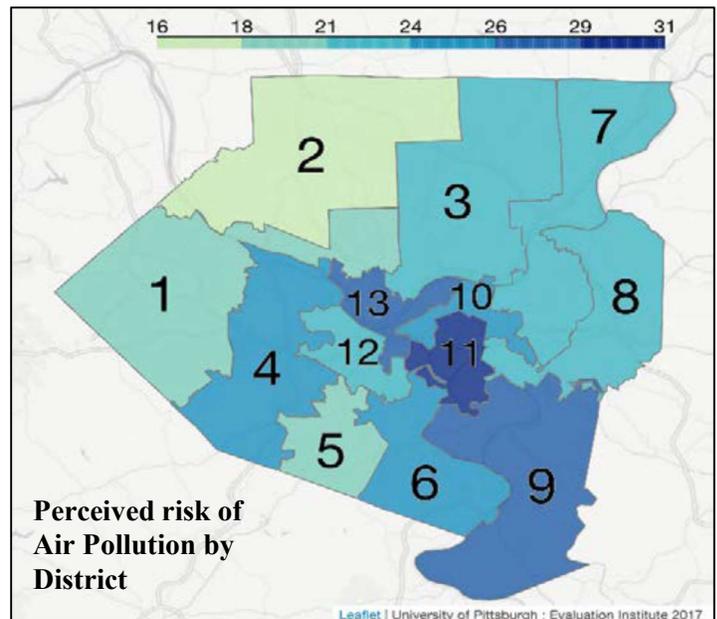
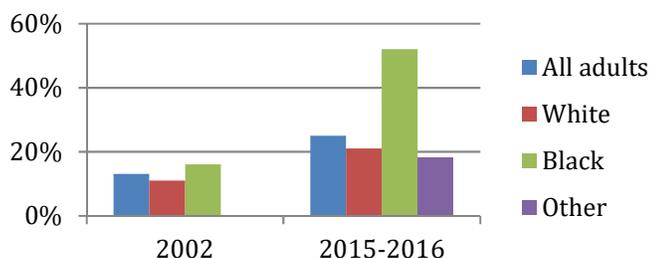
### CHANGES: 2002 to 2015-2016

- There were significantly higher proportions of adults who believe that air pollution is a risk to their family than in 2002.
- There were significantly higher proportions of adults who believe that crime and violence is a risk to their family than in 2002.
- Fracking was not evaluated in 2002.

**Figure 7: Perceived Environmental Risk**



**Figure 8: Perceived Risk of Crime and Violence**



**Table 3: Perception of Environmental Risk, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Air Quality				Fracking				Crime and Violence			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8262	2051	23	22-25	7439	1526	19	18-20	8286	2130	25	24-26
Male	3474	739	21	19-22	3225	526	16	15-18	3492	721	21	19-22
Female	4788	1312	26	24-27	4214	1000	22	20-23	4793	1409	29	28-31
Age:												
18–29	903	167	19	16-22	847	140	16	14-19	905	211	22	19-25
30–44	1401	375	26	24-29	1307	277	21	18-23	1404	351	26	23-28
45–64	3342	902	26	25-28	3051	650	20	18-22	3341	883	26	25-28
65+	2561	593	21	20-23	2184	447	18	16-20	2580	670	25	23-27
Education:												
< High School	229	53	25	19-32	201	24	13	8-18	234	81	34	27-41
High School	1991	476	22	20-25	1709	316	18	16-20	2003	639	32	29-34
Some College	2198	566	24	22-26	1967	397	19	17-21	2201	668	27	25-29
College Degree	3833	954	24	23-26	3552	786	20	29-22	3837	737	17	16-19
Household Income:												
< \$15,000	553	174	29	24-33	469	107	21	17-25	565	252	43	39-48
\$15,000–24,999	980	277	28	24-31	843	184	22	10-25	977	348	34	31-38
\$25,000–49,999	1734	436	23	21-26	1541	334	21	18-23	1744	508	28	26-31
\$50,000–74,999	1234	305	24	21-27	1134	239	20	17-23	1237	293	23	21-26
\$75,000+	2827	633	21	20-23	2662	475	16	14-17	2822	462	15	14-17
Race:												
White	6798	1607	23	21-24	6150	1194	18	17-19	6826	1514	21	20-22
Black	963	323	31	28-35	837	225	27	23-31	954	474	52	48-56
Other	434	92	19	15-23	389	84	20	15-24	438	111	25	20-30

\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

# Disability

## Are you limited in any way due to physical, mental, or emotional problems?

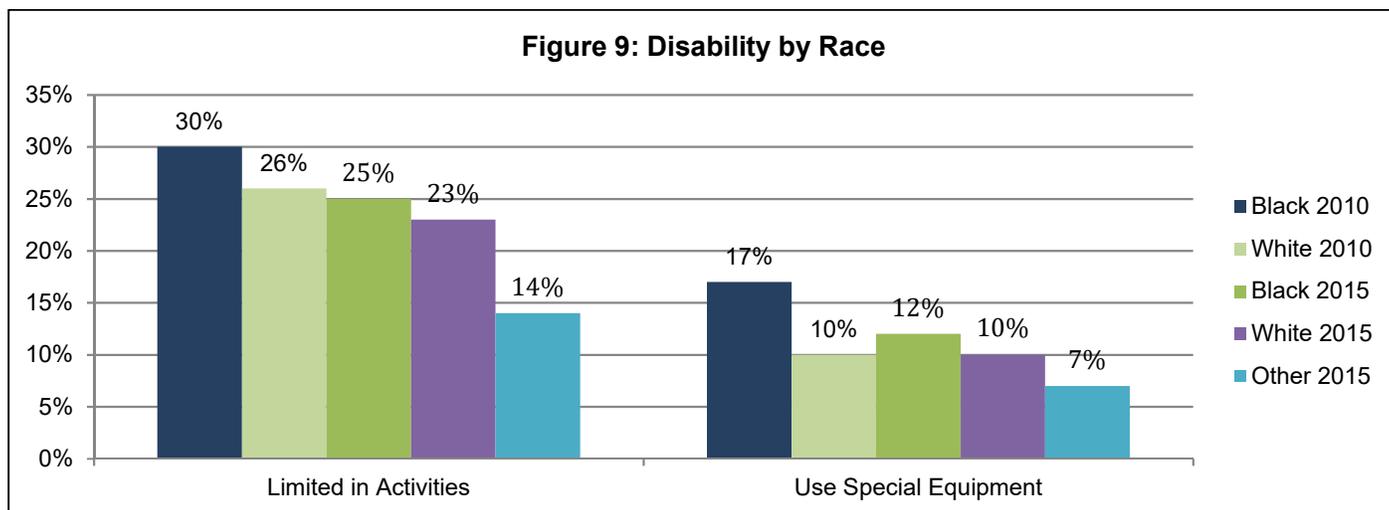
- In 2015–2016, nearly one in four (23%) Allegheny County adults said they were limited in activities because of physical, mental, or emotional problems.
- Predictably, older adults were significantly more likely than younger adults to say they were limited in their activities.
- Adults with less than a high school education were significantly more likely to report disability than adults with more education.
- Adults with lower household incomes reported significantly higher percentages of disability than adults with higher income.

## Do you have health problems that require the use of special equipment?

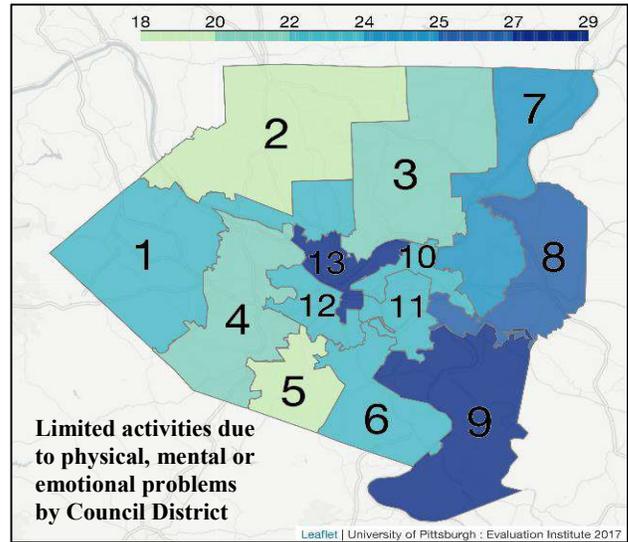
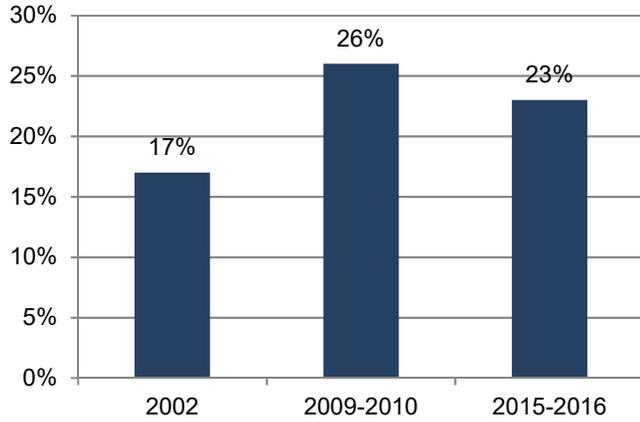
- In 2015-2016, 10% of Allegheny County adults said they had to use special equipment due to health problems.
- Those over age 65 were most likely to need special equipment.

### CHANGES: 2009-2010 to 2015-2016

- There was little change in disability status over time, although there appear to be fewer disabled in the 2015-2016 survey. However, disparities continue in disability status between races and age groups.
- Those with lower education report greater disability in both 2009-2010 and 2015-2016, and the disparity appears to be slightly greater (43-17%) in the current versus the previous year's survey (38-19%)
- Slightly fewer disabled individuals need special equipment in 2015-2016 than in 2009-2010.



**Figure 10: Disability, Allegheny County Adults**



**Table 4: Disability, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

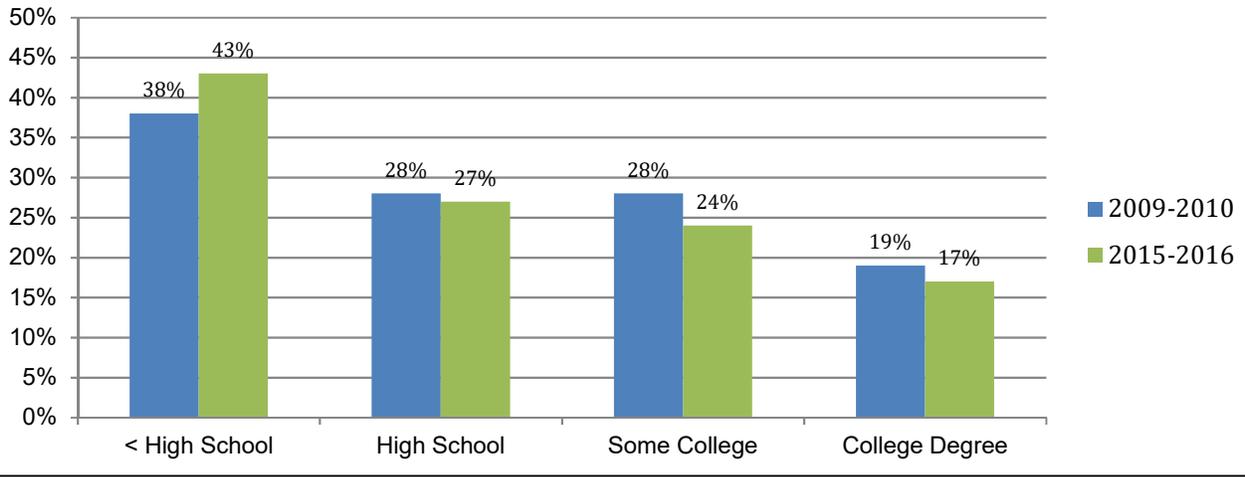
	Limited in Activities Due to Physical, Mental, or Emotional Problems*				Use Special Equipment*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8869	2210	23	22-24	8901	1038	10	9-11
Male	3741	888	22	20-23	3749	372	9	8-10
Female	5128	1322	24	23-26	5152	666	11	10-12
Age:								
18–29	964	91	10	8-12	**	**	**	**
30–44	1514	252	18	16-21	1513	55	4	3-6
45–64	3554	943	27	25-29	3562	342	10	9-11
65+	2773	914	33	31-35	2792	627	23	21-24
Education:								
< High School	261	111	43	36-50	263	72	24	18-30
High School	2184	624	27	25-29	2198	339	13	12-15
Some College	2354	671	24	23-26	2365	348	10	9-12
College Degree	4059	801	17	15-18	4064	279	5	4-6
Household Income:								
< \$15,000	639	334	47	43-52	637	188	24	20-28
\$15,000–24,999	1058	387	33	29-36	1067	233	18	15-20
\$25,000–49,999	1853	486	23	21-25	1856	244	11	10-13
\$50,000–74,999	1302	287	21	19-24	1307	91	5	4-7
\$75,000+	2952	449	13	11-14	2952	126	3	3-4
Race:								
White	7233	1833	23	22-25	7260	820	10	9-10
Black	1070	276	25	22-28	1073	165	12	10-15
Other	490	80	14	11-18	492	43	7	5-10

\*Excludes missing, don't know, and refused.

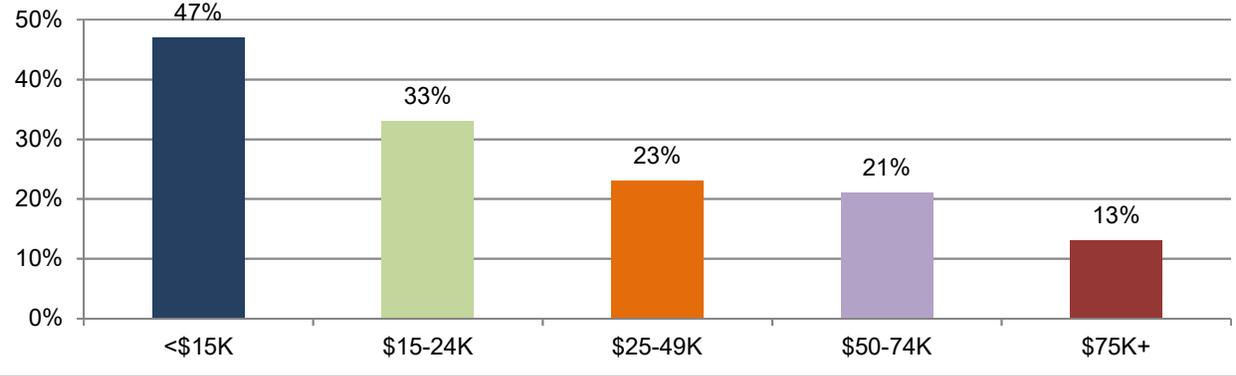
\*\* This estimate has a relative standard error greater than 30% and requires caution interpreting.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 11: Disability by Education Level**



**Figure 12: Disability by Income Level, 2009-2010**



# Cancer Survivorship

## Have you ever been told by a doctor, nurse, or other health professional that you had cancer?

- In 2015-2016, 8% of Allegheny County adults said they had ever been told by a health care professional that they had a cancer other than skin cancer.
- As expected, the percentage of adults who reported they had ever been told they had cancer was highest among those over age 65.
- A significantly higher percentage of women than men said they had ever been told they had cancer.
- Also, a significantly higher percentage of white adults than blacks said they had ever been told by a health care professional that they had cancer.
- There were no significant differences in cancer survivorship according to education level or household income.

### CHANGES: 2002 to 2015-2016

- This is not comparable across years because the 2009-2010 survey assessed all cancers together, rather than skin and other cancers.

**Table 5: Cancer Survivorship, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Ever Told Had Skin Cancer				Ever Told had Other Cancer			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	9008	749	7	6-7	9006	892	8	8-9
Male	3792	324	7	6-7	3790	322	7	6-7
Female	5216	425	7	6-7	5216	570	9	9-10
Age:								
18–29	***	***	***	***	***	***	***	***
30–44	1532	22	1	0.6-2	1530	45	3	2-4
45–64	3608	248	7	6-7	3610	285	7	7-8
65+	2819	467	17	15-19	2814	539	20	18-22
Education:								
< High School	272	16	6	3-9	271	27	8	5-11
High School	2240	181	6	5-7	2236	285	10	9-11
Some College	2383	176	6	5-7	2380	229	8	7-9
College Degree	4102	376	8	7-8	4108	349	7	6-7
Household Income:								
< \$15,000	642	35	4	3-6	641	78	10	8-13
\$15,000–24,999	1074	78	7	5-9	1070	115	9	7-11
\$25,000–49,999	1872	160	7	5-8	1872	216	10	8-11
\$50,000–74,999	1313	113	7	5-8	1315	119	8	6-9
\$75,000+	2963	236	6	6-7	2967	214	6	5-6
Race:								
White	7330	730	8	7-9	7331	778	9	8-10
Black	***	***	***	***	1097	90	6	4-7
Other	500**	13**	2**	1-4**	499**	16**	3**	1-5**

\*Excludes missing, don't know, and refused.

\*\* This estimate has a relative standard error greater than 30% and requires caution interpreting

\*\*\* These estimates were removed due to the relative standard error being greater than 50%

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

# Physical Activity

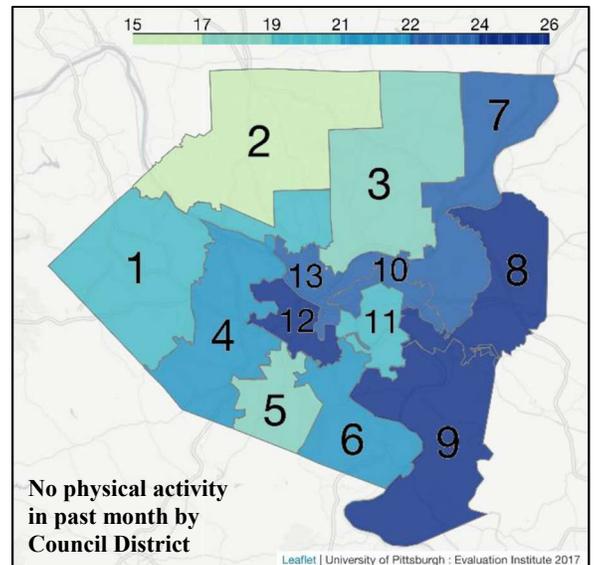
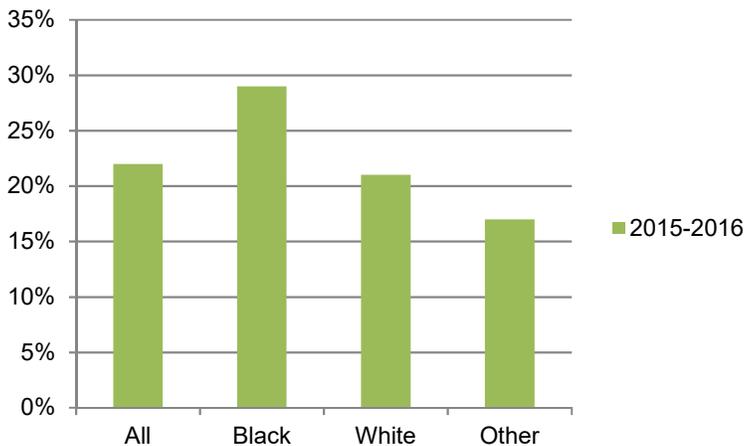
**During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?**

- In 2015-2016, 22% of Allegheny County adults said they did not participate in either moderate or vigorous physical activity in a usual month.
- Age was a factor in physical activity responses. Twice as many older adults said they were not physically active.
- Women were 6% more likely to be inactive than men.
- Education level and household income also influenced physical activity. Adults with a high school education or less were nearly three times more likely to be inactive than those with a college degree.
- Those with household incomes of less than \$50,000 were significantly more likely to report that they were not physically active.

**CHANGES: 2002 to 2015-2016**

- This question was changed for 2015-2016 and cannot be compared.

**Figure 13: Not Physically Active in past month**



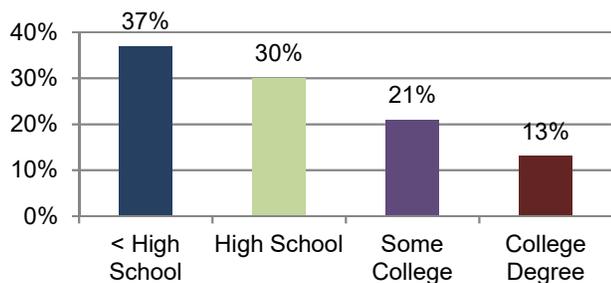
**Table 6: Physical Inactivity, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Not Physically Active*			
	Total No.	No.	%	CI
All Adults	8607	1943	22	21-23
Male	3615	693	19	17-20
Female	4992	1250	25	23-26
Age:				
18–29	933	138	15	12-17
30–44	1463	247	17	15-19
45–64	3446	734	23	21-24
65+	2702	806	31	29-33
Education:				
< High School	249	108	37	30-44
High School	2102	705	30	28-32
Some College	2289	554	21	19-23
College Degree	3956	573	13	12-15
Household Income:				
< \$15,000	605	223	34	29-38
\$15,000–24,999	1026	339	30	26-33
\$25,000–49,999	1805	522	28	26-31
\$50,000–74,999	1275	260	21	18-23
\$75,000+	2887	359	12	11-14
Race:				
White	7056	1518	21	20-
Black	1015	323	29	26-33
Other	460	82	17	13-21

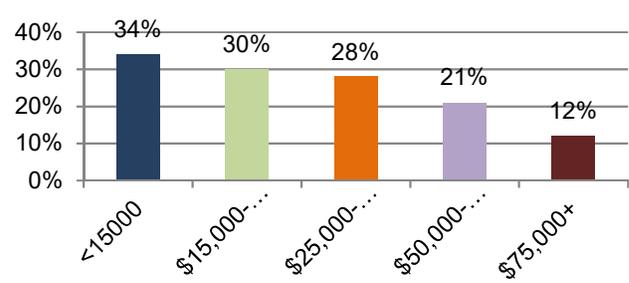
\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 14: Not Physically Active by Education, 2015-2016**



**Figure 15: Not Physically Active by Household Income**



# Overweight and Obesity

Overweight and obesity were measured in the 2015-2016 survey by calculating body mass index (BMI) for survey respondents based on height and weight information they provided. Body mass index is a standard measure commonly used to classify underweight, normal weight, overweight, and obesity in adults. BMI is defined as the weight in kilograms divided by the square of the height in meters (kg/m<sup>2</sup>). Normal BMI is 23–24.99; overweight is 25–29.99; obese is ≥ 30.<sup>2</sup>

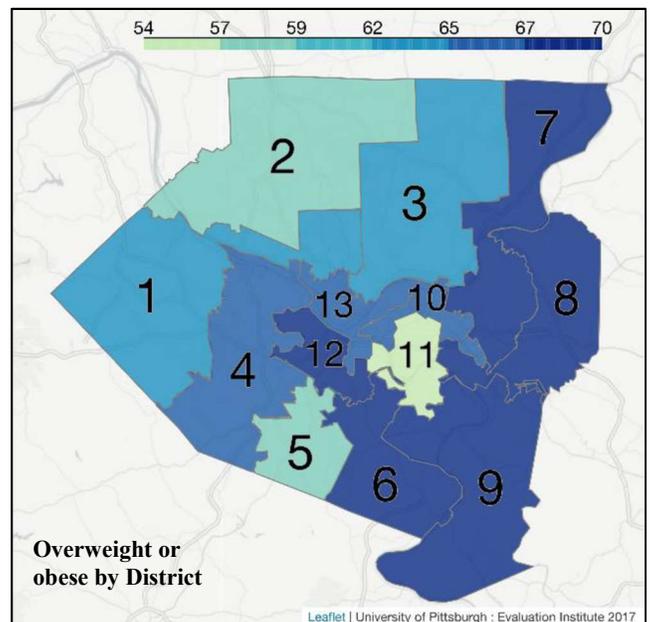
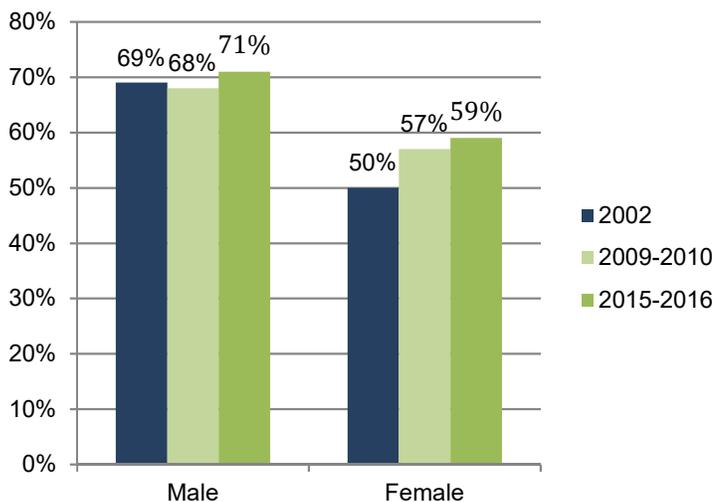
## Allegheny County adults who are overweight or obese

- In 2015-2016, 65% of Allegheny County adults were found to be overweight or obese when their Body Mass Index (BMI) was calculated for height and weight information they provided.
- Significantly more men (71%) than women (59%) were identified as overweight or obese.
- The percentage of black adults who were overweight or obese (73%) was significantly higher than the percentage of white adults (64%) who were overweight or obese.
- Adults aged 45-64 and older had a significantly higher proportion of being overweight and obese than younger adults.
- Household income and education level were not significantly related to reports of overweight and obesity.

### CHANGES: 2002 through 2015-2016

- Approximately the same percentage of men were overweight or obese in 2002 and 2009–2010; 69% were in 2002, 68% in 2009–2010, and 71% in 2015-2016.
- Significantly more women identified as overweight or obese in 2009–2010 and 2015-2016 than in 2002; 59% and 57% in 2015-2016 and 2009–2010 respectively, compared with 50% in 2002. During all surveys, more men were overweight or obese than women.
- In all survey cycles, significantly more black adults were overweight or obese than white adults.

**Figure 16: Overweight and Obesity in Allegheny County Adults by Gender**



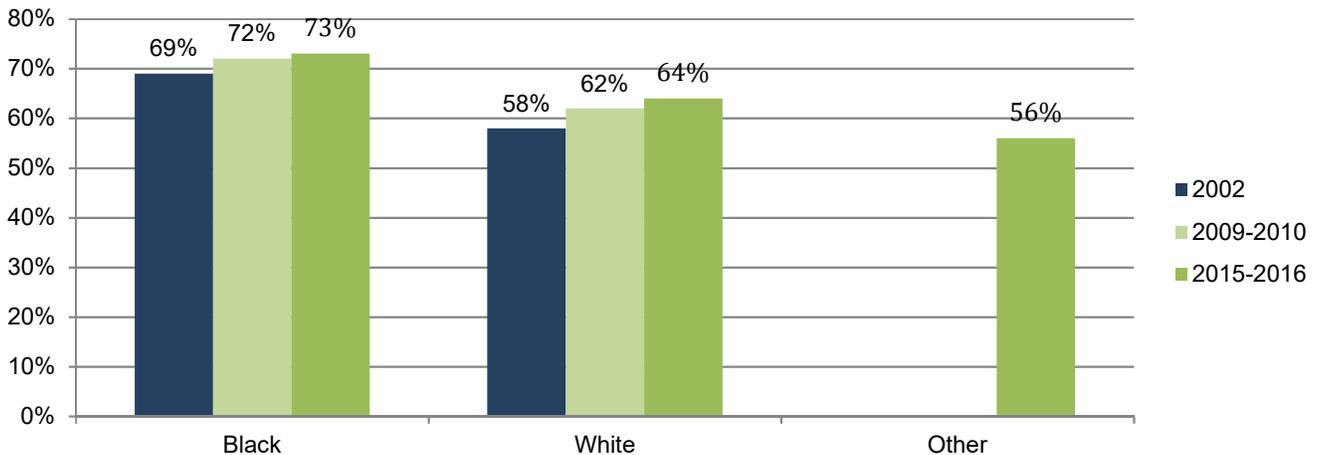
**Table 7: Overweight and Obesity, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Overweight or Obese*			
	Total No.	No.	%	CI
All Adults	8545	5654	65	63-66
Male	3701	2727	71	69-72
Female	4844	2927	59	57-60
Age:				
18–29	938	446	47	43-50
30–44	1467	944	65	62-68
45–64	3406	2414	72	71-74
65+				
Education:				
< High School	254	175	65	58-72
High School	2120	1443	66	64-69
Some College	2260	1558	66	63-68
College Degree	3907	2476	62	61-64
Household Income:				
< \$15,000	614	403	64	59-68
\$15,000–24,999	1043	688	64	60-67
\$25,000–49,999	1813	1247	67	64-70
\$50,000–74,999	1264	895	68	65-71
\$75,000+	2889	1883	64	62-66
Race:				
White	6983	4553	64	63-65
Black	1030	789	73	69-76
Other	466	265	56	50-61

\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 17: Overweight and Obesity in Allegheny County Adults by Race, 2002 and 2009-2010 and 2015-2016**



# Cigarette Smoking

## Current cigarette smokers

- In 2015-2016, 19% of Allegheny County adults said they were current smokers.
- A significantly higher percentage of adults 18–64 years old were current smokers than adults 65 and over.
- The proportion of adults with a college degree who were current smokers was significantly lower than the proportion of adults with less education who were current smokers.
- The percentage of current smokers decreased as household income increased.
- A significantly higher percentage of black adults reported they were current smokers than white adults.

## Former cigarette smokers

- In 2015-2016, 57% of adults who have ever been smokers said they have quit smoking.
- Age was a factor in “former smoker” responses. A significantly higher percentage of those 65+ said they had quit smoking; responses ranged from 30% in adults aged 18–29 to 82% in adults aged 65 and older.
- The percentage of former smokers also increased as household income increased, and as education increased.
- White adults were 77% more likely to be former smokers than black adults.

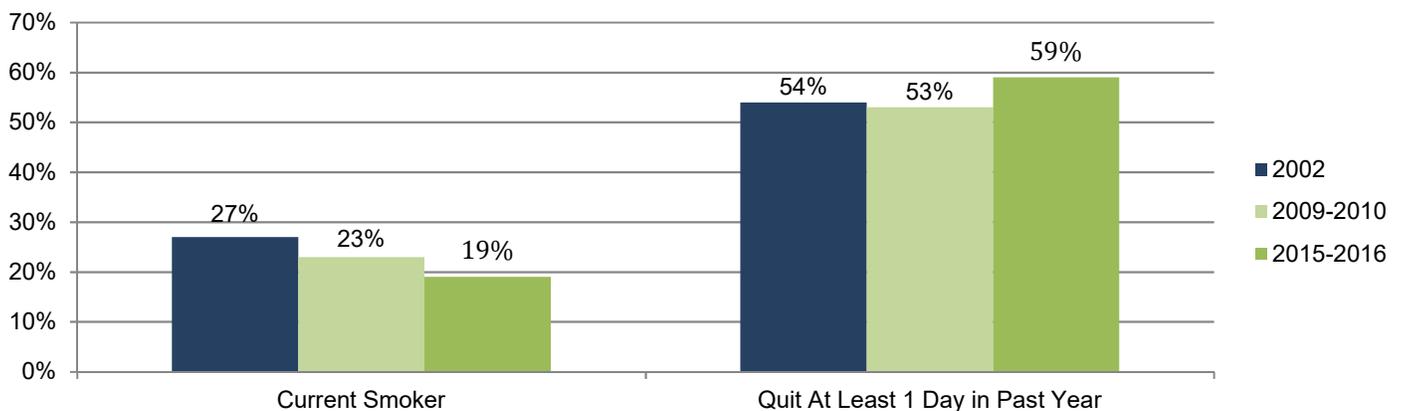
## Have you stopped smoking for one day or more in the past year because you were trying to quit?

- In 2015-2016, 52% of Allegheny County smokers said they quit for at least one day in the past year.
- Eighteen- to 29-year-olds were more likely to try to quit than those 45 or older.

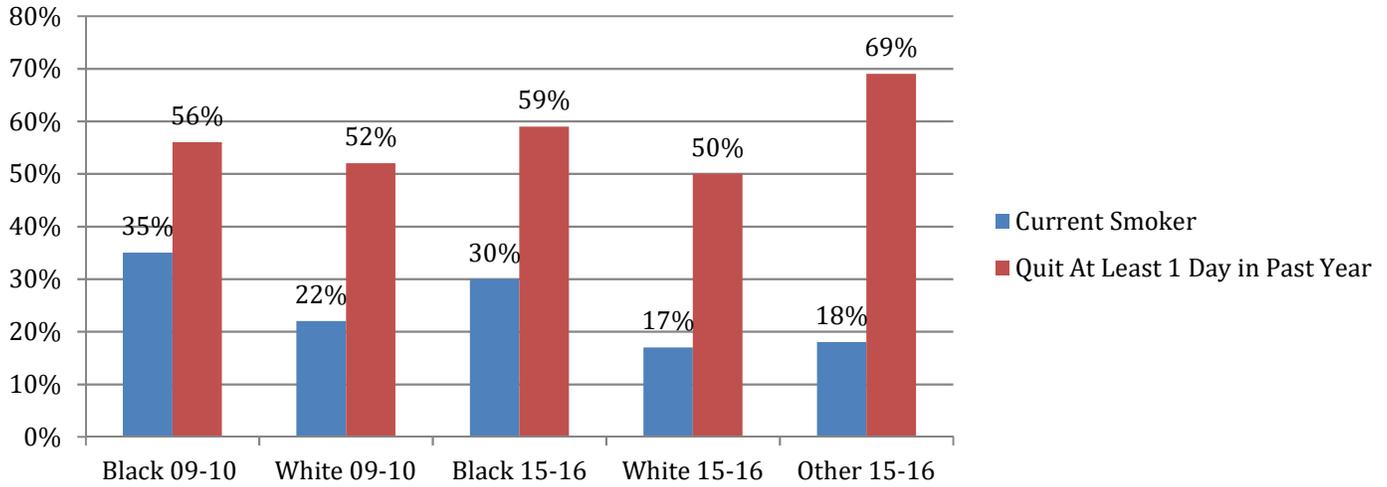
### **CHANGES: 2002 through 2015-2016**

- Significantly fewer adults were smokers in 2015-2016.
- Younger adults have always been more likely to be current smokers than older adults.

**Figure 18: Cigarette Smoking 2002- through 2015-2016**



**Figure 19: Cigarette Smoking by Race**



**Table 8: Cigarette Smoking, Allegheny County Adults, 2009–2010 (with 95% confidence intervals)**

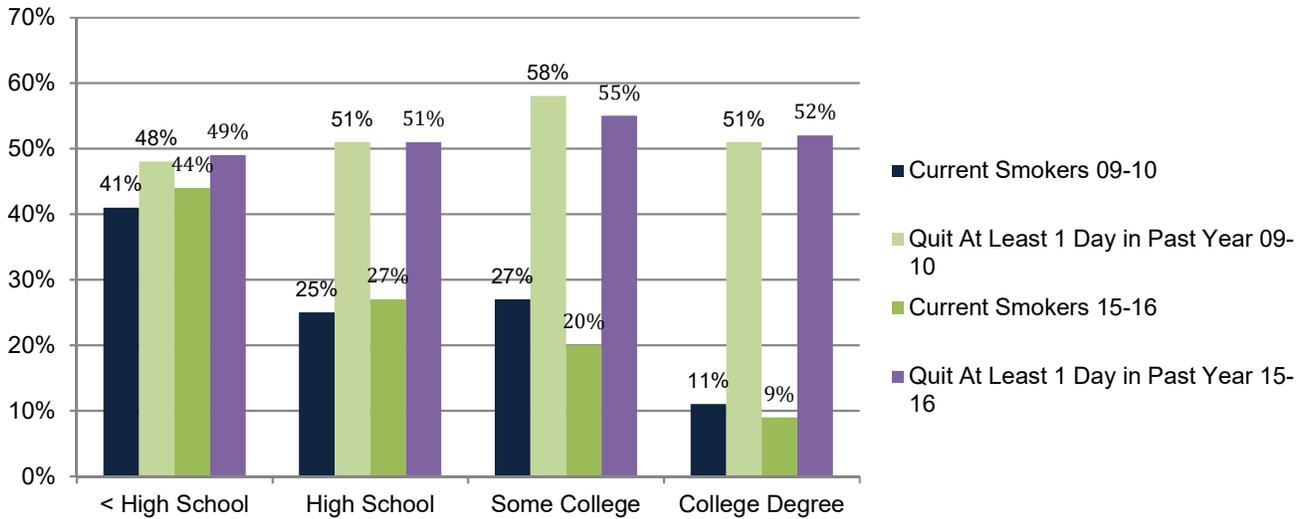
	Current Smokers*				Quit at Least 1 Day in Past Year * **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8840	1447	19	18-20	1035	542	52	48-56
Male	3722	624	19	18-21	443	237	52	46-57
Female	5118	823	19	17-20	592	305	52	47-57
Age:								
18–29	960	187	20	18-23	126	82	65	56-74
30–44	1501	307	24	21-26	199	116	55	47-63
45–64	3548	679	22	20-23	516	254	46	41-51
65+	2762	264	10	8-11	188	88	42	34-50
Education:								
< High School	261	98	44	37-51	80	40	49	37-61
High School	2172	514	27	25-29	393	201	51	45-57
Some College	2347	464	20	18-22	326	188	55	49-62
College Degree	4049	370	9	8-10	235	113	52	45-60
Household Income:								
< \$15,000	634	244	42	37-46	180	87	49	40-57
\$15,000–24,999	1053	268	29	26-33	191	116	61	52-70
\$25,000–49,999	1850	369	22	20-24	267	148	57	50-64
\$50,000–74,999	1301	193	17	14-19	148	68	46	36-55
\$75,000+	2942	257	10	9-12	166	83	50	41-59
Race:								
White	7216	1081	17	16-19	800	408	50	46-54
Black	1059	275	30	26-34	181	101	59	50-68
Other	487	75	18	14-23	42	27	69	53-85

\*Excludes missing, don't know, and refused. Includes people who have smoked at least 100 cigarettes in entire life.

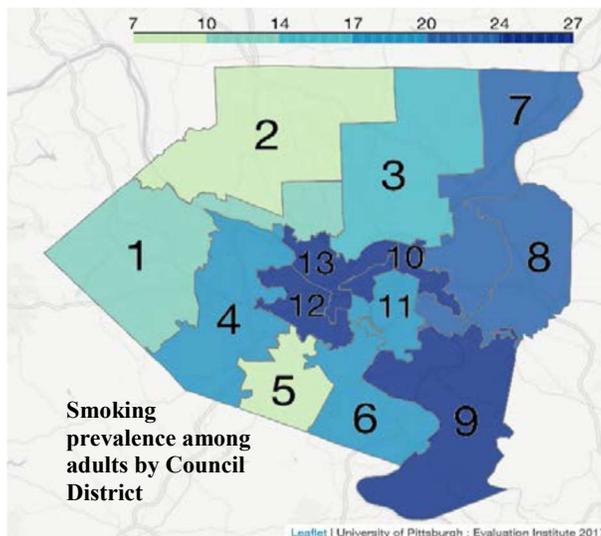
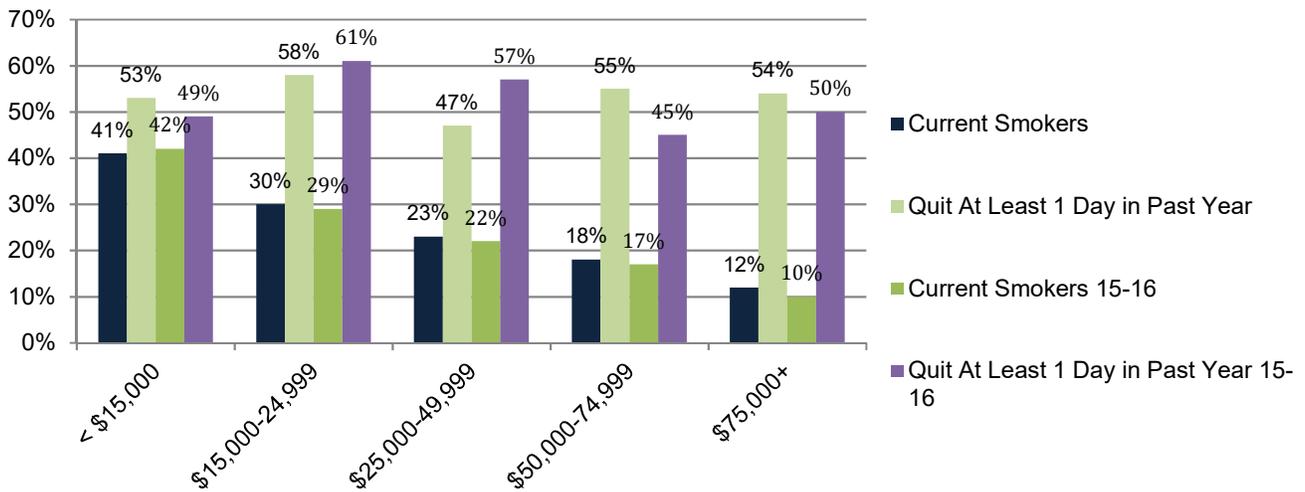
\*\*Denominator is current smokers who smoke every day.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 20: Tobacco Use of Allegheny County Adults by Education**



**Figure 21: Tobacco Use of Allegheny County Adults by Income, 2002 through 2015-2016**



# Other Tobacco Use

## Currently using chewing tobacco, snuff, or snus (*Snus is a Swedish type of smokeless tobacco.*)

- In 2015–2016, 4% of adults in Allegheny County said they used smokeless tobacco products.
- A significantly higher percentage of male adults (7%) than female adults (1%) said they used smokeless tobacco products.
- A higher percentage of adults 18-29 years old used smokeless tobacco products and use decreased with age.

## Have tried an electronic tobacco product

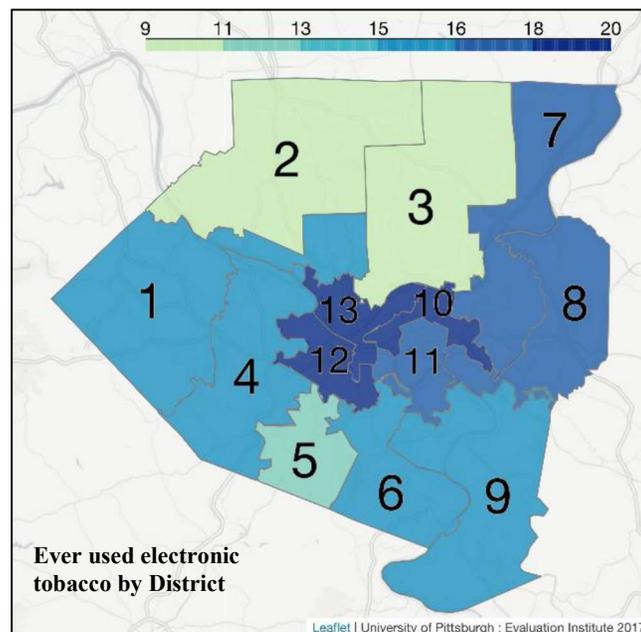
- Overall, 16% of adults had ever used an electronic tobacco product.
- The youngest adults (18-29 years) were most likely to have ever tried electronic tobacco products (32%), while those 65+ were significantly less likely (4%).
- Those with a college degree were about half as likely to have tried electronic tobacco (10%) than those with less than a high school education (22%).
- There were no differences in the likelihood of using this product by gender, income, or race.

## Currently using electronic tobacco product

- Among those who had ever tried electronic tobacco, current use was similar across age, education, gender, income, and racial groups.

### CHANGES: 2009-2010 to 2015-2016

- Use of smokeless tobacco products has remained fairly stable over time.
- In 2009-2010, the age group most likely to use smokeless tobacco was 30-44. In 2015-2016, the youngest (18-29) were most likely to be using smokeless tobacco.
- This represents a baseline for use of electronic tobacco products.



**Table 9: Other Tobacco Use, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Currently Using Smokeless Tobacco Products*				Currently Using Electronic Tobacco Products**			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8854	251	4	3-4	1092	290	24	21-27
Male	3728	212	7	6-8	522	141	24	20-28
Female	5126	39	1	1-1	570	149	24	20-28
Age:								
18–29	960	68	7	6-9	307	69	21	17-27
30–44	1504	53	4	3-5	289	74	25	19-31
45–64	3548	97	3	3-4	369	108	27	22-32
65+	2775	32	1	1-2	123	39	32	23-42
Education:								
< High School	**	**	**	**	53	14	17	7-27
High School	2174	66	4	3-5	309	91	28	22-33
Some College	2350	83	5	4-6	378	102	24	19-29
College Degree	4057	92	3	2-4	352	83	22	17-27
Household Income:								
< \$15,000	632	18	4	2-5	53	14	17	7-27
\$15,000–24,999	1055	20	2	1-4	309	91	27	22-33
\$25,000–49,999	1848	52	4	3-5	378	102	24	19-29
\$50,000–74,999	1305	34	4	2-5	352	83	22	17-27
\$75,000+	2947	109	5	4-6	280	67	24	18-30
Race:								
White	7227	211	4	3-5	846	225	25	22-29
Black	1062	25	3	1-4	166	40	20	13-26
Other	487	15	5	2-8	68	22	29	17-42

\*Excludes missing, don't know, and refused.

\*\* Among those who have ever tried Electronic Tobacco

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

# Alcohol Use

In its assessment of alcohol use, the Centers for Disease Control and Prevention (CDC) draws on the definition of “binge drinking”<sup>3,4</sup> provided by the National Institute on Alcohol Abuse and Alcoholism: “a pattern of drinking that brings a person’s blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks, and when women consume 4 or more drinks, in about 2 hours.”

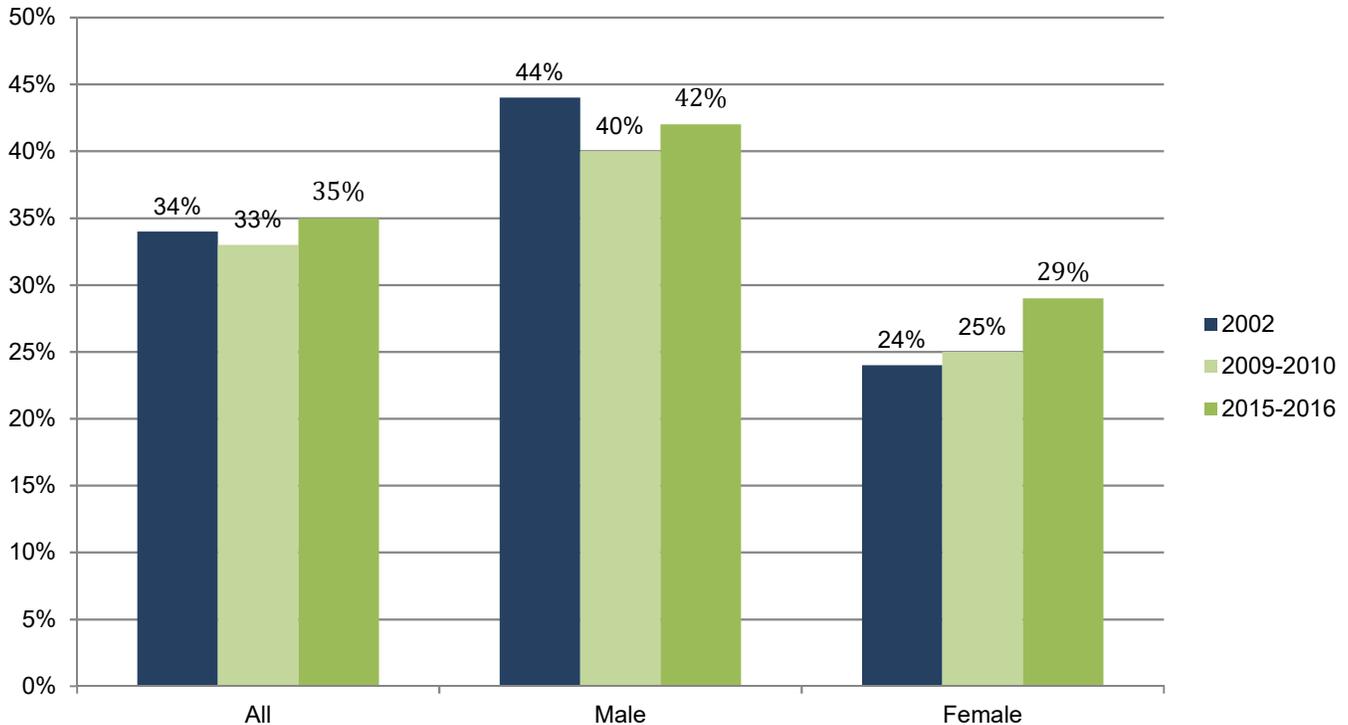
## **Did you have 5 or more drinks (4 or more, if female) on an occasion during the past 30 days?**

- In 2015-2016, 35% of Allegheny County adults said they had been binge drinking during the past 30 days.
- A significantly higher percentage of males said they had one or more occasions of binge drinking.
- Each older age group had a significantly lower proportion binge drinking in the past month.
- Residents with the lowest income and those with less than a high school education were significantly more likely to binge drink than any other income group. There were no other differences by race or education.

### **CHANGES: 2002 through 2015-2016**

- The overall percentage of adults who reported binge drinking was essentially unchanged during this period.
- In 2002 and now in 2015-2016, there was a significantly higher percentage of binge drinking reported by adults 18–29 years old.
- In all surveys, a significantly higher proportion of males said they had an event of binge drinking than females.

**Figure 22: Binge Drinking, 2002 and 2009-2010**

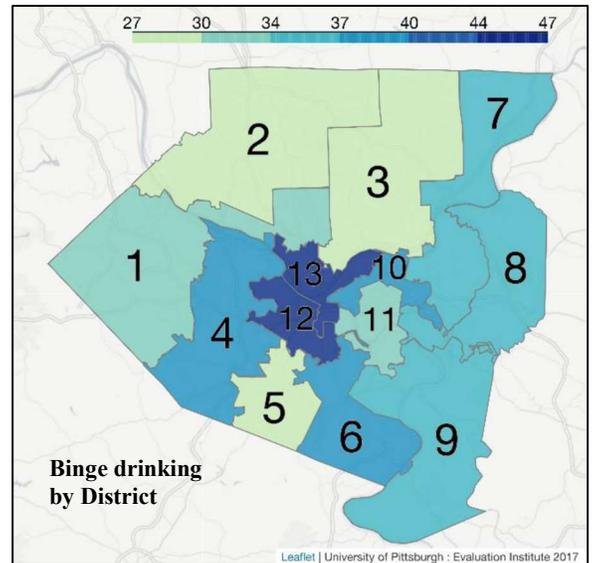
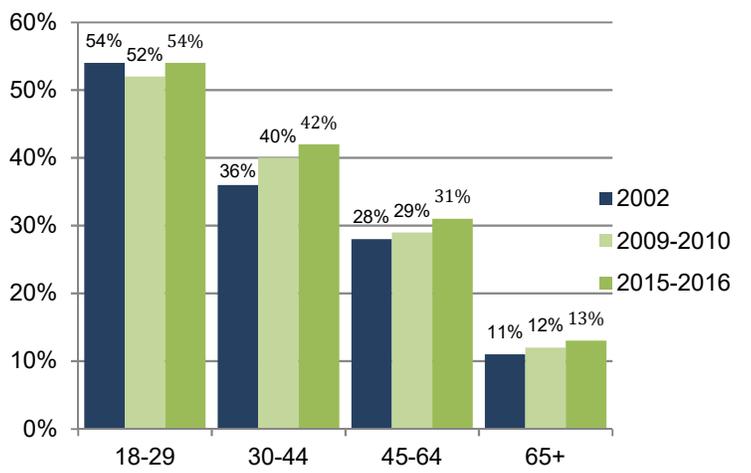


**Table 10: Binge Drinking, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	5+ Drinks (4+ For Females) On 1+ Occasion(s) In Past 30 Days*			
	Total No.	No.	%	CI
All Adults	5473	1562	35	34-37
Male	2500	884	42	39-44
Female	2973	678	29	27-31
Age:				
18–29	688	359	54	50-58
30–44	1061	424	42	38-45
45–64	2279	602	31	29-33
65+	1417	173	13	11-15
Education:				
< High School	100	43	51	40-63
High School	1048	348	40	36-43
Some College	1400	443	38	35-41
College Degree	2921	727	30	28-32
Household Income:				
< \$15,000	264	122	50	43-56
\$15,000–24,999	472	140	36	30-41
\$25,000–49,999	1050	307	37	33-40
\$50,000–74,999	872	239	34	30-38
\$75,000+	2274	658	35	33-37
Race:				
White	4651	1291	35	33-36
Black	538	193	42	36-47
Other	250	72	34	27-42

\*Excludes missing, don't know, and refused; among those who had at least one drink in the past 30 days.  
NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 23: Binge Drinking by Age, 2002 and 2009–2010, 2015–2016**



# Other Drug Use

## Prescription Drug Abuse

- In 2015-2016, 9% of adults described using pain killers that were not prescribed to them.
- This was highest among those aged 30-44 and among men, but did not differ by education or race.
- Those earning under \$25000 were more likely to abuse pain killers than those earning more.
- Four percent of adults described using sedatives or tranquilizers not prescribed to them.
- Women were more likely to have abused tranquilizers than men, but there were no differences by income, race, age, or education.

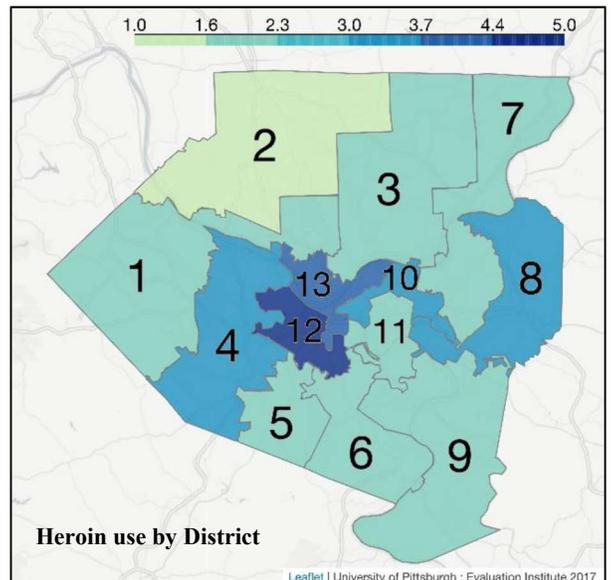
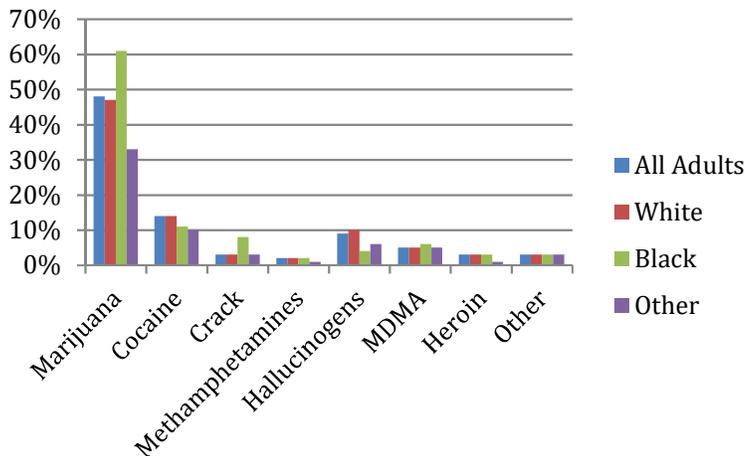
## Illicit Drug Use

- In 2015-2016, 5% of adults reported ever using MDMA; this was significantly higher among those less than 45.
- Nine percent had ever used hallucinogenic substances; this was more frequent among whites and those with less than a high school education.
- Three percent of adults have used heroin; this was most frequently reported among those 30-44.
- Men were twice as likely to have used heroin as women; this difference was significant.
- Fourteen percent of adults had tried powder cocaine. Rates were highest among those 30-64 and those with less than a high school education.
- Three percent of adults had used crack cocaine. This was significantly higher among those earning less than \$15,000.
- Blacks were nearly three times and significantly more likely to have used crack cocaine than whites.
- Forty eight percent of adults have used marijuana. This was significantly lower among those aged 65+ and lower among whites than blacks.

### CHANGES: 2002 through 2015-2016

- These questions had never been asked before.

**Figure 24: Illicit Drug Use Among Adults, 2015-2016**



**Table 11: Select Ever Drug Use, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

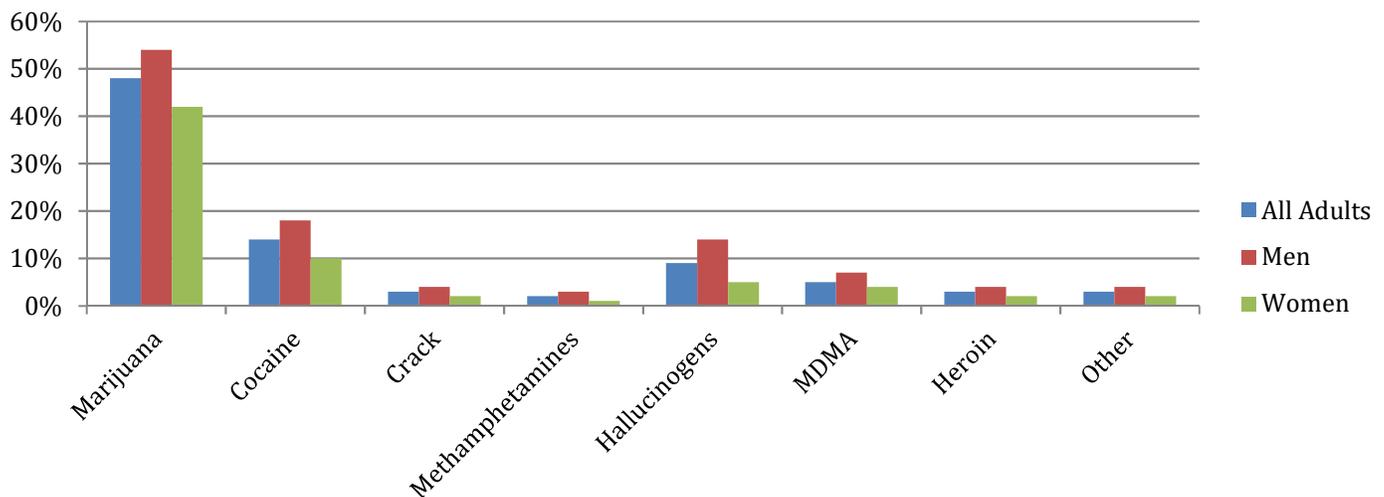
	Marijuana Use*				Prescription Pain Abuse*				Heroin Use*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8665	3859	48	47-49	8654	615	9	8-10	8671	171	3	2-3
Male	3644	1892	54	52-56	3633	361	12	10-13	3646	112	4	3-4
Female	5021	1967	42	41-44	5021	254	7	6-8	5025	59	2	1-2
Age:												
18–29	950	488	52	49-56	945	106	12	10-14	947	21	2	1-3
30–44	1476	828	60	57-63	1473	223	17	15-20	1480	56	6	4-7
45–64	3458	1894	56	54-57	3455	231	8	7-9	3467	79	3	2-3
65+	3974	1809	48	46-49	2717	54	2	1-3	2713	15	0	0-1
Education:												
< High School	250	114	54	47-61	250	29	15	10-21	250	14	6	2-9
High School	2125	824	45	43-48	2117	154	10	8-12	2122	62	4	3-5
Some College	2306	1111	51	49-53	2301	184	10	9-12	2307	52	3	2-4
College Degree	3974	1809	48	46-49	3974	248	7	6-8	3981	43	1	1-2
Household Income:												
< \$15,000	611	324	56	52-61	608	83	17	13-20	610	40	7	5-10
\$15,000–24,999	1036	405	42	38-45	1036	94	12	10-15	1032	35	4	3-6
\$25,000–49,999	1821	772	47	44-39	1815	114	8	7-10	1820	32	2	1-3
\$50,000–74,999	1280	619	51	48-55	1280	93	10	8-12	1280	27	3	2-4
\$75,000+	2904	1467	52	50-55	2896	193	8	6-9	2909	23	1	1-1
Race:												
White	7096	3118	47	46-48	7087	520	9	8-10	7102	130	3	2-3
Black	1021	566	61	58-65	1024	63	9	7-12	1018	31	3	2-4
Other	474	139	33	28-38	465	26	7	4-10	474**	8**	1**	0-2**

\*Excludes missing, don't know, and refused.

\*\*The estimate has a relative standard error greater than 30% and requires caution interpreting

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 25: Illicit Drug Ever Used Among Adults By Gender, 2015-2016**



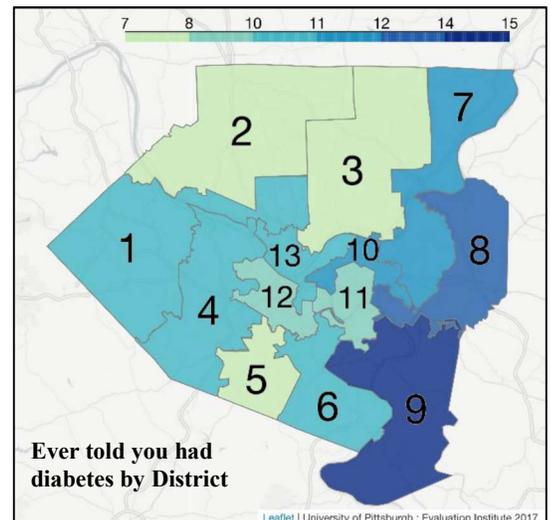
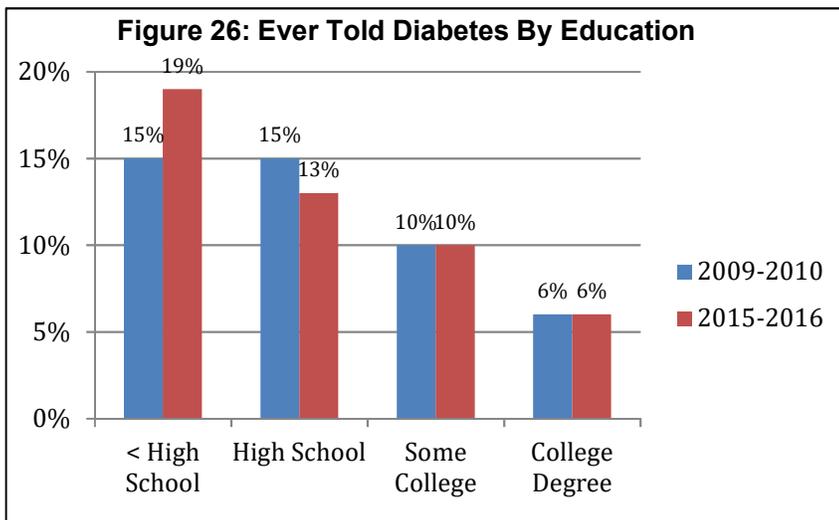
# Diabetes

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

- In 2015-2016, 10% of Allegheny County adults reported that they had been told they had diabetes.
- There was no significant difference by gender. There were a smaller proportion of adults with college degrees who had been diagnosed with diabetes.
- A smaller proportion of residents earning over \$75,000 annually reported diabetes (6%) than those earning less. Among those earning less than \$15,000, 16% had diabetes.
- Not unexpectedly, the prevalence of diabetes increased with age, with those over 65 having the highest prevalence of diabetes (22%) compared to those 30-44 (4%).
- There was no difference in the prevalence of diabetes by race.

### CHANGES: 2002, 2009–2010, and 2015-2016

- Significantly more adults had been diagnosed with diabetes in 2009–2010 than in 2002, 11% compared to 7%. However, this remained similar in 2015-2016, at 10%.
- Slightly more people with less than a high school education appear to have been diagnosed with diabetes in the current survey (19% versus 15% in 2009-2010). This difference was not significant.



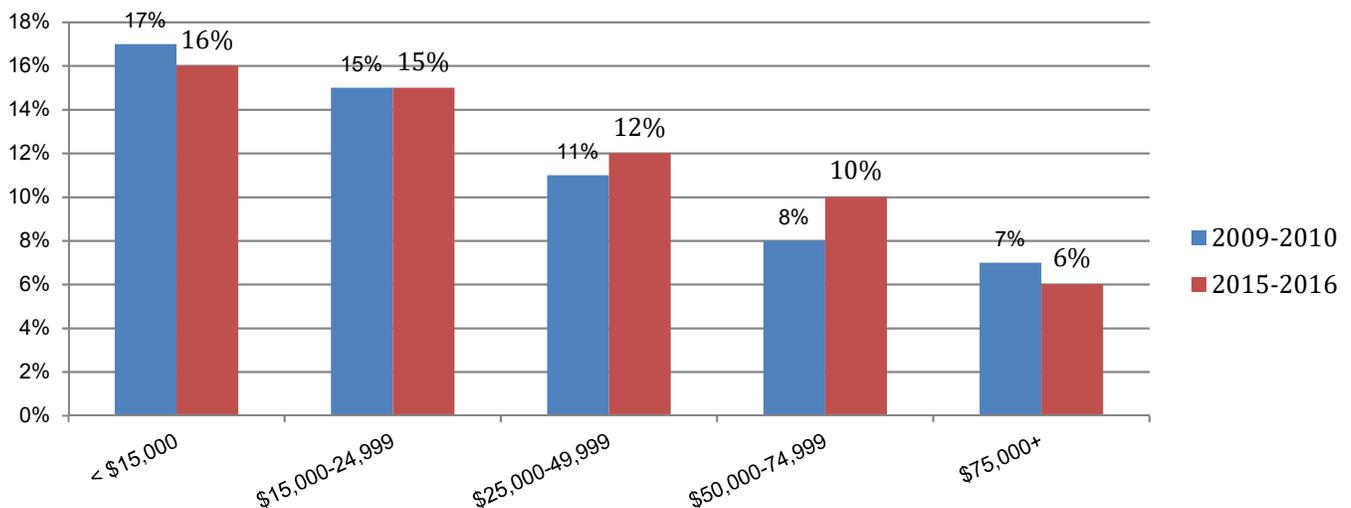
**Table 12: Diabetes, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Ever Told Had Diabetes			
	Total No.	No.	%	CI
All Adults	9024	1068	10	9-11
Male	3796	506	11	10-12
Female	5228	562	9	9-10
Age:				
18–29	**	**	**	**
30–44	1533	58	4	3-5
45–64	3613	415	12	10-13
65+	2827	588	22	20-23
Education:				
< High School	273	68	19	14-24
High School	2243	353	13	11-14
Some College	2386	327	10	9-12
College Degree	4111	320	6	6-7
Household Income:				
< \$15,000	644	130	16	13-19
\$15,000–24,999	1074	194	15	12-17
\$25,000–49,999	1874	255	12	10-13
\$50,000–74,999	1313	149	10	8-11
\$75,000+	2969	190	6	5-6
Race:				
White	7345	842	10	9-11
Black	1099	178	12	10-14
Other	500	40	7	4-9

\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 27: Ever Told Diabetes by Household Income**



# Cholesterol Awareness

## Have you ever had your blood cholesterol checked?

- In 2015-2016, 83% of Allegheny County adults said they ever had their cholesterol checked.
- Older adults were significantly more likely than younger adults to report ever having their cholesterol checked.

## Have you had your cholesterol checked in the past five years?

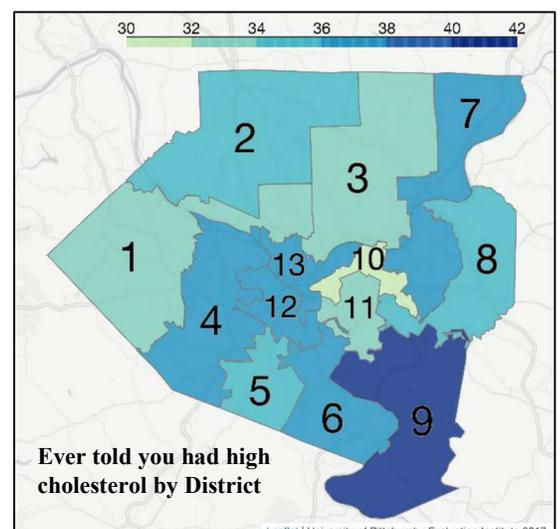
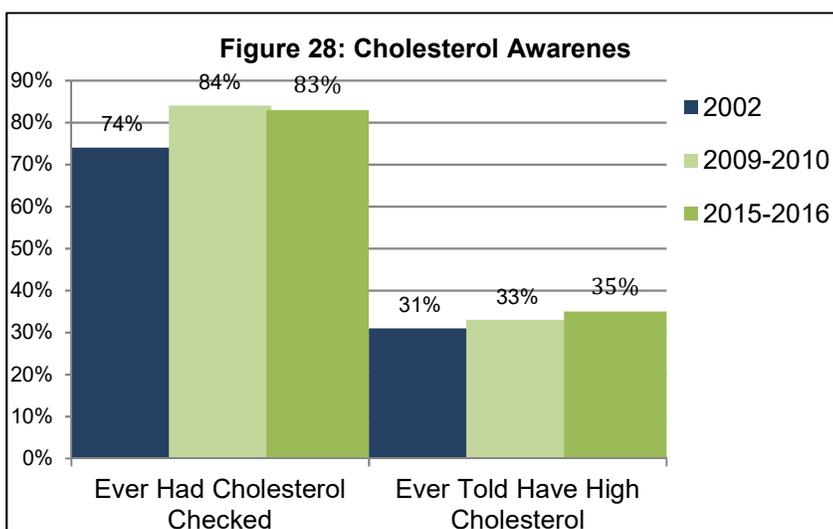
- In 2015-2016, 96% of Allegheny County adults who had their cholesterol checked said it had been done in the past five years.
- The proportion of adults who said they had their cholesterol checked in the past five years increased as age increased.
- There were no significant differences in reports of cholesterol testing in the past five years with regard to education, household income, or race.

## Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

- In 2015-2016, 35% of Allegheny County adults reported they had been told by a health professional that their cholesterol was high.
- The percentage of adults who said they had a finding of high cholesterol increased significantly with age.
- A significantly higher percentage of those in the lowest income category reported high cholesterol than those earning over \$75,000.

### CHANGES: 2002 through 2015-2016

- The percentage of adults whose cholesterol levels have ever been checked significantly increased from 74% in 2002 to 84% in 2009–2010, but decreased slightly in 2015-2016 to 83%.
- The percentage of adults who said they were told they had high cholesterol increase slightly during this time.



**Table 13: Cholesterol Awareness, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

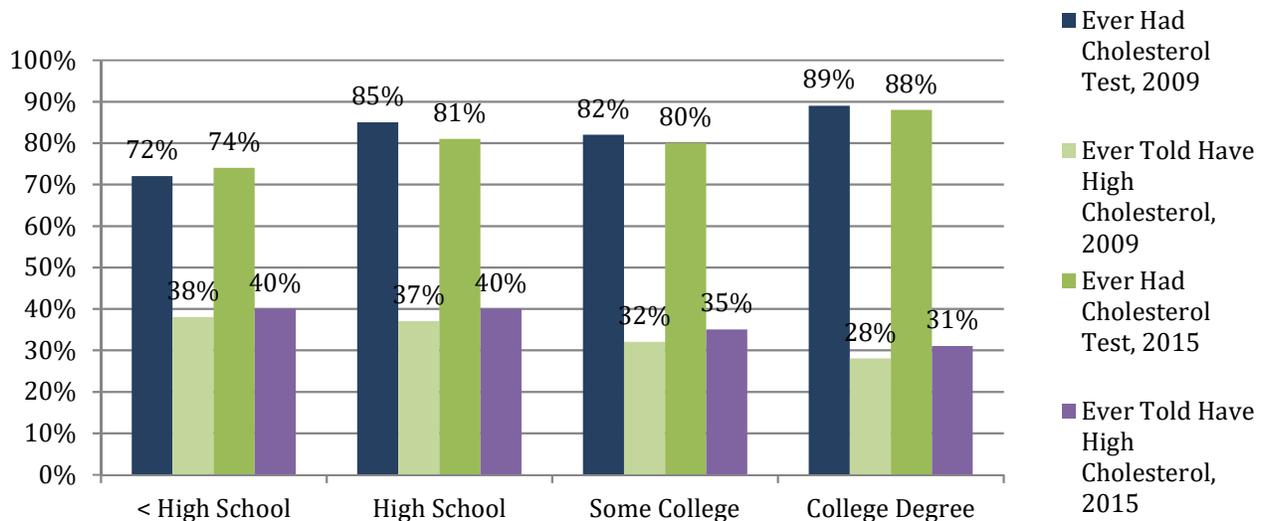
	Ever Had Cholesterol Checked*				Had Cholesterol Checked in Past 5 Years* **				Ever Told Have High Cholesterol* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8851	7835	83	82-84	7752	7469	96	96-97	7777	2993	35	34-36
Male	3719	3215	81	79-83	3189	3056	96	95-96	3195	1294	36	35-38
Female	5132	4620	85	83-86	4563	4413	96	96-97	4582	1699	34	32-36
Age:												
18–29	916	469	49	46-53	448	420	94	91-96	463	56	12	9-16
30–44	1485	1214	80	77-82	1204	1124	94	92-95	1207	238	20	17-22
45–64	3588	3373	94	93-95	3357	3227	96	95-97	3360	1285	38	36-40
65+	2792	2715	97	97-98	2680	2637	98	98-99	2687	1390	52	49-54
Education:												
< High School	261	208	74	67-80	204	196	96	93-99	206	96	40	33-48
High School	2192	1905	81	79-83	1878	1824	97	96-98	1886	819	40	37-42
Some College	2338	2037	80	77-82	2017	1948	96	94-97	2023	805	35	33-37
College Degree	4048	3675	88	86-89	3643	3493	95	95-96	3653	1270	31	29-32
Household Income:												
< \$15,000	623	514	76	72-80	507	490	97	95-99	510	228	41	36-46
\$15,000–24,999	1047	884	76	72-80	871	835	96	95-98	868	404	41	37-45
\$25,000–49,999	1836	1591	81	79-84	1579	1527	96	95-97	1579	640	37	34-40
\$50,000–74,999	1300	1164	85	83-88	1154	1124	97	96-98	1160	461	36	33-40
\$75,000+	2932	2702	88	86-89	2685	2571	95	94-96	2695	871	30	28-32
Race:												
White	7221	6538	85	84-86	6474	6237	96	95-97	6493	2535	36	34-37
Black	1066	860	72	69-76	849	818	95	94-97	852	322	34	30-38
Other	484	367	69	64-74	361	347	96	95-97	362	113	28	23-33

\*Excludes missing, don't know, and refused.

\*\* Denominator is adults who said they "ever had blood cholesterol checked."

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 29: Cholesterol Awareness by Education, 2009-2010 and 2015-2016**



# Hypertension

## Have you ever been told by a doctor, nurse, or other health care professional that you have high blood pressure?

- In 2015-2016, 35% of Allegheny County adults said they had ever been told by a health care professional that they had high blood pressure.
- The percentage of respondents who said they had been told they had high blood pressure increased significantly with age.
- A significantly lower percentage of adults with some college said they had been told they had high blood pressure, compared with those who had not finished high school.
- The percentage of adults who said they had been told of hypertension decreased, as income level increased.
- A significantly higher percentage of men than women had ever been told they had high blood pressure.

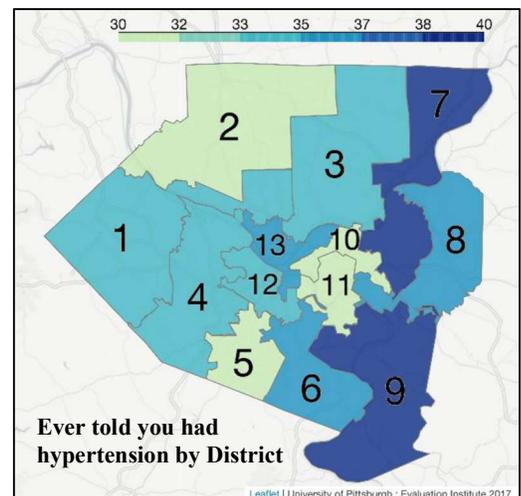
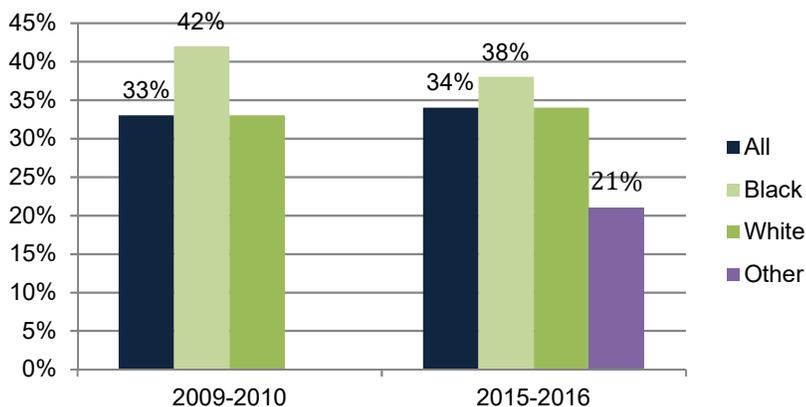
## Are you currently taking medicine for your high blood pressure?

- In 2015-2016, 78% of Allegheny County adults with high blood pressure said they were taking medicine to treat the condition.
- Older individuals were consistently more likely to be medicated for their hypertension.
- Hypertensive women were significantly more likely to be taking high blood pressure medication.
- The same percentage of black adults and white adults reported taking high blood pressure medicine.

### CHANGES: 2002 through 2015-2016

- The percentage of all adults who had been told they had high blood pressure increased significantly between 2002 and 2009–2010, from 27% to 33%. It remained stable in 2015-2016 at 34%.
- Also, the percentage of white adults who said they were told they had hypertension significantly increased during this time from 26% to 33%, and remained steady at 34% in 2015-2016.
- A significant increase was also seen in hypertension among males, which increased from 25% to 35%, and increased slightly to 37% in 2015-2016.
- Overall, the percentage of adults taking medicine for high blood pressure remained stable at 81% in both 2002 and 2009–2010, and was similar in 2015-2016 at 78%.

**Figure 30: Hypertension By Race**

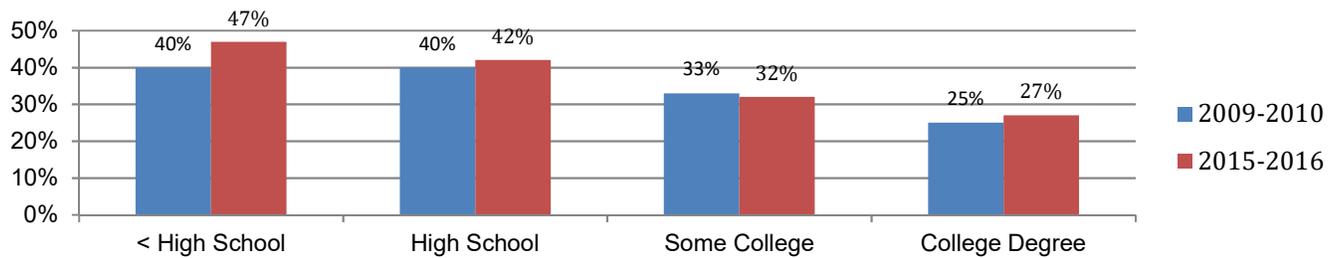


**Table 14: Hypertension, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

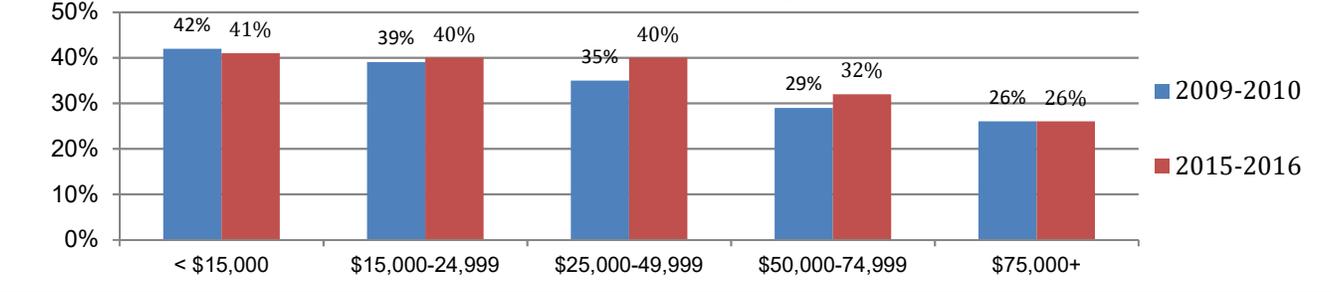
	Ever Told Have High Blood Pressure*				Currently Taking Medicine for High Blood Pressure* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	9014	3536	34	33-35	3533	2939	78	76-80
Male	3795	1582	37	35-38	1581	1249	73	71-76
Female	5219	1954	32	30-33	1952	1690	83	81-85
Age:								
18–29	977	90	10	8-12	90	18	19	10-27
30–44	1531	281	20	17-22	282	134	47	40-54
45–64	3612	1405	39	37-41	1404	1156	81	79-84
65+	2823	1737	61	59-63	1734	1613	93	91-94
Education:								
< High School	273	150	47	40-54	149	120	74	65-83
High School	2238	1084	42	40-44	1084	934	81	78-84
Some College	2385	965	32	30-34	964	806	77	74-81
College Degree	4106	1334	27	26-29	1333	1077	75	73-78
Household Income:								
< \$15,000	641	302	41	37-46	301	246	75	69-81
\$15,000–24,999	1076	508	40	37-44	508	436	82	78-87
\$25,000–49,999	1873	844	40	37-43	844	702	78	74-82
\$50,000–74,999	1315	489	32	29-35	489	409	79	74-84
\$75,000+	2966	879	26	24-28	878	699	75	72-79
Race:								
White	7338	2886	35	33-36	2883	2430	80	78-82
Black	1098	505	38	34-41	505	408	74	68-79
Other	497	122	21	17-25	120	83	62	50-73

\*Excludes missing, don't know, and refused.  
 \*\*Denominator is adults who said they had "ever been told they had high blood pressure."  
 NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 31: Hypertension by Education**



**Figure 32: Hypertension by Income**



# Cardiovascular Disease

## Have you ever been told by a doctor, nurse, or other health professional that you had a heart attack (myocardial infarction)?

- In 2015–2016, 5% of Allegheny County adults responded they had been told they had a heart attack.
- Predictably, age was a factor in responses about heart attacks. Older adults were significantly more likely to respond they had received a heart attack diagnosis. Income was largely not a factor, although those earning >\$75,000 were significantly less likely to report a heart attack than other groups.
- Equal proportions of black and white residents said they had been told they had a heart attack.

## Have you ever been told you had angina or coronary heart disease?

- In 2015–2016, 5% of Allegheny County adults said they had been told they had angina or coronary heart disease.
- Older adults were significantly more likely to say they had experienced angina or coronary heart disease.
- Those with the highest incomes were less likely to have angina, as were those with a college degree.

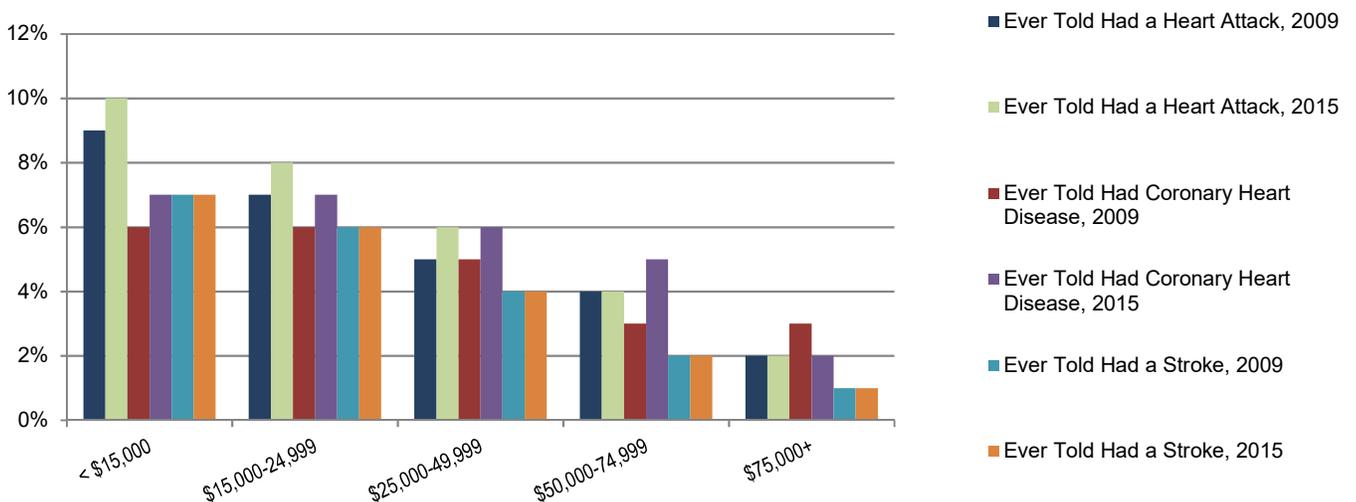
## Have you ever been told you had a stroke?

- In 2015–2016, 3% of Allegheny County adults said they had ever been told they had a stroke.
- Older adults were significantly more likely to report having had a stroke than younger adults.
- There was no significant difference in reports of stroke by race.

### CHANGES: 2002 to 2009–2010

- The percentage of adults who reported heart attack was unchanged between 2002, 2009–2010, and 2015–2016.
- Similarly, the percentage who reported angina or coronary heart disease was the same during this period.
- The percentage who said they had been told they had a stroke was 3% in 2002, 4% in 2009–2010, and 3% again in 2015–2016, but this difference is not statistically significant.

Figure 33: Cardiovascular Disease by Income



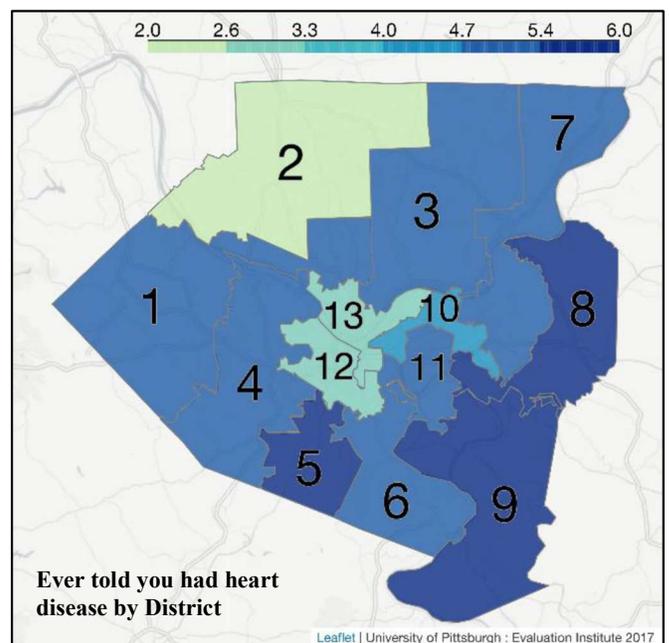
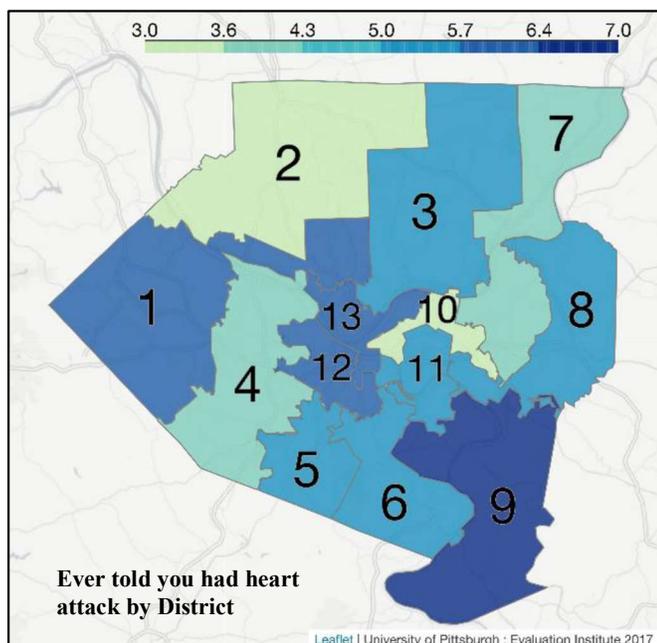
**Table 15: Cardiovascular Disease, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Ever Told Had a Heart Attack (Myocardial Infarction)*				Ever Told Had Angina or Coronary Heart Disease*				Ever Told Had a Stroke*			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8997	513	5	4-5	8967	507	5	4-5	9010	363	3	3-4
Male	3785	283	6	5-7	3775	298	6	5-7	3792	171	4	3-4
Female	5212	230	4	3-4	5192	209	3	3-4	5218	192	3	3-4
Age:												
18–29	**	**	**	**	**	**	**	**	**	**	**	**
30–44	**	**	**	**	**	**	**	**	1532	16	1	1-2
45–64	3605	170	5	4-6	3595	169	5	4-6	3610	123	3	2-4
65+	2811	325	12	10-14	2792	321	12	10-13	2816	221	8	7-9
< High School	268	44	14	10-19	267	33	9	5-12	270	24	8	4-11
High School	2232	172	6	5-7	2223	169	6	5-7	2237	124	5	4-5
Some College	2378	155	5	4-6	2367	135	5	4-5	2381	93	3	2-3
College Degree	4108	142	2	2-3	4099	170	3	3-4	4110	121	2	2-3
Household Income:												
< \$15,000	639	79	10	8-13	637	54	7	5-9	639	57	7	5-9
\$15,000–24,999	1070	92	8	6-10	1061	92	7	5-9	1075	78	6	5-8
\$25,000–49,999	1311	68	4	3-5	1866	138	6	5-8	1870	91	4	3-5
\$50,000–74,999	2967	69	2	2-3	1309	80	5	4-7	1314	36	2	1-3
\$75,000+	2967	69	2	2-3	2963	84	2	2=3	2967	51	1	1-2
Race:												
White	7323	415	5	4-5	7303	422	5	4-5	7336	281	3	3-4
Black	1097	70	5	4-6	1092	66	5	3-6	1099	63	5	3-6
Other	497	21	4	2-6	495	15	2	1-4	494	17	2	1-4

\* Excludes missing, don't know, and refused.

\*\*The estimate has a relative standard error greater than 30% and requires caution interpreting.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.



# Asthma

## Have you ever been told by a doctor, nurse, or other health care professional that you had asthma?

- In 2015–2016, 15% of Allegheny County adults said a health care professional had told them they had asthma.
- Significantly more women than men had been told they had asthma, with proportions of 17% and 13%, respectively.
- Additionally, the percentage of adults aged 65 and older who had been told they had asthma was significantly lower than the percentage in all other age groups.
- A significantly higher percentage of black adults than white adults said they'd been told they had asthma.

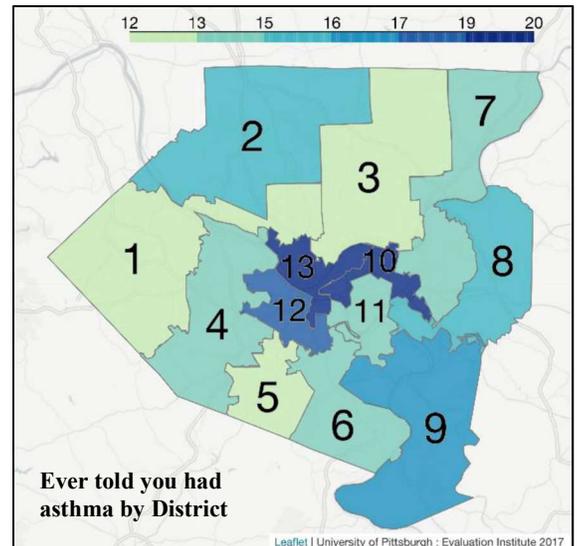
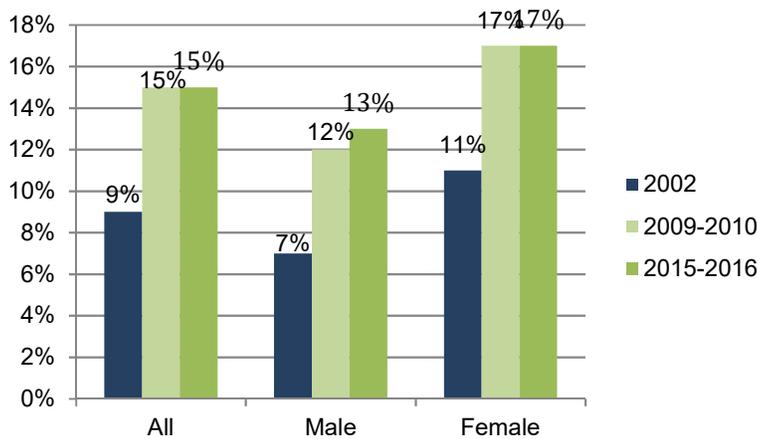
## Do you still have asthma?

- Of those ever told they had asthma, 65% said they still had the disease.
- Women were significantly more likely to report still having asthma.
- Those in the lowest income category were significantly more likely to report still having asthma than those with the highest incomes.

### CHANGES: 2002 through 2015-2016

- Significantly more adults said they had been told they had asthma in 2009–2010 (15%) compared to 2002 (9%) but this was stable in 2015-2016.

**Figure 34: Asthma in Allegheny County Adults by Gender**



**Table 16: Asthma, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

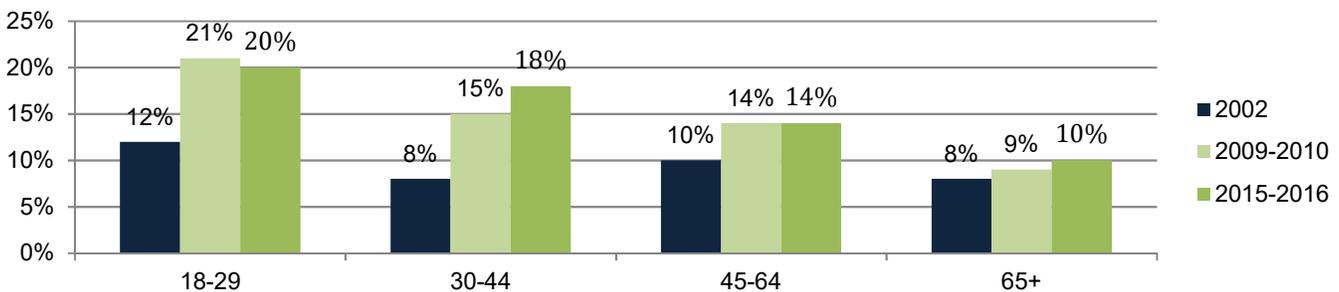
	Ever Told Had Asthma*				Still Have Asthma* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	9012	1268	15	14-16	1245	839	65	62-68
Male	3795	447	13	12-14	436	244	55	49-60
Female	5217	821	17	16-18	809	595	73	69-76
Age:								
18–29	975	201	20	17-23	199	101	53	46-61
30–44	1530	264	18	15-20	257	154	59	52-66
45–64	3611	496	14	13-16	489	355	74	70-79
65+	2823	302	10	9-11	295	224	76	70-81
Education:								
< High School	273	49	20	14-25	48	33	64	48-80
High School	2240	313	15	13-17	308	242	76	70-82
Some College	2382	356	16	14-18	348	235	63	57-69
College Degree	4105	549	14	13-15	540	328	57	52-61
Household Income:								
< \$15,000	642	168	27	22-30	166	134	80	73-88
\$15,000–24,999	1073	171	17	14-20	169	123	69	59-78
\$25,000–49,999	1871	237	14	12-16	235	156	62	54-70
\$50,000–74,999	1314	190	15	12-17	184	117	61	53-70
\$75,000+	2963	344	12	11-13	339	202	56	50-62
Race:								
White	7333	962	14	13-15	942	627	64	60-67
Black	1098	218	22	19-26	215	153	73	66-80
Other	500	70	14	11-18	70	43	54	41-69

\*Excludes missing, don't know, and refused.

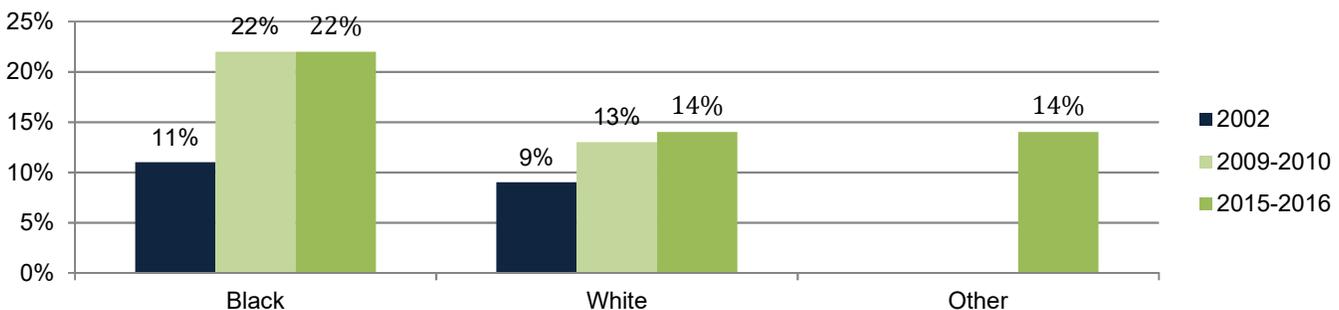
\*\*Denominator is adults who said they had "ever been told they had asthma."

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 35: Asthma in Allegheny County Adults by Age**



**Figure 36: Asthma in Allegheny County Adults by Race**



# HIV/AIDS

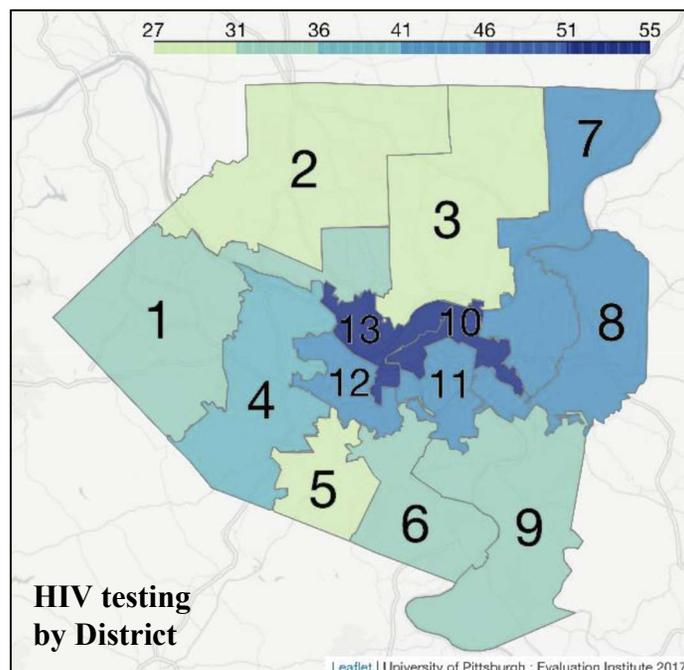
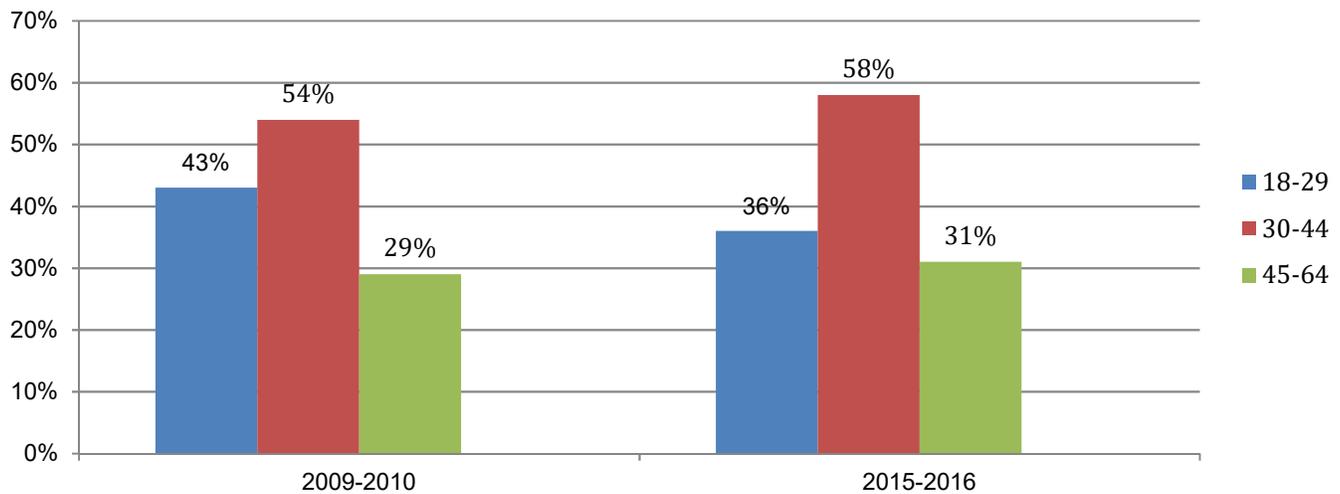
## Ever been tested for HIV (not including as part of blood donation)

- In 2009–2010, 39% of Allegheny County adults under age 65 said they had ever been tested for HIV, aside from testing as part of the blood-donation process.
- A significantly higher percentage of black adults reported ever being tested for HIV.
- A significantly lower percentage of adults aged 45-64 reported having ever been tested for HIV than younger age groups.

### CHANGES: 2002 through 2015-2016

- HIV testing was higher, recently, in all but the youngest age group.

**Figure 37: Ever Had HIV Test by Age, 2009-2010 and 2015-2016**

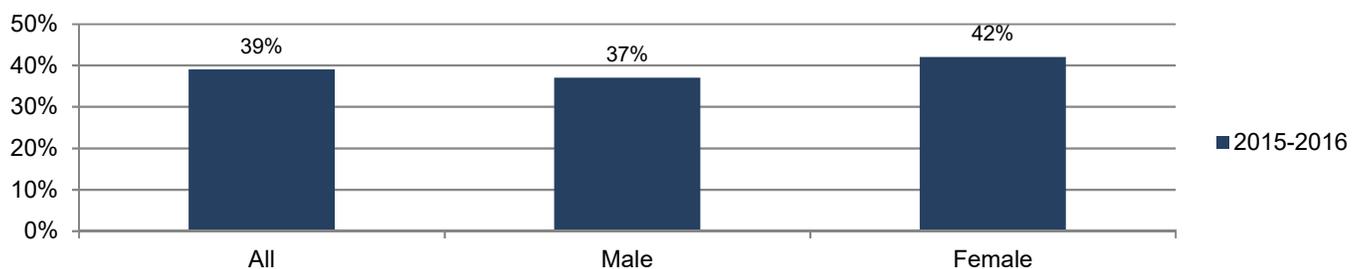


**Table 17: HIV testing, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

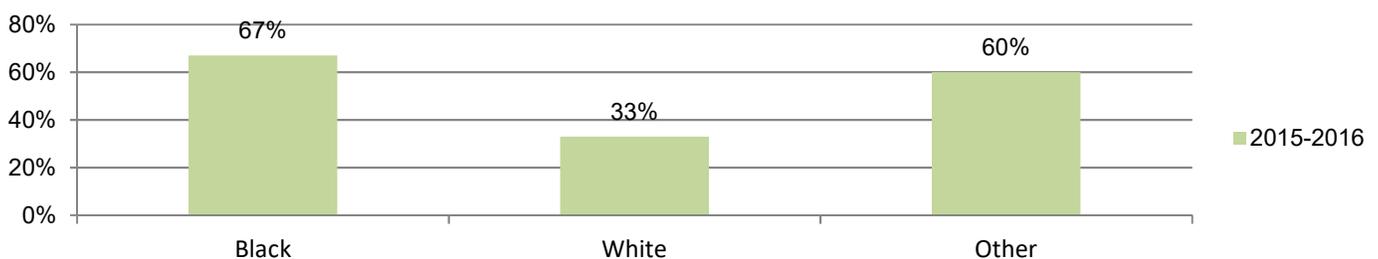
	Ever Tested for HIV* (Not Including Blood Donations)			
	Total No.	No.	%	CI
All Adults	5619	2169	39	38-41
Male	2473	913	37	35-39
Female	3146	1256	42	40-44
Age:				
18–29	902	341	36	33-40
30–44	1405	811	58	55-61
45–64	3312	1017	31	29-33
65+				
Education:				
< High School	142	69	53	43-62
High School	1137	399	37	34-40
Some College	1519	591	39	36-42
College Degree	2816	1108	40	38-42
Household Income:				
< \$15,000	386	218	58	53-64
\$15,000–24,999	539	251	48	43-53
\$25,000–49,999	1019	438	45	41-48
\$50,000–74,999	880	319	37	33-41
\$75,000+	2307	794	33	31-36
Race:				
White	4417	1460	34	32-36
Black	780	522	67	63-71
Other	374	154	60	49-71

\*Excludes missing, don't know, and refused; among adults aged 18-64.  
 NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 38: Ever Had HIV Test, 2015-2016**



**Figure 39: Ever Had HIV Test by Race, Allegheny County Adults, 2015-2016**



# Health Care Access

## **Do you have health care coverage? (adults 18–64)**

- Only 5 percent of adults aged 18–64 reported no health care coverage in 2015–2016.
- Significantly more young adults said they had no health insurance, compared to adults aged 30 and older.
- Significantly more adults with less than a college degree and those with household incomes of less than \$75,000 reported no health care coverage than college graduates and those with the highest household incomes.
- Black adults were significantly more likely to report no health care coverage than whites.

## **Do you have one person you consider a personal doctor or health care provider?**

- Fifteen percent of adults reported that they do not have a personal health care provider (PCP).
- Men were significantly more likely than women to report no PCP.
- Age and race were factors in having a PCP. Younger adults were significantly more likely to report no PCP, as were black adults.

## **How long since you last visited a health care provider for a routine checkup?**

- Seventy-five percent of adults said they had a routine checkup during the past year.
- Significantly more women than men reported routine care during the past year.
- Age and race were significant factors in routine health care. Adults under 45 were significantly less likely to report routine care within the past year than those over 45.

## **Did you need to see a doctor in the past year, but could not because of cost?**

- Nine percent of adults said there was an instance they needed to see a doctor but could not due to cost, during the past year.
- A significantly higher percentage of adults with less than a college degree said they had to forgo health care due to cost, compared with adults who had earned a college degree.
- A significantly higher percentage of black adults said they had to forego health care due to cost.
- A significantly lower percentage of adults with household incomes of \$75,000 or more said they had to miss seeing a doctor in the past year due to cost, compared with adults with lower household incomes.
- A significantly lower percentage of adults aged 65 and older said they had to forego health care in the past year due to cost.

### **CHANGES: 2002 through 2015–2016**

- The percentage of adults who had no health insurance decreased significantly. In 2002, 10% gave this answer; in 2009–2010, 11% did. In 2015–2016, only 7% had no health insurance.
- Although black adults were significantly less likely to have had a routine checkup in 2009–2010, races were equally likely to have received a checkup in 2015–2016.
- Fewer adults had an incidence in which they needed but couldn't afford a doctor. In 2002, 7% did; in 2009–2010, 11% did, and in 2015–2016, 9% did. However, black adults were nearly twice as likely to not see a doctor because of cost as white adults.

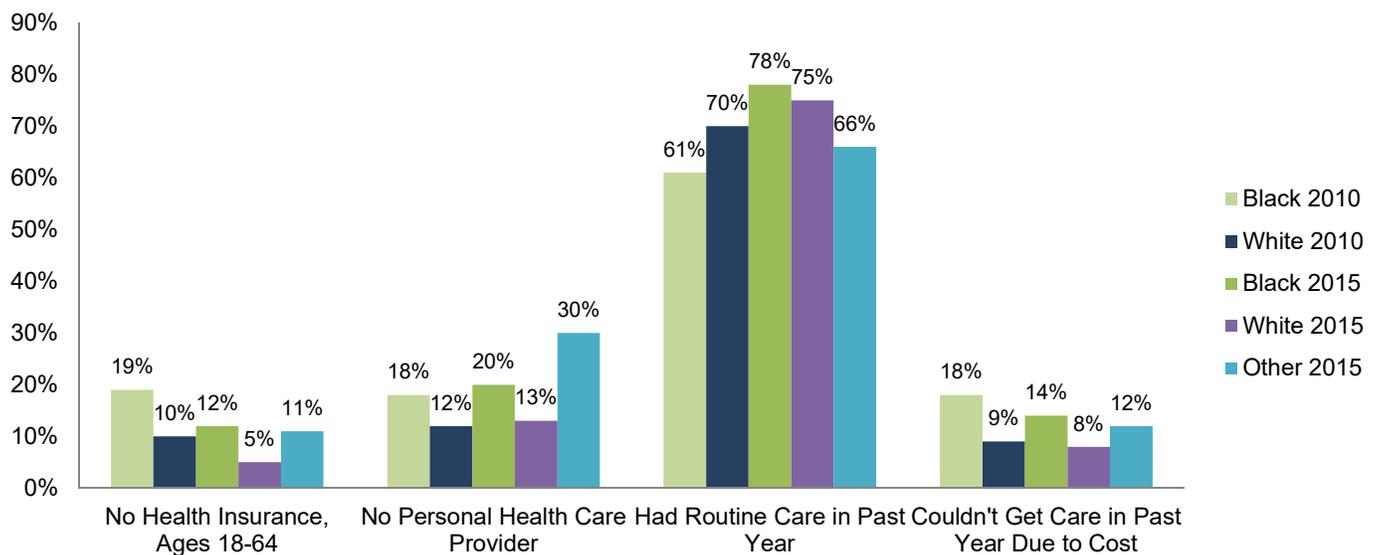
**Table 18: Health Care Access, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	No Health Insurance, Ages 18–64*				Not Able to See Doctor Due to Cost			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	6188	343	7	6-7	9021	734	9	9-10
Male	2709	218	9	8-10	3795	325	10	8-11
Female	3479	125	4	3-5	5226	409	9	8=10
Age:								
18–29	971	98	10	8-12	973	132	13	11-16
30–44	1532	90	7	5-8	1534	165	11	9-13
45–64	3613	152	5	4-5	3612	334	9	8-11
65+	--	--	--	--	2828	96	3	3-4
Education:								
< High School	154	17	10	5-15	272	35	14	9-19
High School	1272	122	10	8-12	2239	232	12	10-13
Some College	1653	113	8	6-9	2387	232	10	9-12
College Degree	3097	90	3	2-4	4111	235	6	5-7
Household Income:								
< \$15,000	441	53	13	9-17	643	103	17	13-20
\$15,000–24,999	591	80	15	11-18	1076	163	17	14-20
\$25,000–49,999	1102	95	9	7-11	1871	196	12	10-14
\$50,000–74,999	950	36	5	3-7	1315	89	9	6-11
\$75,000+	2474	31	2	1-3	269	100	4	3-5
Race:								
White	4810	201	5	4-6	7348	525	8	7-9
Black	872	100	12	9-15	1094	140	14	12-17
Other	445	38	11	7-14	498	57	12	9-16

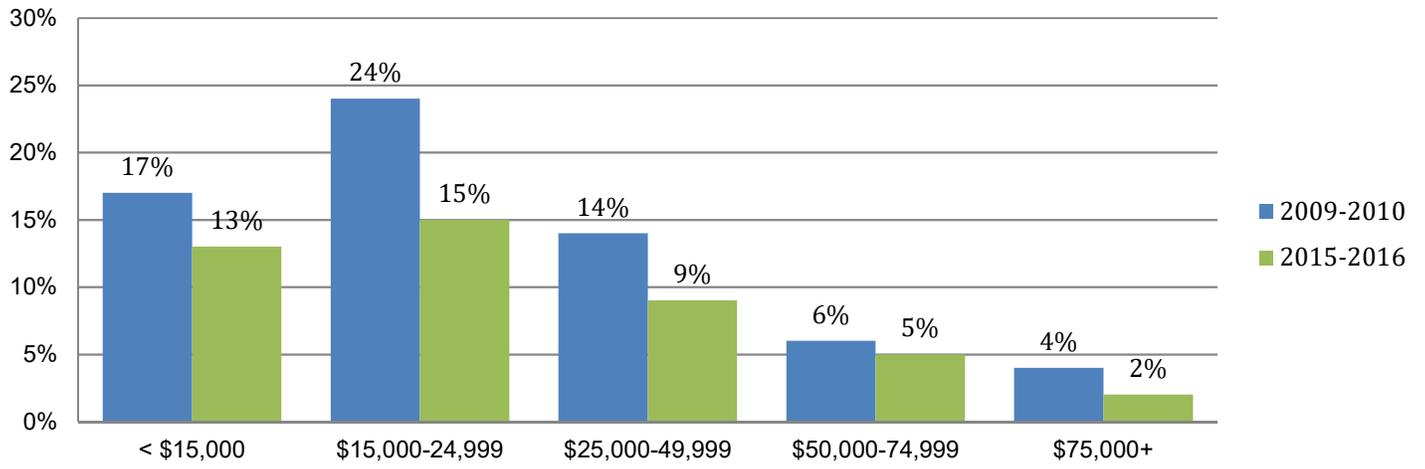
\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

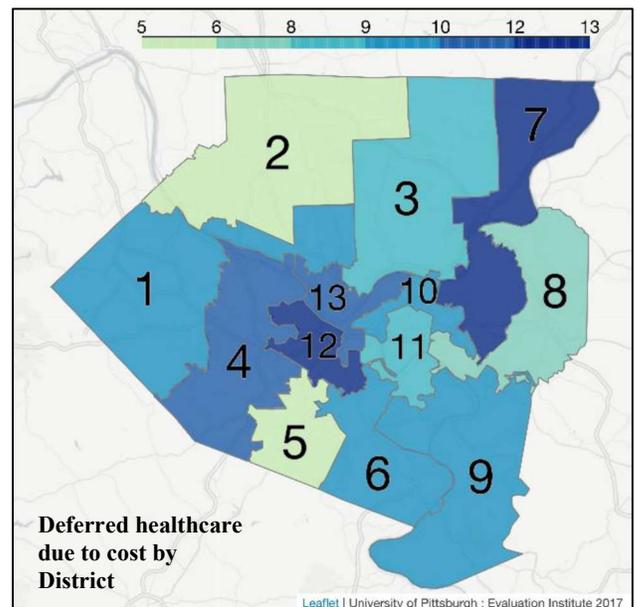
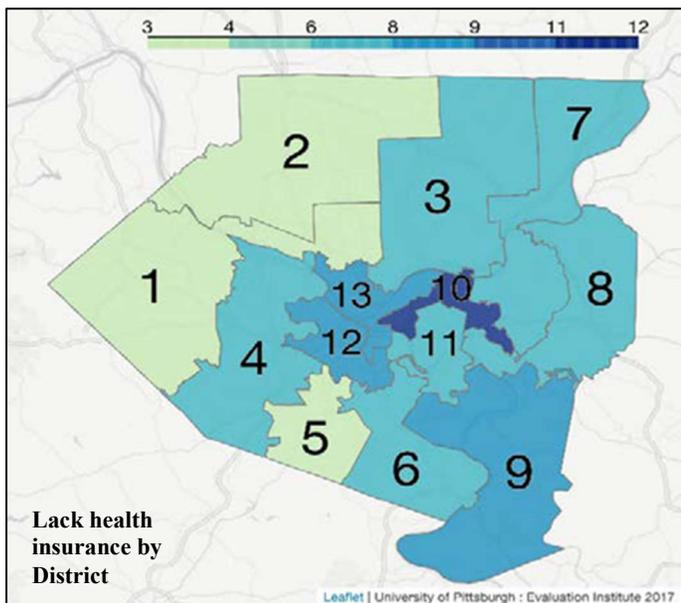
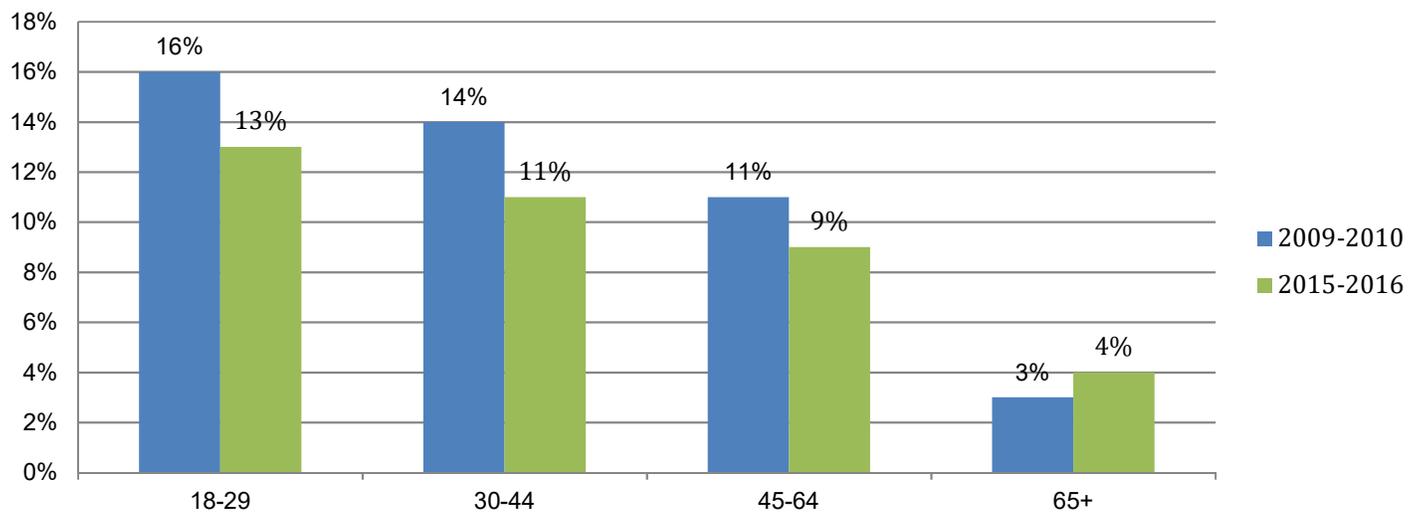
**Figure 40. Health Care Access by Race**



**Figure 41. No Health Insurance, Age 18-64 by Income**



**Figure 42: Couldn't Get Care in Past Year Due to Cost by Age**



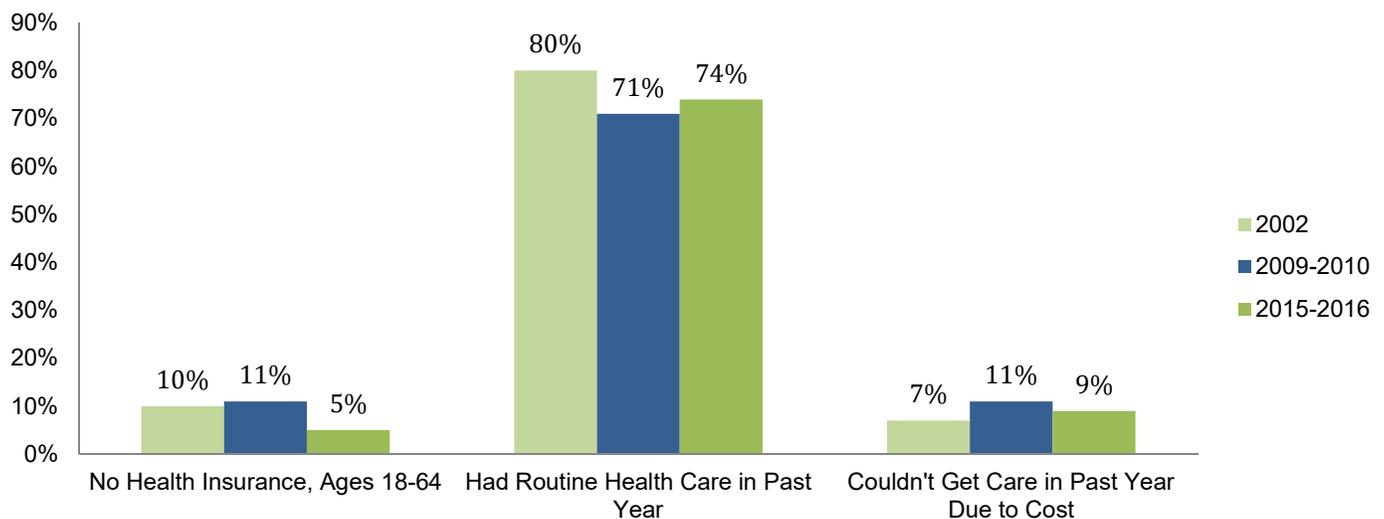
**Table 19: Health Care Access, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

	Had Routine Checkup in Past Year*				Couldn't Receive Care in Past Year Due to Cost*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8995	7009	75	73-76	9021	734	9	9-10
Male	3787	2795	70	68-72	3795	325	10	8-11
Female	5208	4214	79	77-80	5226	409	9	8-10
Age:								
18–29	969	613	64	60-67	973	132	13	11-16
30–44	1528	970	63	60-66	1534	165	11	9-13
45–64	3607	2801	76	75-78	3612	334	9	8-11
65+	2819	2570	91	90-92	2828	96	3	3-4
Education:								
< High School	270	215	76	70-82	272	35	14	9-19
9-19	2231	1822	78	76-80	2239	232	12	10-13
Some College	2379	1871	74	72-77	2387	232	10	9-12
College Degree	4103	3093	72	70-73	4111	235	6	5-7
Income:								
< \$15,000	641	510	77	73-81	643	103	17	13-20
\$15,000–24,999	1072	864	75	71-78	1076	163	17	14-20
\$25,000–49,999	1867	1464	75	72-77	1871	196	12	10-14
\$50,000–74,999	1313	1013	74	71-77	1315	89	8	6-10
\$75,000+	2963	2224	73	71-74	2969	7	3-5	
Race:								
White	7325	5720	75	73-76	7348	525	8	7-9
Black	1094	893	78	74-81	1094	140	14	12-17
Other	495	335	66	61-71	498	57	12	9-16

\*Excludes missing, don't know, and refused.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 43: Health Care Access, Allegheny County Adults**



# Immunizations

The Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC) issues an adult immunization schedule annually.<sup>5</sup> As of this printing, ACIP recommends the seasonal influenza vaccination for all people 6 months of age and older; it also recommends the pneumonia vaccine for adults 65 and older, or sooner for those with another risk factor.

## Have you ever had an HPV vaccination?

- In 2015-2016, 74% of women aged 18-24 said they had ever received an HPV vaccination.

## During the past 12 months, have you had a flu shot? (all adults)

- In 2015–2016, 48% of Allegheny County adults reported having had a flu shot in the past year.
- Older adults were significantly more likely to have had a flu shot in the past 12 months than younger adults.
- Black adults were significantly less likely to have had a flu shot in the past 12 months than white adults.
- There was no significant difference by income or education.

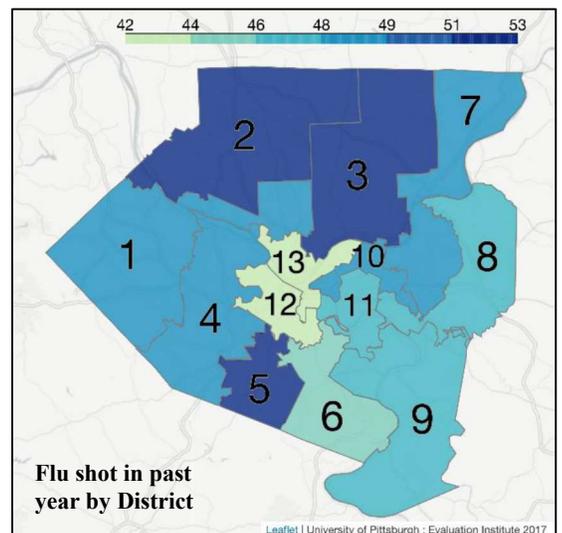
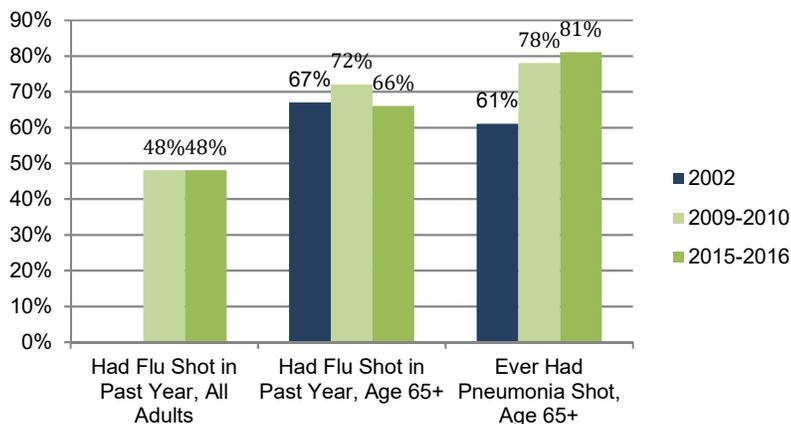
## Have you ever had a pneumonia vaccination? (adults 65 and older)

- In 2015–2016, 81% of Allegheny County adults 65+ reported ever having a pneumonia vaccination.
- There was no significant difference gender, education, or income.

### CHANGES: 2002 through 2015-2016

- The percentage of adults aged 65 and older who received a flu shot increased between 2002 and 2009–2010, and recently returned to 2002 rates.
- The percentage of adults aged 65 and older who received a pneumonia vaccination increased significantly between 2002 and 2009 but did not increase during the recent survey.

**Figure 44: Immunizations, 2002, 2009–2010, and 2015-2016**



**Table 20: Immunizations, Allegheny County Adults, 2015–2016 (with 95% confidence intervals)**

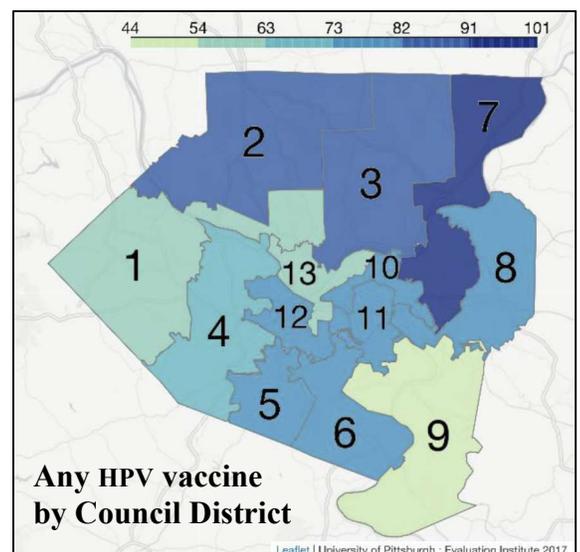
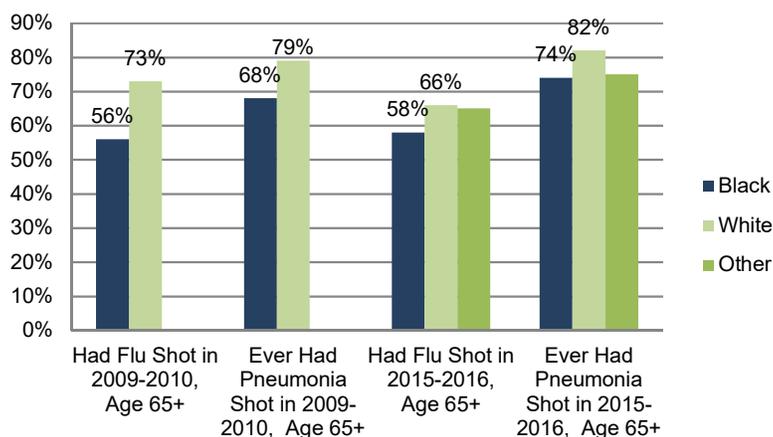
	Ever had HPV Vaccine				Flu Shot in Past Year**				Ever Pneumonia Shot**			
	Total No.	No.	%	CI	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	2803	531	25	23-27	2667	1765	66	64-68	2622	2127	81	80-83
Male	1243	134	14	12-16	1013	692	69	65-72	984	794	82	79-84
Female	1560	397	35	32-38	1654	1073	64	61-68	1638	1333	81	79-84
Age:												
18–29	837	389	47	43-51	--	--	--	--	--	--	--	--
30–44	1325	121	11	9-13	--	--	--	--	--	--	--	--
45–64	587	20	3	1-4	--	--	--	--	--	--	--	--
65+					2667	1765	66	64-68	2622	2127	81	80-83
Education:												
< High School	73	17	28	6-39	97	68	71	60-81	97	80	80	70-90
High School	452	98	25	20-29	903	591	65	61-68	891	736	83	80-86
Some College	731	179	31	27-35	692	443	65	61-69	680	556	81	78-85
College Degree	1538	236	20	18-23	975	663	68	65-71	954	755	80	77-82
Household Income:												
< \$15,000	171	45	32	24-39	188	112	60	52-68	184	142	77	70-84
\$15,000–24,999	283	86	33	27-40	463	304	65	60-70	458	364	80	75-84
\$25,000–49,999	522	105	24	20-29	740	487	66	62-70	730	599	83	79-86
\$50,000–74,999	435	68	20	16-25	354	230	64	58-70	349	278	80	75-85
\$75,000+	1139	166	21	18-24	476	337	71	66-75	466	373	81	77-84
Race:												
White	2068	352	23	21-25	2397	1607	66	64-69	2354	1934	82	80-84
Black	436	125	32	27-38	207	118	58	50-65	206	147	74	67-80
Other	262	50	27	20-34	47	28	65	51-80	46	33	75	62-88

\*Excludes missing, don't know, and refused.

\*\*Among those over age 65

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 45: Immunizations by Race, 2009-2010 and 2015-2016**



# Female Cancer Screening

## Have you had a mammogram within the past year? (women 40 and older)

- In 2015–2016, 52% of Allegheny County women aged 40 and older said they had a mammogram within the past year.
- The percentage of women 40 and older with some college or more who had a mammogram within the past year was significantly higher than the percentage of women 40 and older who did not attend college.
- There were no significant differences in percentages of women 40 and older who said they had a mammogram within the past year according to income.
- There were also no significant differences in percentages of women 40 and older who said they had a mammogram within the past year according to age or race.

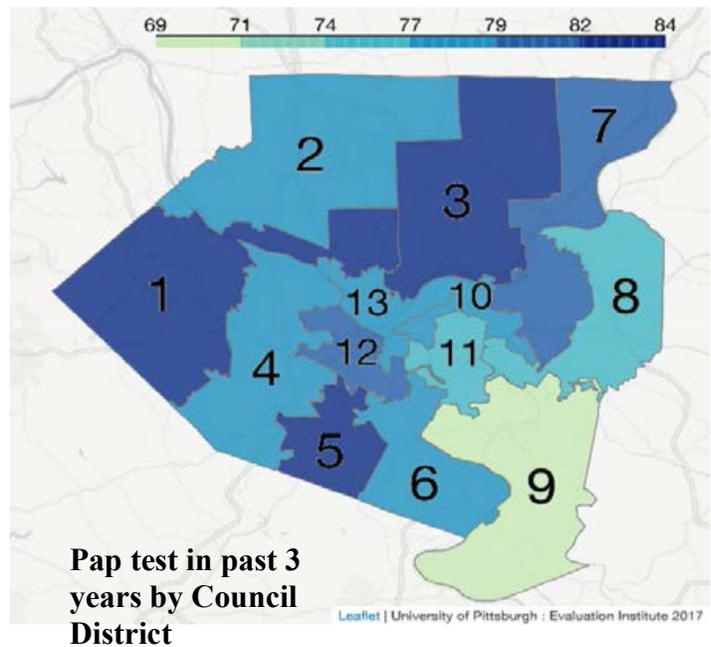
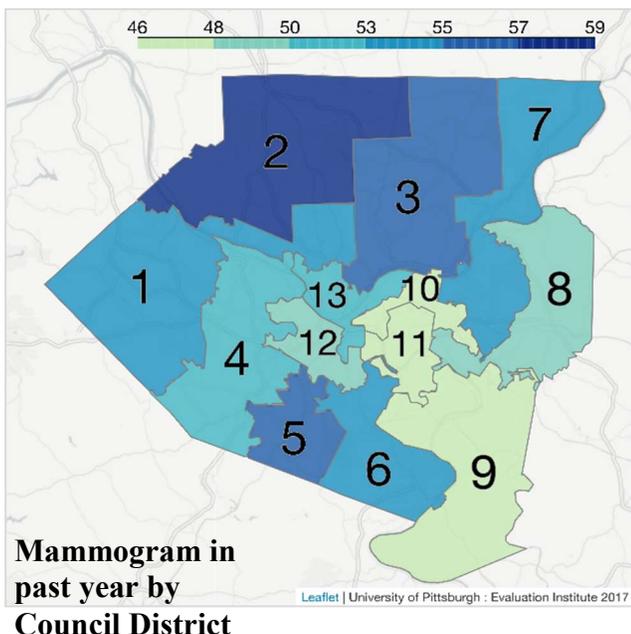
## Have you had a Pap test within the past three years? (women ages 21-70)

- In 2015–2016, 95% of Allegheny County women ages 21–29 said they had a Pap test within the past year.
- Among women aged 30-70, 78% had a Pap test in the past three years.
- Pap testing rates decreased with increasing age
- There were no significant differences in percentages of Pap testing according to education level, household income, or race.

In all cases, the type of Pap test used was unknown.

### CHANGES: 2002 through 2015-2016

- The percentage of women 40 and older who said they had a mammogram within the past year decreased significantly between 2002 and 2009-2010, and again in 2015-2016, 74% to 59% to 52%.
- In both surveys, women with more education were more likely to say they had a mammogram in the past year.



**Table 21: Female Cancer Screening 2015-2016 (with 95% confidence intervals)**

	Had Mammogram in Past Year (Women Aged 40+)* ***				Had Pap test in Past 3 Years (Women Aged 21-70)* **			
	Total No.	No.	%	CI	Total No.	No.	%	CI
Female** ***	4151	2221	52	50-54	3297	2554	78	77-80
Age:								
18-29**	--	--	--	--	283	268	95	92-98
30-44**	308	127	42	35-48	771	689	88	86-91
45-64***	2096	1164	54	52-57	1931	1476	77	75-79
65+***	1747	930	52	54-59	595	389	65	60-69
Education:								
< High School	113	44	38	27-48	58	36	68	54-82
High School	1200	590	48	45-51	679	472	72	68-75
Some College	1152	625	55	51-58	900	668	77	74-80
College Degree	1685	961	56	54-59	1658	1376	85	83-86
Household Income:								
< \$15,000	325	133	38	32-44	224	143	66	59-73
\$15,000-24,999	555	247	43	38-48	308	216	73	67-80
\$25,000-49,999	905	475	52	49-56	654	459	73	69-77
\$50,000-74,999	549	319	57	52-61	515	403	79	75-83
\$75,000+	1194	724	59	56-62	1264	1081	85	83-88
Race:								
White	3528	1897	52	51-54	2734	2096	78	76-79
Black	458	243	50	44-56	403	326	83	79-88
Other	135	66	50	35-66	133	112	83	76-90

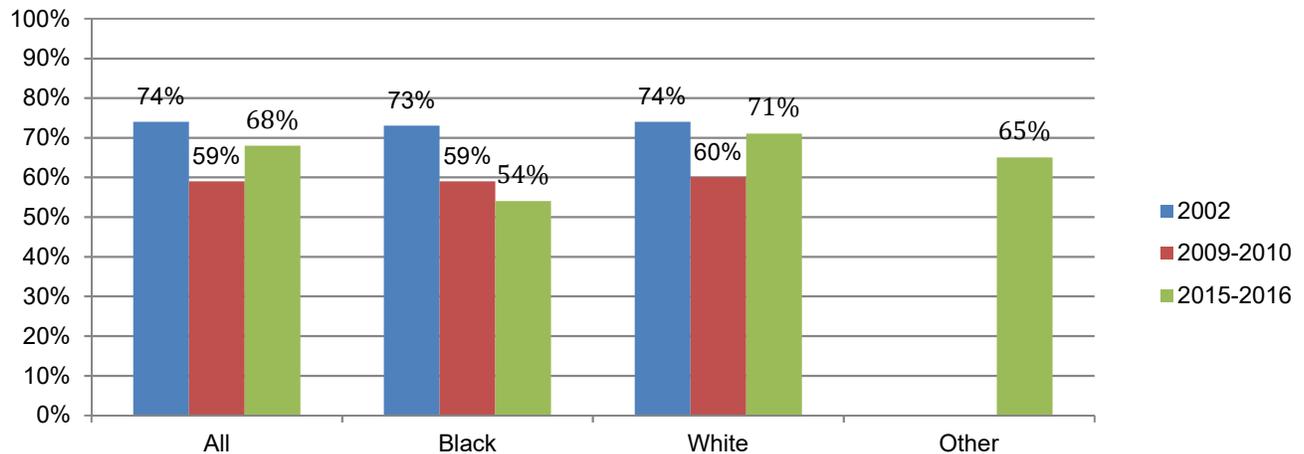
\*Excludes missing, don't know, and refused.

\*\*Of women aged 30-70, in accord with American Cancer Society guidelines.

\*\*\*Of women aged 40+, in accord with American Cancer Society guidelines.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 46: Mammograms In The Past Year, 2002 through 2015-2016**



# Colorectal Cancer Screening

The American Cancer Society (ACS) recommends that adults aged 50 and older undergo colorectal cancer screening as appropriate to their risk and circumstance, after discussion with their physician.<sup>6</sup>

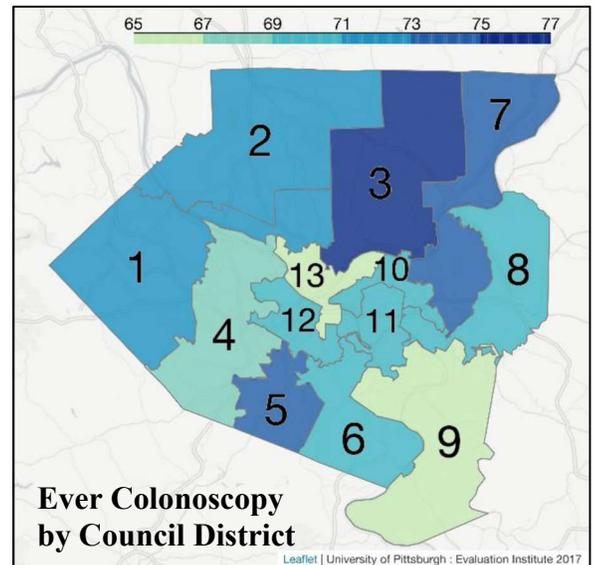
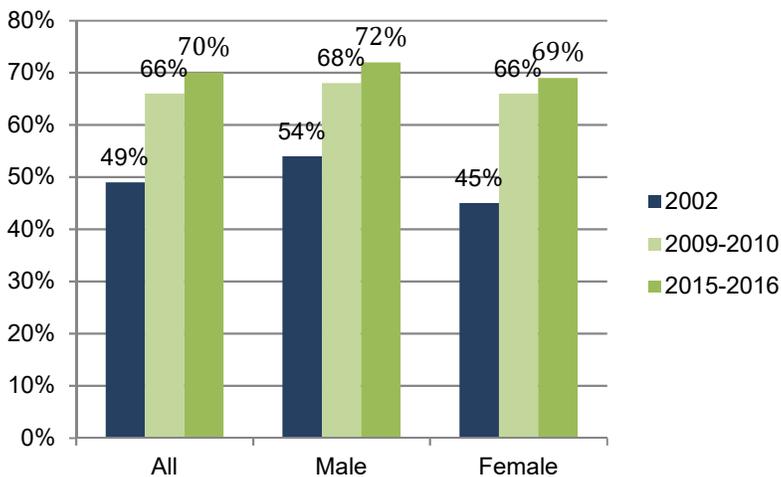
## Have you ever had a sigmoidoscopy or a colonoscopy? (adults 50 and older)

- In 2015–2016, 70% of Allegheny County adults aged 50 and older said they had ever had a sigmoidoscopy or colonoscopy.
- Increased screening rates were associated with higher educational attainment.
- The data showed no significant differences based on gender, household income, or race.

### CHANGES: 2002 through 2015-2016

- Significant increases were seen in colorectal screening during this time, from 49% to 66% to 70% of all adults 50 and older.
- There were increases for both males and females, from 54% to 68% to 72% for men and 45% to 65% to 69% for women, respectively.
- However, a disparity by education level persisted across this time frame.

**Figure 47: Colorectal Screening, by Gender**



**Table 22: Colorectal Cancer Screening, Adults 50+, 2015–2016 (with 95% confidence intervals)**

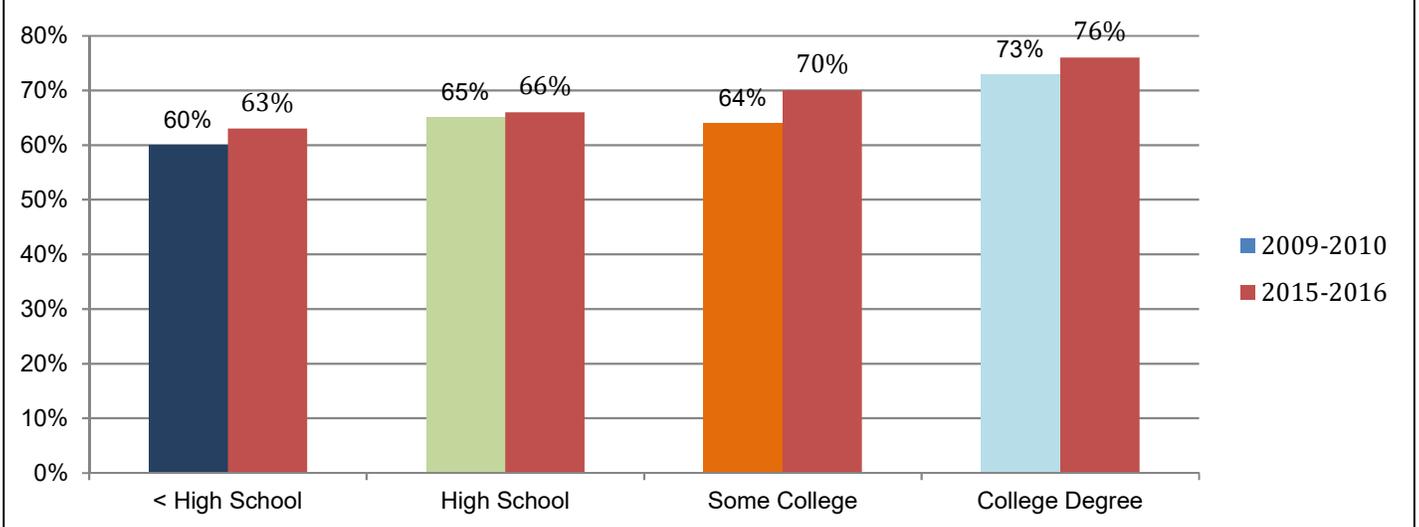
	Ever Had a Sigmoidoscopy or Colonoscopy* **			
	Total No.	No.	%	CI
Adults 50+	5458	4006	70	69-72
Male	2152	1641	72	70-75
Female	3306	2365	69	67-71
Education:				
< High School	162	104	62	53-71
High School	1541	1057	66	63-69
Some College	1471	1065	70	67-72
College Degree	2276	1775	76	74-78
Household Income:				
< \$15,000	382	237	58	52-64
\$15,000–24,999	703	471	65	61-69
\$25,000–49,999	1221	888	70	67-73
\$50,000–74,999	791	599	75	71-78
\$75,000+	1633	1265	73	70-76
Race:				
White	4755	3503	71	69-72
Black	512	369	67	62-72
Other	153	110	72	64-80

\*Excludes missing, don't know, and refused.

\*\*Data collected for adults aged 50 and older.

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 48: Colorectal Screening by Education Level, 2015-2016**



# Financial Distress

## Stressed or worried about ability to pay rent or mortgage in the past 12 months

- In 2015-2016, 45% of Allegheny County adults said they were never stressed or worried about their ability to pay their rent or mortgage during the past 12 months.
- A significantly higher proportion of women reported being stressed or worried than men.
- The percentage of adults who reported being stressed or worried was lower for those with college degrees than those with less education. It was also lower for those aged 65 and older than younger adults.
- Predictably, stress and worry about ability to pay rent or mortgage is related to household income. The percentage reported was significantly lower for those with household incomes of \$50,000 or more.
- Black adults were significantly more likely to report stress or worry about ability to pay their rent or mortgage.

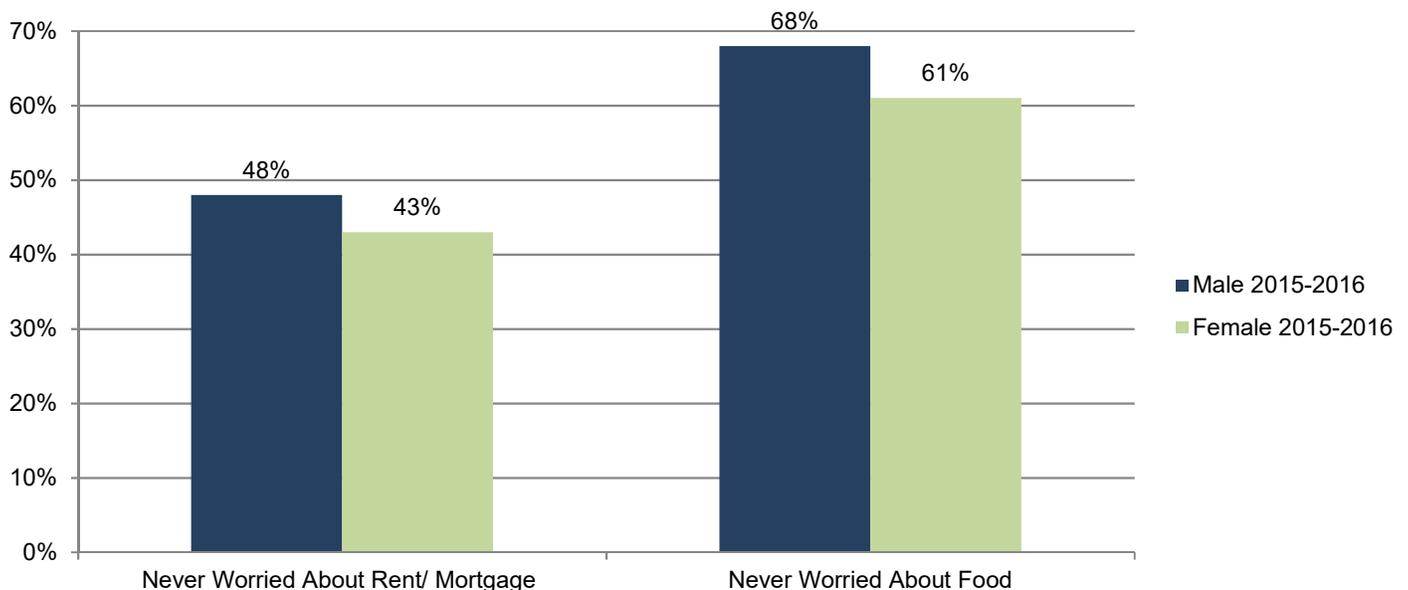
## Stressed or worried about ability to buy nutritious food in the past 12 months

- In 2015-2016, 64% of Allegheny County adults said they were never stressed or worried about buying nutritious food in the past 12 months.
- A significantly higher proportion of women reported being stressed or worried than men.
- Household income factored into stress or worry about ability to buy nutritious food, with the percentages tending to decrease with increases in income. As household incomes increased, stress or worry about ability to buy nutritious food decreased significantly.
- Adults with a college degree were less likely to be stressed or worried than those with less education; those 65 and older were less likely to be stressed or worried than younger adults.
- Black adults were significantly more likely to report stress or worry about ability to buy nutritious foods.

### CHANGES: 2002 through 2015-2016

- Information was gathered in a different way this year than in previous surveys.

**Figure 49: Financial Distress By Gender**



**Table 23: Financial Distress, Allegheny County Adults, 2015–2016  
(with 95% confidence intervals)**

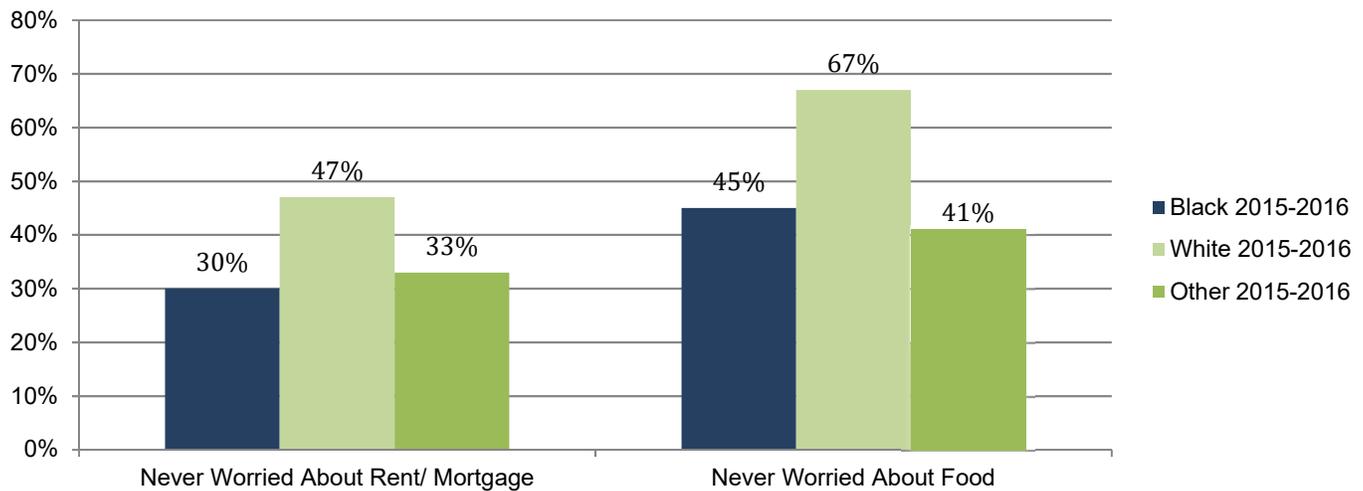
	Never Stressed/worried About Paying Rent/ Mortgage in Past 12 Months* **				Never Stressed/Worried About Paying for Food in Past 12 Months*			
	Total No.	No.	%	CI	Total No.	No.	%	CI
All Adults	8369	5690	45	44-47	8369	1486	64	63-65
Male	3298	1743	48	47-51	3505	2527	68	66-70
Female	4635	2165	43	41-44	4864	3163	61	59-62
Age:								
18–29	682	234	32	28-36	910	475	52	48-55
30–44	1366	509	36	33-39	1415	811	56	53-59
45–64	3287	1547	45	43-47	3361	2286	66	64-68
65+	2553	1596	63	61-65	2627	2075	79	77-81
Education:								
< High School	213	77	30	24-37	239	123	48	41-56
High School	1907	837	41	39-44	2022	1233	58	55-61
Some College	2078	859	38	36-41	2237	1375	59	56-61
College Degree	3732	2133	55	53-57	3862	2951	74	73-76
Household Income:								
< \$15,000	532	139	25	21-29	567	204	34	30-39
\$15,000–24,999	935	288	26	23-30	994	445	41	37-45
\$25,000–49,999	1690	723	39	36-42	1758	1048	54	51-57
\$50,000–74,999	1202	587	45	42-48	1245	896	68	64-71
\$75,000+	2729	1695	59	57-61	2842	2375	81	79-83
Race:								
White	6541	3368	47	46-49	6885	4875	67	65-68
Black	919	302	30	26-33	974	473	45	41-49
Other	411	213	33	24-43	440	302	41	31-51

\*Excludes missing, don't know, and refused.

\*\*Does not include adults who have "other arrangements" for their housing (e.g., group home, staying with friends or family without paying rent).

NOTE: In all cases, numbers are unweighted and percentages are based on weighted data.

**Figure 50: Financial Distress By Race**



# Technical Notes

## **Overview**

In an effort to obtain quality county-level data on health behaviors, the Allegheny County Health Department (ACHD) contracted with the Evaluation Institute (EI) at the University of Pittsburgh's Graduate School of Public Health (GSPH) to conduct a population-based, county-wide, random-digit-dial telephone survey. This survey was modeled after the Behavioral Risk Factor Surveillance System (BRFSS) conducted yearly in each of the nation's fifty states under the guidance of the Centers for Disease Control and Prevention (CDC).

The Sampling Strategy was designed by Marketing Systems Group for the EI.

## **Sampling Strategy**

### **Design Overview:**

A Behavioral Risk Factor Surveillance System (BRFSS) survey of adults 18 and over within the Allegheny County was desired. In order to maximize coverage of adults, a countywide dual frame design was used that included both landline and cellular telephone numbers. To further ensure an effective sampling strategy using landline telephone frame developed by Marketing Systems Group (MSG) while keeping specific geographic coverage of the 13 council districts, a k-means clustering algorithm was applied to the group of 13 into two strata for sampling. Compared to 13 council districts, the final two strata are more purely covered by a collection of 1k banks that service almost entirely one of more of the districts that are included in that stratum. The sample units from the cellular frame were selected independently, regardless of which district they might reside. A probability-based sampling via random digit dial (RDD) was then conducted within each strata of the landline telephone frame and also within the cellular frame to ensure that a reproducible and representative sample was obtained.

In total, 86,790 landline and 79,200 cellular telephone numbers were sampled from their respective universes of 1,437,468 and 1,892,417 total possible numbers. The survey secured a total of 9,032 interviews with adults (3,717 of which were obtained from the landline frame while the remaining 5,315 were obtained from the cellular frame).

## **Weighting plan:**

The potential weighting variables were selected from a series of weighting variables used in previous BRFSS studies<sup>1 2</sup> and core demographic variables that have been used in MSG weighting projects. The final weighting variables do not exactly match those listed in the literature, because not all weighting variables used in the previous nationwide BRFSS surveys are suitable for the use of weighting in this county-level BRFSS study. Moreover, due to clients' desire to perform their future analysis at the health district level, the sample weights were constructed based on the joint distribution of demographic and geographic variables. This guarantees that the distributions of different demographic information for the entire sample are matched to their population counterparts within the 13 health districts. The final variables used for the weighting process include:

1. District by Age by Gender
2. District by Race
3. District by Education
4. District by Income
5. District by Marital Status
6. Cell-Phone Status
7. Hispanic Ethnicity

## **Weighting methodology:**

Virtually, all survey data are weighted before they can be used to produce reliable estimates of population parameters. While reflecting the selection probabilities of sampled units, weighting also attempts to compensate for practical limitations of a sample survey, such as differential non-response and under-coverage. The weighting process for this survey entailed two major steps. The first step consisted of computation of the *design weights* to reflect selection probabilities of households. In the second step, design weights were calibrated so that the resulting final weights would aggregate to reported totals for the target population, with respect to specific geo-demographic characteristics.

The computation of the design weights consisted of two steps: computation of the base weight and adjustment for multiplicity/selection of an adult within the household. The base weight was computed separately for each frame for landline and cell phone only adults. For those adults who were dual users, a base weight that reflected possibilities of being included in the sample from either of the two frames was computed. The multiplicity adjustment for within household selection of one adult for respondents on the landline frame was capped at 3, for those households that had 3 or more adults.

For the calibration step, weights were adjusted using an iterative proportional fitting method called raking; whereby, design weights were simultaneously adjusted along several dimensions using the *WgtAdjust* procedure of SUDAAN ([www.rti.org/sudaan](http://www.rti.org/sudaan)). This calibration procedure ensures that all weighted frequency counts along any of the raking dimensions match their corresponding population totals obtained from external sources (<http://www2.sas.com/proceedings/sugi29/207-29.pdf>). In order for the calibration to be successful, each sampled unit must not have missing values on the variables used as part of the raking procedure. To this end, we imputed missing values on the specific variables (some variables were categorical variables of original survey items) using a weighted sequential hot deck procedure in SUDAAN. This process ensures that the overall weighted distributions of the imputed data match those of the original data. The missing values were imputed, based on classes determined by combinations of phone status (e.g., landline only, cell only or dual user) and gender in part due to the potential for these variables to be related to the outcomes of interest as well as to the item-level "missingness." These two variables were also chosen based on their overall level of completeness with neither phone status nor gender showing any missing values. A final weight adjustment step was undertaken to

---

<sup>1</sup>Battaglia, M. P., Frankel, M. R., & Link, M. W. (2008, March). Improving standard post-stratification techniques for random-digit-dialing telephone surveys. In *Survey Research Methods* (Vol. 2, No. 1, pp. 11-19).

<sup>2</sup>Rao, R. S., Link, M. W., Battaglia, M. P., Frankel, M. R., Giambo, P., & Mokdad, A. H. (2005). Assessing representativeness in RDD surveys: coverage and nonresponse in the behavioral risk factor surveillance system. In *Proceedings of the Annual Meeting of the American Statistical Association [CD-ROM]*. Alexandria (VA): American Statistical Association.

trim the upper tail at 97.5% of the distribution, effectively a 2.5% trim. These trimmed weights were recalibrated so that no final weight exceeded six times the interquartile range of the final weights.

The requisite population totals for this study were obtained from Nielsen Claritas Census Block Group level estimates as of January 2017. The only exception is cell-phone status, which was obtained from Marketing Systems Group Q4-2016 county-level estimates. Please see the supplemental Excel spreadsheet for detailed counts within each category.

### **Variance Estimation for Weighted Data:**

Survey estimates can only be interpreted properly in light of their associated sampling errors. Since weighting often increases variances of estimates, use of standard variance calculation formulae with weighted data can result in misleading statistical inferences. With weighted data, two general approaches for variance estimation can be distinguished. One method is *Taylor Series Linearization* and the second is *Replication*. There are several statistical software packages that can be used to produce design-proper estimates of variances, including SAS, SUDAAN, SPSS, and Stata.

**An Approximation Method for Variance Estimation** can be used to avoid the need for special software packages. Researchers who do not have access to such tools for design-proper estimation of standard errors can approximate the resulting variance inflation, due to weighting, and incorporate that in subsequent calculations of confidence intervals and tests of significance. With  $w_i$  representing the final weight of the  $i^{\text{th}}$  respondent, the inflation due to weighting, which is commonly referred to as *Unequal Weighting Effect (UWE)*, can be approximated by:

$$\delta = 1 + \frac{\sum_{i=1}^n \frac{(w_i - \bar{w})^2}{n-1}}{\bar{w}^2}$$

For calculation of a confidence interval for an estimated percentage,  $\hat{p}$ , one can obtain the conventional variance of the given percentage and multiply it by the approximated design effect,  $\delta$ , and use the resulting quantity as adjusted variance. As such, the adjusted standard deviation for the percentage in question would be given by:

$$S(\hat{p}) \approx \sqrt{\frac{\hat{p}(1-\hat{p})}{n-1} \left(\frac{N-n}{N}\right)} \times \delta$$

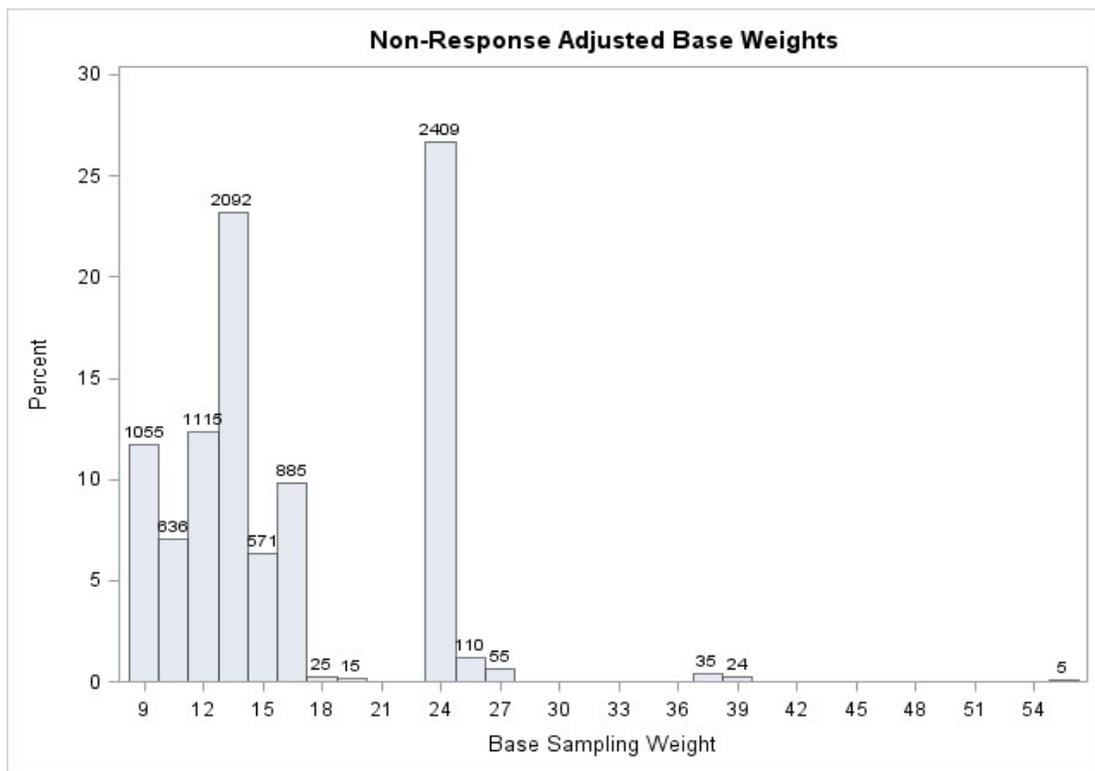
Subsequently, the  $(100-\alpha)$  % confidence interval for  $P$  would be given by:

$$\hat{p} - z_{\alpha/2} \sqrt{\frac{\hat{p}(1-\hat{p})}{n-1} \left(\frac{N-n}{N}\right)} \times \delta \leq P \leq \hat{p} + z_{\alpha/2} \sqrt{\frac{\hat{p}(1-\hat{p})}{n-1} \left(\frac{N-n}{N}\right)} \times \delta$$

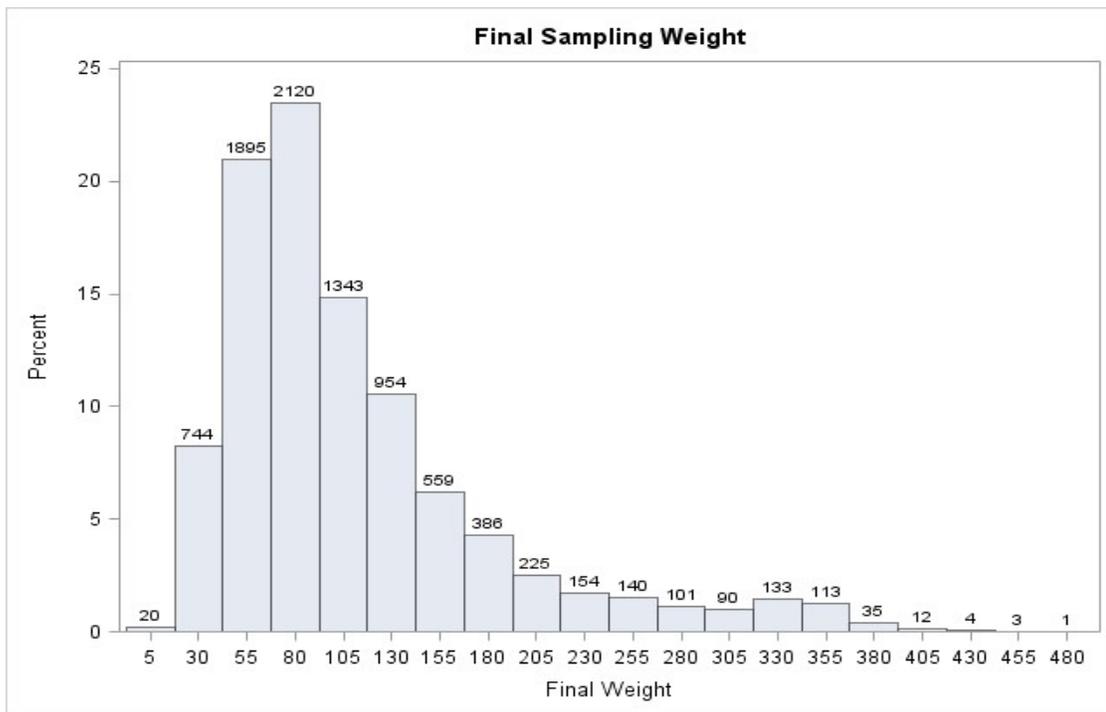
### **Summary Information for the Weighted Data:**

An overall histogram illustrating the design weights computed from the first step as well as the final, calibrated weights from the second are shown in the following Figures 1 and 2, respectively. Based on the UWE equation in the previous section, the value computed for this study, based on the final weights, is: 1.425. The UWE for the first stage weight (without calibration to population totals) was 1.130. The increase in the UWE is expected, as the calibration process potentially decreases coverage/nonresponse bias at the expense of increases in the variability of the sampling weights. However, in this case, the increase is rather small. The UWE of 1.425 can be used in the computation of confidence intervals for estimates derived, using the final sampling weights as described in the previous section.

**Figure 1:** Distribution of the Base Design Weights, from Step 1 of the Overall Weight computation (including base weight-probability of selection as well as multiplicity for within household selection of one adult).



**Figure 2:** Distribution of the final Calibrated Sampling Weights. These weights should be used in all analyses.



# Appendix A

## **2015-2016 AC-BRFSS Questions and Responses**

The questionnaire for the 2015–2016 AC-BRFSS was comprised of questions from three sources:

- 1) the core sections of the CDC BRFSS 2015 questionnaire,
- 2) selected optional modules of the 2015 CDC BRFSS, and
- 3) questions requested by the community partners who funded the AC-BRFSS.



**2015**

**Allegheny County Health Survey  
Questionnaire**

**May 7, 2015**

# Behavioral Risk Factor Surveillance System

## 2015 Questionnaire

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# Interviewer's Script

Hello, my name is \_\_\_\_\_ and I'm calling from the University of Pittsburgh on behalf of the Allegheny County Health Department. We are calling today in hopes that you or someone in your household would be willing to provide us with information about health and health behaviors. This information will help the health department better serve your community as well as other communities in the county. Your number has been chosen randomly, and I would like to ask some questions about health and health practices.

Is this     (phone number)     ?

Is this a private residence?

**READ ONLY IF NECESSARY:** "By private residence, we mean someplace like a house or apartment."

Yes	[Go to state of residence]
No	[Go to college housing]

No, business phone only

If "No, business phone only".

Thank you very much but we are only interviewing persons on residential phones lines at this time.

## **College Housing**

Do you live in college housing?

**READ ONLY IF NECESSARY:** "By college housing we mean dormitory, graduate student or visiting faculty housing, or other housing arrangement provided by a college or university."

Yes
No

If "No",

Thank you very much, but we are only interviewing persons who live in a private residence or college housing at this time.

**County of Residence**

Do you reside in Allegheny County?

- Yes
- No

**If "No"**

Thank you very much, but we are only interviewing persons who live in Allegheny County at this time. STOP

**Cell Phone or Land Line**

Is this a cellular telephone?

1. Yes, a cellular telephone
2. No, not a cellular telephone, continue.

Are you 18 years of age or older?

- 1 Yes, respondent is male
- 2 Yes, respondent is female
- 3 No

If "No",

Thank you very much, but we are only interviewing persons aged 18 or older at this time. STOP

## **Adult Random Selection**

I need to randomly select one adult who lives in your household to be interviewed. How many members of your household, including yourself, are 18 years of age or older?

\_\_\_ Number of adults

If "1,"

Are you the adult?

If "yes,"

Then you are the person I need to speak with. Enter 1 man or 1 woman below (Ask gender if necessary).

Go to page 6.

If "no,"

Is the adult a man or a woman? Enter 1 man or 1 woman below. May I speak with [fill in (him/her) from previous question]? Go to "correct respondent" on the next page.

How many of these adults are men and how many are women?

\_\_\_ Number of men

\_\_\_ Number of women

The person in your household that I need to speak with is \_\_\_\_\_.

**To the correct respondent:**

Hello, my name is \_\_\_\_\_ and I'm calling from the University of Pittsburgh on behalf of the Allegheny County Health Department. We are calling today in hopes that you or someone in your household would be willing to provide us with information about health and health behaviors. This information will help the health department better serve your community as well as other communities in the county. Your number has been chosen randomly, and I would like to ask some questions about health and health practices.

**Informed Consent**

Before we begin the survey I want to be sure that three things are completely clear:

- 1) We are a University of Pittsburgh research team doing this research study for the Allegheny County Health Department;
- 2) We may call you back to verify information we collect today for quality assurance; and
- 3) Your willingness to help is voluntary and the information you provide is confidential. Some people may find health questions to be uncomfortable. You may refuse to answer any question that is asked.

**[READ ONLY]** If the respondent is hesitant and/or has questions about legitimacy provide him/her with the information below:

\* If you have questions about the survey, you can call the director of the study (Dr. Abigail Foulds) @ 412-383-7028.

Would you like to participate?

Yes

No

## Core Sections

### Section 1: Health Status

---

1.1 Would you say that in general your health is\_\_?

Please read:

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair

Or

- 5 Poor

Do not read:

- 7 Don't know / Not sure
- 9 Refused

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

---

2.1 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- — Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

**2.2** Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

- — Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

**2.3** During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

- — Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

### Section 3: Health Care Access

---

**3.1** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare, or Indian Health Service?

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

**3.2** Do you have one person you think of as your personal doctor or health care provider?

If "No," ask: "Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"

- 1 Yes, only one
- 2 More than one
- 3 No
- 7 Don't know / Not sure
- 9 Refused

**3.3** Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

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

**3.4** About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

- 7 Don't know / Not sure
- 8 Never
- 9 Refused

## Section 4: Hypertension Awareness

---

**4.1** Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

**Read only if necessary:** By “other health professional” we mean a nurse practitioner, a physician’s assistant, or some other licensed health professional.

If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”

- 1 Yes
- 2 Yes, but female told only during pregnancy
- 3 No
- 4 Told borderline high or pre-hypertensive
- 7 Don't know / Not sure
- 9 Refused

**4.2** Are you currently taking medicine for your high blood pressure?

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

## Section 5: Cholesterol Awareness

---

**5.1** Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?

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

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

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused

**5.3** Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

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

## Section 6: Chronic Health Conditions

---

Now I would like to ask you some questions about general health conditions.

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

**6.1** (Ever told) you that you had a heart attack also called a myocardial infarction?

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

**6.2** (Ever told) you had angina or coronary heart disease?

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

**6.3** (Ever told) you had a stroke?

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

**6.4** (Ever told) you had asthma?

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

**6.5** Do you still have asthma?

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

**6.6** (Ever told) you had skin cancer?

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

**6.7** (Ever told) you had any other types of cancer?

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

**6.8** (Ever told) you have Chronic Obstructive Pulmonary Disease or COPD, emphysema or chronic bronchitis?

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

**6.9** (Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

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

**INTERVIEWER NOTE:** Arthritis diagnoses include:

- rheumatism, polymyalgia rheumatica
- 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)

**6.10** (Ever told) you have a depressive disorder, including depression, major depression, dysthymia, or minor depression?

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

**6.11** (Ever told) you have kidney disease? Do NOT include kidney stones, bladder infection or incontinence.

**INTERVIEWER NOTE:** Incontinence is not being able to control urine flow.

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

**6.12** (Ever told) you have diabetes?

If "Yes" and respondent is female, ask: "Was this only when you were pregnant?"

If respondent says pre-diabetes or borderline diabetes, use response code 4.

- 1 Yes
- 2 Yes, but female told only during pregnancy
- 3 No
- 4 No, pre-diabetes or borderline diabetes
- 7 Don't know / Not sure
- 9 Refused

**6.13** How old were you when you were told you have diabetes?

- Code age in years [97 = 97 and older]
- 9 8 Don't know / Not sure
- 9 9 Refused

**CATI NOTE:** Go to Diabetes Optional Module (if used). Otherwise, go to next section.

## Section 7: Demographics

---

**7.1** Indicate sex of respondent. Ask only if necessary.

- 1 Male
- 2 Female

**7.2** What is your age?

- Code age in years
- 0 7 Don't know / Not sure
- 0 9 Refused

**7.3** Are you Hispanic, Latino/a, or Spanish origin?

If yes, ask: Are you...

**INTERVIEWER NOTE:** *One or more categories may be selected.*

- 1 Mexican, Mexican American, Chicano/a
- 2 Puerto Rican
- 3 Cuban
- 4 Another Hispanic, Latino/a, or Spanish origin

Do not read:

- 5 No
- 7 Don't know / Not sure
- 9 Refused

**7.4** Which one or more of the following would you say is your race?

**INTERVIEWER NOTE:** Select all that apply.

**INTERVIEWER NOTE:** 40 (Asian) or 50 (Pacific Islander) is selected read and code subcategories underneath major heading.

Please read:

- 10 White
- 20 Black or African American
- 30 American Indian or Alaska Native
- 40 Asian
  - 41 Asian Indian
  - 42 Chinese
  - 43 Filipino
  - 44 Japanese
  - 45 Korean
  - 46 Vietnamese
  - 47 Other Asian
- 50 Pacific Islander
  - 51 Native Hawaiian
  - 52 Guamanian or Chamorro
  - 53 Samoan
  - 54 Other Pacific Islander

Do not read:

- 60 Other
- 88 No additional choices
- 77 Don't know / Not sure
- 99 Refused

**CATI NOTE:** If more than one response to Q7.4; continue. Otherwise, go to Q7.6.

**7.5** Which one of these groups would you say best represents your race?

**INTERVIEWER NOTE:** If 40 (Asian) or 50 (Pacific Islander) is selected read and code subcategory underneath major heading.

- 10 White
- 20 Black or African American
- 30 American Indian or Alaska Native
- 40 Asian
  - 41 Asian Indian
  - 42 Chinese
  - 43 Filipino
  - 44 Japanese
  - 45 Korean
  - 46 Vietnamese
  - 47 Other Asian
- 50 Pacific Islander
  - 51 Native Hawaiian
  - 52 Guamanian or Chamorro
  - 53 Samoan
  - 54 Other Pacific Islander

Do not read:

- 60 Other
- 77 Don't know / Not sure
- 99 Refused

**7.6** Are you...?

Please read:

- 1 Married
- 2 Divorced
- 3 Widowed
- 4 Separated
- 5 Never married

Or

- 6 A member of an unmarried couple

Do not read:

- 9 Refused

**7.7** What is the highest grade or year of school you completed?

Read only if necessary:

- 1 Never attended school or only attended kindergarten
- 2 Grades 1 through 8 (Elementary)
- 3 Grades 9 through 11 (Some high school)
- 4 Grade 12 or GED (High school graduate)
- 5 College 1 year to 3 years (Some college or technical school)
- 6 College 4 years or more (College graduate)

Do not read:

- 9 Refused

**7.8** Do you own or rent your home?

- 1 Own
- 2 Rent
- 3 Other arrangement
- 7 Don't know / Not sure
- 9 Refused

**INTERVIEWER NOTE:** "Other arrangement" may include group home, staying with friends or family without paying rent.

**NOTE:** Home is defined as the place where you live most of the time/the majority of the year.

**INTERVIEWER NOTE:** We ask this question in order to compare health indicators among people with different housing situations.

**AC.7.9**

The next set of questions provides us with general information about where in Allegheny County you are located. This information will help us look at health behaviors and issues at the neighborhood level.

Is this household within the city of Pittsburgh?

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

**CATI NOTE:** If yes, go to AC.7.10. If no, go to AC.7.11.

**AC.7.10**

In what neighborhood within Pittsburgh do you live?  
\_\_\_\_\_ (See list for codes)

- 9 6 Other (specify \_\_\_\_\_)?
- 9 7 Don't Know?
- 9 8 Not Applicable (lives outside of city)?
- 9 9 Refused/No response?

**AC.7.11**

In what municipality or borough in Allegheny County do you live?

\_\_\_\_\_ (See list on yellow colored sheets for codes)

- 9 6 Other (specify \_\_\_\_\_)
- 9 7 Don't Know
- 9 8 Not Applicable (lives in the City of Pittsburgh)
- 9 9 Refused/No response

**AC.7.12**

What streets make up the nearest street corner to your house?  
(In other words, what TWO STREETS form the NEAREST INTERSECTION?)

\_\_\_\_\_ Street/Avenue/Blvd/Way  
 And  
 \_\_\_\_\_ Street/Avenue/Blvd/Way  
 And  
 \_\_\_\_\_ Street/Avenue/Blvd/Way

**AC.7.13**

What is the ZIP Code where you live?

Enter 5 digit zip code

77777. DON'T KNOW/NOT SURE  
99999. REFUSED

**AC.7.14**

The next question is about your community.

I believe my community is becoming a healthier place in which to live.

[READ] Do you:

- 1. Strongly Agree
- 2. Agree
- 3. Disagree
- 4. Strongly Disagree
- 7. Don't Know/Not Sure
- 9. Refused/No Response

**7.15** Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

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

**7.16** How many of these telephone numbers are residential numbers?

- Residential telephone numbers
- 7 Don't know / Not sure
- 9 Refused

**7.17** Do you have a cell phone for personal use? Please include cell phones used for both business and personal use.

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

**7.18** Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

INTERVIEWER NOTE: Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.

- 1 Yes
- 2 No

Do not read:

- 7 Don't know / Not sure
- 9 Refused

**7.19** Are you currently...?

Please read:

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for 1 year or more
- 4 Out of work for less than 1 year
- 5 A Homemaker
- 6 A Student
- 7 Retired

Or

- 8 Unable to work

Do not read:

- 9 Refused

**7.20** How many children less than 18 years of age live in your household?

- — Number of children
- 8 8 None
- 9 9 Refused

**7.21** Is your annual household income from all sources—

If respondent refuses at ANY income level, code '99' (Refused)

Read only if necessary:

- 0 4 Less than \$25,000 If "no," ask 05; if "yes," ask 03  
(\$20,000 to less than \$25,000)
- 0 3 Less than \$20,000 If "no," code 04; if "yes," ask 02  
(\$15,000 to less than \$20,000)
- 0 2 Less than \$15,000 If "no," code 03; if "yes," ask 01  
(\$10,000 to less than \$15,000)
- 0 1 Less than \$10,000 If "no," code 02
- 0 5 Less than \$35,000 If "no," ask 06  
(\$25,000 to less than \$35,000)
- 0 6 Less than \$50,000 If "no," ask 07  
(\$35,000 to less than \$50,000)
- 0 7 Less than \$75,000 If "no," code 08  
(\$50,000 to less than \$75,000)
- 0 8 \$75,000 or more

Do not read:

- 7 7 Don't know / Not sure
- 9 9 Refused

**7.22** Have you used the internet in the past 30 days?

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

**7.23** About how much do you weigh without shoes?

Round fractions up

- $\frac{\_}{7} \frac{\_}{7} \frac{\_}{7} \frac{\_}{7}$  Weight  
(pounds/kilograms)
- 7 7 7 7 Don't know / Not sure
- 9 9 9 9 Refused

**7.24** About how tall are you without shoes?

Round fractions down

- $\frac{\_}{7} \frac{\_}{7} / \frac{\_}{9} \frac{\_}{9}$  Height  
(ft / inches/meters/centimeters)
- 7 7 / 7 7 Don't know / Not sure
- 9 9 / 9 9 Refused

If male, go to 7.22, If female respondent is 45 years or older, go to Q7.22

**7.25** To your knowledge, are you now pregnant?

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

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

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

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

**7.27** 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?

**NOTE:** Include occasional use or use in certain circumstances.

- 1 Yes
- 2 No
- 7 Don't know / Not Sure

9 Refused

**7.28** Are you blind or do you have serious difficulty seeing, even when wearing glasses?

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

**7.29** Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?

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

**7.30** Do you have serious difficulty walking or climbing stairs?

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

**7.31** Do you have difficulty dressing or bathing?

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

**7.32** Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?

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

## Section 8: Sexual Orientation

---

The next two questions are about sexual orientation and gender identity.

**INTERVIEWER NOTE:** We ask this question in order to better understand the health and health care needs of people with different sexual orientations.

**INTERVIEWER NOTE:** Please say the number before the text response. Respondent can answer with either the number or the text/word.

**8.1.** Do you consider yourself to be:

Please read:

- 1 Straight
- 2 Lesbian or gay
- 3 Bisexual

Do not read:

- 4 Other
- 8 Don't know/Not sure
- 9 Refused

**8.2** Do you consider yourself to be transgender?

If yes, ask

**8.3** Do you consider yourself to be

**INTERVIEWER NOTE:** Please say the number before the “yes” text response. Respondent can answer with either the number or the text/word.

- 1 Yes, Transgender, male-to-female
- 2 Yes, Transgender, female to male
- 3 Yes, Transgender, gender nonconforming
- 4 No
  
- 7 Don't know/not sure
- 9 Refused

**INTERVIEWER NOTE:** If asked about definition of transgender:

Some people describe themselves as transgender when they experience a different gender identity from their sex at birth. For example, a person born into a male body, but who feels female or lives as a woman would be transgender. Some transgender people change their physical appearance so that it matches their internal gender identity. Some transgender people take hormones and some have surgery. A transgender person may be of any sexual orientation – straight, gay, lesbian, or bisexual.

**INTERVIEWER NOTE:** If asked about definition of gender non-conforming:

Some people think of themselves as gender non-conforming when they do not identify only as a man or only as a woman.

## Section 9: Tobacco Use

---

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

**NOTE:** For cigarettes, do not include: electronic cigarettes, (e-cigarettes, NJOY, Blue Tip), herbal cigarettes, cigars, cigarillos, little cigars, pipes, bidis, kreteks, water pipes (hookahs), or marijuana.

**NOTE:** 5 packs = 100 cigarettes

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

**9.2** Do you now smoke cigarettes every day, some days, or not at all?

- 1 Every day
- 2 Some days
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

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

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

**9.4** How long has it been since you last smoked a cigarette, even one or two puffs?

- 0 1 Within the past month (less than 1 month ago)
- 0 2 Within the past 3 months (1 month but less than 3 months ago)
- 0 3 Within the past 6 months (3 months but less than 6 months ago)
- 0 4 Within the past year (6 months but less than 1 year ago)
- 0 5 Within the past 5 years (1 year but less than 5 years ago)
- 0 6 Within the past 10 years (5 years but less than 10 years ago)
- 0 7 10 years or more
- 0 8 Never smoked regularly
- 7 7 Don't know / Not sure
- 9 9 Refused

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

Snus (rhymes with 'goose')

**NOTE:** Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that are placed under the lip against the gum.

- 1 Every day
- 2 Some days
- 3 Not at all

Do not read:

- 7 Don't know / Not sure
- 10 Refused

The next 2 questions are about electronic cigarettes, often called e-cigarettes, but also include electronic hookahs (e-hookahs), vape pens, e-cigars, and others. E-cigarettes are battery-powered.

**9.6** How many days have you used one of these electronic products in your entire life?

- 1. 0 days (never)
- 2. 1 days
- 3. 2-10 days
- 4. 11-20 days
- 5. 21-50 days
- 6. 51-100 days
- 7. Over 100 days

- 8. Don't know / Not sure
- 9. Refused

**9.7** In the past 30 days, have you used an electronic cigarette?

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

**9.8** In the past 30 days, which of the following products have you used at least once?

(You can CHOOSE ONE ANSWER or MORE THAN ONE ANSWER)

- 1. Electronic cigarettes or E-cigarettes, such as Blu, NJOY, or LOGIC
- 2. Electronic hookahs (e-hookahs), hookah pens, or vape pens, such as Starbuzz or Fantasia
- 3. Electronic cigars (e-cigars), electronic pipes (e-pipes)
- 4. Any similar product
- 7. Don't know / Not sure
- 9. Refused

## Section 10: Alcohol and Drug Consumption

---

**10.1** During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

- 101-107 = days per week
- 201-230 = days in the last 30 days
- 8 8 8 No drinks in past 30 days
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

**10.2** One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

**NOTE:** A 40 ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.

- — Number of drinks
- 7 7 Don't know / Not sure
- 9 9 Refused

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

- — Number of times
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

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

Number of drinks  
7 7 Don't know / Not sure  
9 9 Refused

Now I want to ask you some questions about drugs. I only want to know about drugs that have not been prescribed for you by your doctor or other health professional. Please remember that your answers are strictly confidential.

**10.5** Have you ever, even once, used marijuana?

[Also known as "pot" or "weed"]

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

**10.6** Have you ever, even once, used any of the following drugs:

Powder Cocaine

[Also known as "coke"]

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

**10.7** Have you ever, even once, used any of the following drugs:

Crack Cocaine

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

**10.8** [Have you ever (even once) used:]

Heroin

[Also known as "smack" or "dope" or "H"]

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

**10.9** [Have you ever (even once) used:]

Methamphetamine (meth or crystal meth)

[Also known as crank]

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

**10.10** [Have you ever (even once) used:]

Hallucinogens

[Also known as "LSD", "acid", "mushrooms", "shrooms" or PCP]

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

**10.11** [Have you ever (even once) used:]

MDMA/Ecstasy/Molly

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

**10.12** [Have you ever (even once) tried:]

Any other drugs?

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

Other [specify]:

**10.13** Now I want to ask you about use of sedatives or tranquilizers that may or may not have been prescribed for you by your doctor or other health professional. Have you ever used sedatives or tranquilizers that were not prescribed to you, or used more than the recommended amount of these drugs when they were prescribed for you?

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

[Also known as Xanax, valium, benzos, downers or other prescription sleeping pills]

**10.14** Now I want to ask you about use of pain killers, such as vicodin or oxycontin, which may or may not have been prescribed for you by your doctor or other health professional. Have you ever used pain killers that were not prescribed to you, or used more than the recommended amount of these drugs when they were prescribed for you?

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

## Section 11: Fruits and Vegetables

---

These next questions are about the fruits and vegetables YOU ate or drank during the past 30 days. Please think about all forms of fruits and vegetables including cooked or raw, fresh, frozen or canned. Please think about all meals, snacks, and food consumed at home and away from home.

- 11.1** In a typical week, on how many days do you eat fruit?  
One serving equals 1 cup of fruit or 100 percent fruit juice, or 1/2 cup of dried fruit.

Enter Number of days

- 88. NONE
- 77. DON'T KNOW/NOT SURE
- 99. REFUSED

- 11.2** How many servings of fruit do you eat on one of those days?

Enter Number of servings

- 88. NONE
- 77. DON'T KNOW/NOT SURE
- 99. REFUSED

- 11.3** In a typical week, on how many days do you eat vegetables?  
One serving equals 1/2 cup of raw or cooked vegetables or 1 cup of leafy raw vegetables.

Enter Number of days

- 88. NONE
- 77. DON'T KNOW/NOT SURE
- 99. REFUSED

- 11.4** How many servings of vegetables do you eat on one of those days?

Enter Number of servings

- 88. NONE
- 77. DON'T KNOW/NOT SURE
- 99. REFUSED

## Section 12: Exercise (Physical Activity)

---

The next few questions are about exercise, recreation, or physical activities other than your regular job duties.

**INTERVIEWER INSTRUCTION:** If respondent does not have a “regular job duty” or is retired, they may count the physical activity or exercise they spend the most time doing in a regular month.

- 12.1** During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

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

12.2. What type of physical activity or exercise did you spend the most time doing during the past month?

\_\_\_\_ (Specify) [See Physical Activity Coding List]  
7 7 Don't know / Not Sure  
9 9 Refused

**INTERVIEWER INSTRUCTION:** If the respondent's activity is not included in the Physical Activity Coding List, choose the option listed as "Other".

12.3 How many times per week or per month did you take part in this activity during the past month?

101-199 = times per week  
201-299 = times per month  
7 7 7 Don't know / Not sure  
9 9 9 Refused

12.4 And when you took part in this activity, for how many minutes or hours did you usually keep at it?

\_:\_\_ Hours and minutes  
7 7 7 Don't know / Not sure  
9 9 9 Refused

12.5 What other type of physical activity gave you the next most exercise during the past month?

\_\_\_\_ (Specify) [See Physical Activity Coding List]  
8 8 No other activity  
7 7 Don't know / Not Sure  
9 9 Refused

**INTERVIEWER INSTRUCTION:** If the respondent's activity is not included in the Coding Physical Activity List, choose the option listed as "Other".

12.6 How many times per week or per month did you take part in this activity during the past month?

1\_\_ Times per week  
2\_\_ Times per month  
7 7 7 Don't know / Not sure  
9 9 9 Refused

12.7 And when you took part in this activity, for how many minutes or hours did you usually keep at it?

\_:\_\_ Hours and minutes  
7 7 7 Don't know / Not sure  
9 9 9 Refused

12.8 During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles? Do NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups, or push-ups and those using weight machines, free weights, or elastic bands.

1\_\_ Times per week  
2\_\_ Times per month  
8 8 8 Never  
7 7 7 Don't know / Not sure  
9 9 9 Refused

## Section 13: Seatbelt Use

---

13.1 How often do you use seat belts when you drive or ride in a car? Would you say—

Please read:

- 1 Always
- 2 Nearly always
- 3 Sometimes
- 4 Seldom
- 5 Never

Do not read:

- 7 Don't know / Not sure
- 8 Never drive or ride in a car
- 9 Refused

## Section 14: Immunization

---

Now I will ask you questions about the flu vaccine. There are two ways to get the flu vaccine, one is a shot in the arm and the other is a spray, mist, or drop in the nose called FluMist™.

14.1 During the past 12 months, have you had either a flu shot or a flu vaccine that was sprayed in your nose?

**READ IF NECESSARY:**

A new flu shot came out in 2011 that injects vaccine into the skin with a very small needle. It is called Fluzone Intradermal vaccine. This is also considered a flu shot.

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

14.2 During what month and year did you receive your most recent flu shot injected into your arm or flu vaccine that was sprayed in your nose?

- $\frac{\text{---}}{\text{7 7}} / \frac{\text{---}}{\text{7 7 7 7}}$  Month / Year
- $\frac{\text{---}}{\text{7 7}} / \frac{\text{---}}{\text{7 7 7 7}}$  Don't know / Not sure
- 9 9 / 9 9 9 9 Refused

14.3 At what kind of place did you get your last flu shot/vaccine?

- 0 1 A doctor's office or health maintenance organization (HMO)
- 0 2 A health department
- 0 3 Another type of clinic or health center (Example: a community health center)
- 0 4 A senior, recreation, or community center
- 0 5 A store (Examples: supermarket, drug store)
- 0 6 A hospital (Example: inpatient)
- 0 7 An emergency room
- 0 8 Workplace
- 0 9 Some other kind of place
- 1 0 Received vaccination in Canada/Mexico (Volunteered – Do not read)

- 1 1 A school
  - 7 7 Don't know / Not sure (*Probe*: "How would you describe the place where you went to get your most recent flu vaccine?")
- Do not read:
- 9 9 Refused

**14.4** A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

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

## Section 15: HIV/AIDS

---

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

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

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

**15.2** Not including blood donations, in what month and year was your last HIV test?

- /       Code month and year
- 7 7 / 7 7 7 7 Don't know / Not sure
- 9 9 / 9 9 9 9 Refused / Not sure

**15.3** Where did you have your last HIV test — at a private doctor or HMO office, at a counseling and testing site, at an emergency room, as an inpatient in a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?

- 0 1 Private doctor or HMO office
- 0 2 Counseling and testing site
- 0 9 Emergency room
- 0 3 Hospital inpatient
- 0 4 Clinic
- 0 5 Jail or prison (or other correctional facility)
- 0 6 Drug treatment facility
- 0 7 At home
- 0 8 Somewhere else
- 7 7 Don't know / Not sure
- 9 9 Refused

## Optional Modules

### Module 1: Pre-Diabetes

---

NOTE: Only asked of those not responding “Yes” (code = 1) to Core Q6.12 (Diabetes awareness question).

**1.1** Have you had a test for high blood sugar or diabetes within the past three years?

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

**1.2** Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”

- 1 Yes
- 2 Yes, during pregnancy
- 3 No
- 7 Don't know / Not sure
- 9 Refused

### Module 2: Tetanus Diphtheria (Tdap) (Adults)

---

Next, I will ask you about the tetanus diphtheria vaccination.

**2.1** Since 2005, have you had a tetanus shot?

If yes, ask: “Was this Tdap, the tetanus shot that also has pertussis or whooping cough vaccine?”

- 1 Yes, received Tdap
- 2 Yes, received tetanus shot, but not Tdap
- 3 Yes, received tetanus shot but not sure what type
- 4 No, did not receive any tetanus since 2005
- 7 Don't know/Not sure
- 9 Refused

## Module 3: Shingles (Zostavax or ZOS)

---

**CATI NOTE:** If respondent is  $\leq 49$  years of age, go to next section.

The next question is about the Shingles vaccine.

**3.1** Have you ever had the shingles or zoster vaccine?

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

**INTERVIEWER NOTE (Read if necessary):** Shingles is caused by the chicken pox virus. It is an outbreak of rash or blisters on the skin that may be associated with severe pain. A vaccine for shingles has been available since May 2006; it is called Zostavax®, the zoster vaccine, or the shingles vaccine.

## Module 4: Prostate Cancer Screening

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**CATI NOTE:** If respondent is  $\leq 39$  years of age, or is female, go to next section.

Now, I will ask you some questions about prostate cancer screening.

**4.1** A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

1. Yes
2. No
3. Don't know/Not sure
4. Refused/No response

**4.2** How long has it been since you had your last PSA test?

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years)
3. Within the past 3 years (2 years but less than 3 years)
4. Within the past 5 years (3 years but less than 5 years) or more years ago
7. Don't Know/Not Sure
9. Refused/No Response

**4.3** A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of your prostate gland. Have you ever had a digital rectal exam?

1. Yes
2. No
7. Don't Know/Not Sure
9. Refused/No Response

[IF ans = 2, skp to next q]

**4.4** How long has it been since you had your last digital rectal exam?

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years)
3. Within the past 3 years (2 years but less than 3 years)
4. Within the past 5 years (3 years but less than 5 years)
5. 5 or more years ago
7. Don't Know/Not Sure
9. Refused/No Response

## Module 5: Adult Human Papillomavirus (HPV) - Vaccination

---

**CATI NOTE:** To be asked of respondents between the ages of 18 and 49 years; otherwise, go to next module.

**NOTE:** Human Papillomavirus (Human Pap·uh·loh·muh virus); Gardasil (Gar·duh· seel); Cervarix (Sir·var· icks)

**5.1** A vaccine to prevent the human papillomavirus or HPV infection is available and is called the cervical cancer or genital warts vaccine, HPV shot, [Fill: if female "GARDASIL or CERVARIX"; if male "or GARDASIL"].

Have you EVER had an HPV vaccination?

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

**5.2** How many HPV shots did you receive?

[The HPV vaccine consists of 3 shots given over the course of 6 months.]

- Number of shots
- 0 3 All shots
  - 7 7 Don't know / Not sure
  - 9 9 Refused

## Module 6: Breast and Cervical Cancer Screening

---

**CATI NOTE:** If respondent is male, go to the next section.

The next questions are about breast and cervical cancer.

**6.1** A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

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

**6.2** How long has it been since you had your last mammogram?

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)

- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 5 or more years ago
- 7 Don't know / Not sure
- 9 Refused

**6.3** A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

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

**6.4** How long has it been since you had your last Pap test?

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 5 or more years ago
- 7 Don't know / Not sure
- 11 Refused

**6.5** An HPV test is sometimes given with the Pap test for cervical cancer screening.

Have you ever had an HPV test?

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

**6.6** How long has it been since you had your last HPV test?

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 5 or more years ago
- 6 Don't know / Not sure
- 7 Refused

**6.7** Have you had a hysterectomy?

Read only if necessary: A hysterectomy is an operation to remove the uterus (womb).

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

## Module 7: Colorectal Cancer Screening

---

**CATI NOTE:** If respondent is  $\leq 49$  years of age, go to next section.

The next questions are about colorectal cancer screening.

**7.1** A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

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

**7.2** How long has it been since you had your last blood stool test using a home kit?  
Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 5 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused

**7.3** Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?

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

**7.4** For a SIGMOIDOSCOPY, a flexible tube is inserted into the rectum to look for problems. A COLONOSCOPY is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Was your MOST RECENT exam a sigmoidoscopy or a colonoscopy?

- 1 Sigmoidoscopy
- 2 Colonoscopy
- 7 Don't know / Not sure
- 9 Refused

**7.5** How long has it been since you had your last sigmoidoscopy or colonoscopy?

Read only if necessary:

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)

- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 Within the past 10 years (5 years but less than 10 years ago)
- 6 10 or more years ago

Do not read:

- 7 Don't know / Not sure
- 9 Refused

## Module 8: Prostate Cancer Screening

---

**CATI NOTE:** If respondent is  $\leq 39$  years of age, or is female, go to next section.

Now, I will ask you some questions about prostate cancer screening.

**8.1** A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

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

**8.2** How long has it been since you had your last PSA test?

- 1. Within the past year (anytime less than 12 months ago)
- 2. Within the past 2 years (1 year but less than 2 years)
- 3. Within the past 3 years (2 years but less than 3 years)
- 4. Within the past 5 years (3 years but less than 5 years)
- 5. 5 or more years ago
  
- 7. Don't Know/Not Sure
- 9. Refused/No Response

**8.3** A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of your prostate gland. Have you ever had a digital rectal exam?

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

[IF ans = 2, skp to next q]

**8.4** How long has it been since you had your last digital rectal exam?

- 1. Within the past year (anytime less than 12 months ago)
- 2. Within the past 2 years (1 year but less than 2 years)
- 3. Within the past 3 years (2 years but less than 3 years)
- 4. Within the past 5 years (3 years but less than 5 years)
- 5. 5 or more years ago
- 7. Don't Know/Not Sure
- 9. Refused/No Response

## Module 9: Environmental Perception

---

Now I'm going to ask you some questions about the environment.

**9.1** How much of a health risk do you think OUTDOOR AIR QUALITY, SUCH AS AIR POLLUTION is to you and your family?

1. None
2. A little
3. A lot
7. Don't Know/Not Sure
9. Refused/No Response

**9.2** How much of a health risk do you think FRACKING is to you and your family?  
[READ IF NECESSARY: Fracking is unconventional (horizontal) natural gas drilling.]

1. None
2. A little
3. A lot
7. Don't Know/Not Sure
9. Refused/No Response

**9.3** How much of a health risk do you think CRIME AND VIOLENCE is to you and your family?

1. None
2. A little
3. A lot
7. Don't Know/Not Sure
9. Refused/No Response

## Module 10: Social Context

---

Now, I am going to ask you about several factors that can affect a person's health.

**10.1** How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent/mortgage? Would you say---  
Please read:

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never

Do not read:

- 8 Not applicable
- 7 Don't know / Not sure
- 9 Refused

**10.2** How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? Would you say---

Please read:

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never

Do not read:

- 8 Not applicable
- 7 Don't know / Not sure
- 9 Refused

If Core Q7.15 = 1 (Employed for wages) or 2 (Self-employed), go to Q3 and Q4.

If Core Q7.15 = 3 (Out of work for 1 year or more), 4 (Out of work for less than 1 year), or 7 (Retired), go to Q5 and Q6.

If Core Q7.15 = 5 (A homemaker), 6 (A student), or 8 (Unable to work), go to Q6.

## Module 11: Kessler Scale

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The next questions are about how you have been feeling during the past 30 days.

- 11.1** About how often during the past 30 days did you feel nervous - would you say all of the time, most of the time, some of the time, a little of the time, or none of the time?

(Interviewer: PLEASE READ ALL RESPONSE OPTIONS)

- 1 None of the time
- 2 A little of the time
- 3 Some of the time
- 4 Most of the time
- 5 All of the time
  
- 7 Unsure/Don't know
- 9 Refused to answer

- 11.2** During the past 30 days, about how often did you feel hopeless - all of the time, most of the time, some of the time, a little of the time, or none of the time?

- 1 None of the time
- 2 A little of the time
- 3 Some of the time
- 4 Most of the time
- 5 All of the time
  
- 7 Unsure/Don't know
- 9 Refused to answer

- 11.3** During the past 30 days, about how often did you feel restless or fidgety? (IF NECESSARY: all, most, some, a little, or none of the time?)

- 1 None of the time
- 2 A little of the time
- 3 Some of the time
- 4 Most of the time
- 5 All of the time
  
- 7 Unsure/Don't know
- 9 Refused to answer

**11.4** How often did you feel so depressed that nothing could cheer you up? (IF NECESSARY: all, most, some, a little, or none of the time?)

- 1 None of the time
- 2 A little of the time
- 3 Some of the time
- 4 Most of the time
- 5 All of the time
  
- 7 Unsure/Don't know
- 9 Refused to answer

**11.5** During the past 30 days, about how often did you feel that everything was an effort? (IF NECESSARY: all, most, some, a little, or none of the time?)

- 1 None of the time
- 2 A little of the time
- 3 Some of the time
- 4 Most of the time
- 5 All of the time
  
- 7 Unsure/Don't know
- 9 Refused to answer

**11.6** During the past 30 days, about how often did you feel worthless? (IF NECESSARY: all, most, some, a little, or none of the time?)

- 1 None of the time
- 2 A little of the time
- 3 Some of the time
- 4 Most of the time
- 5 All of the time
  
- 7 Unsure/Don't know
- 9 Refused to answer

## Module 12: Partner Violence

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### Intro

This is the last section of the interview and it deals with intimate partner violence. Remember that your answers are strictly confidential and that you don't have to answer a question if you don't want to. If you believe it would not be safe for you to talk about this now, or at any time during this part of the survey, please tell me to skip the section.

For these questions, intimate partners are any current or former husband/wife, partner, boyfriend or girlfriend. A date would also be an intimate partner.

**12.1** In the past 12 months, have you been frightened for the safety of yourself, your family, friends, or pets because of the anger or threats of an intimate partner?

[If necessary: To reach people who can help, dial 2-1-1 or log on to Allegheny county's domestic violence website at <http://www.alleghenycounty.us/dhs/housing/domestic-violence.aspx>]

IF RESPONDENT ASKS TO SKIP TOPIC OR HANGS UP, CODE 3 OR 4

- 1 Yes
- 2 No
- 3 Respondent requested to skip to next topic
- 4 Respondent terminated interview at this point
- 7 Don't Know/Not Sure
- 9 Refused

**12.2** In the past 12 months, has an intimate partner hit, slapped, punched, shoved, hoked, kicked, shaken, or otherwise physically hurt you?

[If necessary: To reach people who can help, dial 2-1-1 or log on to Allegheny county's domestic violence website at <http://www.alleghenycounty.us/dhs/housing/domestic-violence.aspx>]

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

**12.3** In the past 12 months, has an intimate partner made you take part in any sexual activity when you did not want to, including touching that made you feel uncomfortable?

[If necessary: To reach people who can help, dial 2-1-1 or log on to Allegheny county's domestic violence website at <http://www.alleghenycounty.us/dhs/housing/domestic-violence.aspx>]

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

**12.4** In the past 12 months, have you done any of the following as a result of the violence, anger, or threats of an intimate partner?

Have you:

Sought help from a domestic violence hotline or program?

[If necessary: To reach people who can help, dial 2-1-1 or log on to Allegheny county's domestic violence website at <http://www.alleghenycounty.us/dhs/housing/domestic-violence.aspx>]

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

- 12.5** [Have you:]
- Sought medical care at an emergency room?
- [If necessary: To reach people who can help, dial 2-1-1 or log on to Allegheny county's domestic violence website at <http://www.alleghenycounty.us/dhs/housing/domestic-violence.aspx>)
- 1 Yes  
2 No  
7 Don't know/Not sure  
9 Refused
- 12.6** [Have you:]
- Sought a restraining order?  
[Also known as a PFA (Protection from abuse order)]
- [If necessary: To reach people who can help, dial 2-1-1 or log on to Allegheny county's domestic violence website at <http://www.alleghenycounty.us/dhs/housing/domestic-violence.aspx>)
- 1 Yes  
2 No  
7 Don't know/Not sure  
9 Refused

## Closing Statement

### Please read:

That was my last question. Everyone's answers will be combined to help us provide information about the health practices of people in this state. Thank you very much for your time and cooperation.

## Activity List for Common Leisure Activities (To be used for Section 11: Physical Activity)

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### Code Description (Physical Activity, Questions 11.2 and 11.5 above)

0 1 Active Gaming Devices (Wii Fit, Dance revolution)	4 1 Rugby
0 2 Aerobics video or class	4 2 Scuba diving
0 3 Backpacking	4 3 Skateboarding
0 4 Badminton	4 4 Skating – ice or roller
0 5 Basketball	4 5 Sledding, tobogganing
0 6 Bicycling machine exercise	4 6 Snorkeling
0 7 Bicycling	4 7 Snow blowing
0 8 Boating (Canoeing, rowing, kayaking, sailing for pleasure or camping)	4 8 Snow shoveling by hand
0 9 Bowling	4 9 Snow skiing
1 0 Boxing	5 0 Snowshoeing
1 1 Calisthenics	5 1 Soccer
1 2 Canoeing/rowing in competition	5 2 Softball/Baseball
1 3 Carpentry	5 3 Squash
1 4 Dancing-ballet, ballroom, Latin, hip hop, zumba, etc.	5 4 Stair climbing/Stair master
1 5 Elliptical/EFX machine exercise	5 5 Stream fishing in waders
1 6 Fishing from river bank or boat	5 6 Surfing
1 7 Frisbee	5 7 Swimming
1 8 Gardening (spading, weeding, digging, filling)	5 8 Swimming in laps
1 9 Golf (with motorized cart)	5 9 Table tennis
2 0 Golf (without motorized cart)	6 0 Tai Chi
	6 1 Tennis
	6 2 Touch football

2 1 Handball  
2 2 Hiking – cross-country  
2 3 Hockey  
2 4 Horseback riding  
2 5 Hunting large game – deer, elk  
2 6 Hunting small game – quail  
2 7 Inline Skating  
2 8 Jogging  
2 9 Lacrosse  
3 0 Mountain climbing  
3 1 Mowing lawn  
3 2 Paddleball  
3 3 Painting/papering house  
3 4 Pilates  
3 5 Racquetball  
3 6 Raking lawn  
3 7 Running  
3 8 Rock Climbing  
3 9 Rope skipping  
4 0 Rowing machine exercise

6 3 Volleyball  
6 4 Walking  
6 6 Waterskiing  
6 7 Weight lifting  
6 8 Wrestling  
6 9 Yoga  
  
7 1 Childcare  
7 2 Farm/Ranch Work (caring for livestock, stacking  
hay, etc.)  
7 3 Household Activities (vacuuming, dusting, home repair,  
etc.)  
7 4 Karate/Martial Arts  
7 5 Upper Body Cycle (wheelchair sports, ergometer,  
etc.)  
7 6 Yard work (cutting/gathering wood, trimming hedges,  
etc.)  
  
9 8 Other \_\_\_\_\_  
9 9 Refused

# Appendix B

## Data Request Form

If you need data not provided in this report, please read the Background section below, then complete the following sections.

If you want to use the data for a scholarly publication, please complete the Authorship Agreement Request Form.

We will respond to your request within a week, and construct a Data Sharing Agreement, as appropriate. Once your requested data are ready, the agreement will be signed by you (or your organization's representative).

## Background

**1. Allegheny County Health Department:** The mission of the Allegheny County Health Department (ACHD) is “to assure quality public health services by promoting individual and community wellness, preventing injury, illness and premature death or disability, and protecting the population from harmful effects of chemical, biological and physical hazards within the environment.”

**2. 2009–2010 Allegheny County Behavioral Risk Factor Surveillance Survey:** The 2009–2010 Allegheny County Behavioral Risk Factor Surveillance Survey (AC-BRFSS) is an initiative of the Allegheny County Health Department to collect quantitative, population-based health behavior data on county residents. This initiative furthers the mission of the ACHD as it provides data that will enable the department and other organizations to monitor the health of county residents, design and implement appropriate health promotion programs, and conduct analyses to better understand health needs and determinants.

ACHD raised funds for the initiative from a variety of community stakeholders including the Allegheny County Health Department, Allegheny County Department of Human Services, Adagio Health, Gateway Health Plan, Highmark, Staunton Farms, Susan G. Komen for the Cure, Tobacco Free Allegheny, United Way of Allegheny County, UPMC Health Plan, University of Pittsburgh Graduate School of Public Health, University of Pittsburgh Department of Behavioral and Community, and VA Pittsburgh Health System.

**3. Authorship and Data Sharing Committee:** The Authorship and Data Sharing Committee (ADSC) of this initiative is comprised of one representative of the ACHD and one representative of the University of Pittsburgh's Evaluation Institute. Any release of data must be approved by both members of the ADSC. Therefore, the ADSC will:

- Oversee the data release process.
- Examine and authorize any special data request on a case-by-case basis.
- Determine authorship of articles derived from AC-BRFSS data.

In deciding whether to grant requests for AC-BRFSS data, the ADSC will consider:

- Will the use of the data further the mission of the Allegheny County Health Department?
- How will the requesting organization or individual use the requested data?

**4. Data Use:** No permission is necessary for obtaining or using the data in this publicly-available, aggregate report as long as it is cited.

Additional data will be made available to stakeholders and others who request it, as deemed appropriate by the ADSC. Data will be released in SAS, Excel, or text format.

The following information will be included in all data released:

- demographic information
- weights
- other data as originally requested by the stakeholder, or special data requested by stakeholders or others
- data dictionary
- methodology description
- a disclaimer that the ACHD and Evaluation Institute are not responsible for data analysis conducted by others
- standard language acknowledging the source of the data
- a copy of the Allegheny County BRFSS questionnaire

All data containing individual record information will not include identifiers.

# Individual Level Data Request Form

## 1. Entity Requesting the Agreement

Organization's Name: \_\_\_\_\_

## 2. Contact Information

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

## 3. Intended Use of Data

- Planning Services                       Peer-reviewed Publication  
 Grant Writing                               Other Publication (specify) \_\_\_\_\_  
 Educational Purposes                       Other (specify) \_\_\_\_\_

## 4. Type of Release Requested

- Ordinary                                       Special

## 5. Data Elements

*Data shared with Recipient shall be limited to the data elements specifically defined and authorized by the ADSC. If Recipient wishes to request additional data, Recipient must submit a request in writing to the ADSC. Please describe the data elements requested. (Additional sheets may be attached.)*

## 6. Data Security

Please describe procedures to ensure data security. Describe where and how the data will be stored. List the names of all personnel with access to the data.

## 7. Data Format

- SAS     Text  
 Excel

## Aggregate Data Request Form

### 1. Entity Requesting the Agreement

Organization's Name: \_\_\_\_\_

### 2. Contact Information

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

### 3. Intended Use of Data

- Planning Services                       Peer-reviewed Publication  
 Grant Writing                               Other Publication (specify) \_\_\_\_\_  
 Educational Purposes                   Other (specify) \_\_\_\_\_

### 4. Type of Release Requested

- Ordinary                                       Special

### 5. Data Elements

*Data shared with Recipient shall be limited to the data elements specifically defined and authorized by the ADSC. If Recipient wishes to request additional data, Recipient must submit a request in writing to the ADSC. Please describe the tables or cross-tabulations you are requesting.*

### 6. Data Format

- SAS     Text  
 Excel

## Authorship Agreement Request Form

### 1. Entity Requesting the Agreement

Organization's Name: \_\_\_\_\_

### 2. Contact Information

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

### 3. Period of Agreement

From: \_\_\_\_\_ to: \_\_\_\_\_

6 months

1 year

### 4. Title of Manuscript

Title: \_\_\_\_\_

### 5. Objective/Theme/Hypothesis

Please briefly describe the objective, theme, or hypothesis of the planned manuscript.

### 6. Public Health Relevance

Please explain how the manuscript will benefit public health and/or further the mission of the ACHD.

## 7. Data Analysis Plan

Please list all variables that will be used in the analysis and indicate how they relate to the objectives. Explain the statistical methods involved and justify their appropriateness.

## 8. Authors

Name	Degrees	Affiliation

# References

- 
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