

2005

Hunterdon County Behavioral Risk Factor Surveillance Survey

Sponsored by
A Partnership for Health
Hunterdon County's
'Healthy Communities' Initiative



Healthy People...Living
in Healthy Communities

INTRODUCTION

Hunterdon County has been a shining example of what can be done through collaboration of partnerships with an interest and a will to improve the health of the community. This concern has been the driving force to the success of providing three Behavioral Risk Factor Surveillance System (BRFSS) Surveys over a ten year period.

In September of 1994, The New Jersey Hospital Association (NJHA), in association with the Health Research and Education Trust of New Jersey (HRET) sponsored a seminar called "Building Healthier Communities." The idea of developing a "Community Profile" through the collaboration of the local Advisory Boards and the County Health Officers was generated. The seminar highlighted how public health officials and health care providers could use primary and secondary health data to identify health care needs and develop community action plans. With *Healthy People 2000* in mind, Hunterdon County would embark on a mission to recognize the importance of prevention and wellness within the same spectrum of health care services that had historically focused its main attention on acute care treatment. The Hunterdon Medical Center and the County Health Department collaborated to create *A Partnership for Health*. The Partnership evolved into Hunterdon County's Healthy Communities Initiative. Over 35 community organizations and agencies were invited to join the Partnership's Community Health Advisory Committee (CHAC), in order to take an active role in the planning to improve the health of the Hunterdon residents. It has been clear since the beginning that the input and expertise of the CHAC members is critical to shaping improvement process.

The first Hunterdon County BRFSS was rolled out in 1995. It was based on the Centers for Disease Control and Prevention (CDC) national instrument, but tailored to include some Hunterdon specific concerns including LYME Disease and indoor radon levels. The BRFSS revealed a number of issues and health care gaps that were identified by the residents. Secondary morbidity and mortality statistics also proved to support areas of interest and need. A methodology was used to assist the Community Health Advisory Committee with the prioritization of prominent issues. Once prioritization was accomplished, Action Teams were formed to review the challenges associated with each priority area and to develop concrete interventions.

The second BRFSS study, completed in 2001, once again highlighted issues of concern for the CHAC and the community. Issues were prioritized and Action Teams were reformulated. The BRFSS survey results provided a very good longitudinal picture of adult health and wellness in Hunterdon and enabled the Action Teams to continue their important work.

In 2005 the Hunterdon County Department of Health was once again able to partner with the Hunterdon Medical Center, through financing by the HMC Foundation, to fund and conduct a third Adult BRFSS. Similar to the past approaches, the survey questions were based on the ones used by the CDC and supplemented by those deemed relevant to Hunterdon County. Over 1,100 adult Hunterdon residents took part in this behavior/risk-focused telephone survey, assuring a representative sample of the total population. The *Partnership for Health* now has the ability to look at its most current survey responses in comparison with the previous BRFSS surveys conducted in 1995 and 2001. Having three points of survey results over a ten year period puts Hunterdon County in a desirable position to review the possible effect of implementation strategies over time, enabling a continuous process of improving the health of Hunterdon County residents.

For more information about this survey or A Partnership for Health, please contact the Hunterdon County Department of Health at 908-788-1351 or visit the website www.co.hunterdon.nj.us/health/partnership.htm.

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Behavioral Risk Factor Surveillance Survey 2005**

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*A Partnership for Health***

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Healthy People... Living in
Healthy Communities

HOLLERAN

Community Health Research & Strategic Planning

**Hunterdon County,
New Jersey**

**Behavioral Risk Factor Surveillance
System (BRFSS) Study**

December 7, 2005

BACKGROUND & METHODOLOGY

The Hunterdon County Department of Health and Hunterdon Medical Center, located in Flemington, New Jersey, requested that Holleran conduct a Behavioral Risk Factor Surveillance System (BRFSS) study among its adult community using the CDC BRFSS tool. The BRFSS is a national initiative, headed by the Centers for Disease Control and Prevention (CDC) that assesses the health status and risk factors among U.S. citizens. The current study was a follow-up to studies conducted in 2001 and 1995.

The survey tool that was utilized in the 2001 study was reviewed and updated for the current study. Depending upon respondents' answers to questions regarding exercise, smoking, sun exposure, etc., interviews were 15 to 20 minutes in length.

A sampling strategy was developed by Holleran and approved by the Hunterdon Department of Health. The sampling strategy identified the number of completed surveys needed within each zip code across the county. Additionally, efforts were made to obtain at least a 5% sample of Hispanic/Latino/Latina residents. The final sample (1,110) yields an overall error rate of +/-2.9% at a 95% confidence level. Data collection took place between September 12 and October 24, 2005.

The calculated response rate for the study is 35.3%. Holleran is a member of the Council of American Survey Research Organizations (CASRO) and follows the guidelines for survey research quality established by the organization. Likewise, Holleran calculates response rates according to the definition established by CASRO as outlined in the document, "On the Definition of Response Rates." The response rate is equal to the number of completed interviews divided by the number of eligible respondents. The number of eligible respondents is the total number of potential respondents minus wrong numbers, disconnects, ineligible respondents, and an estimate of disqualified respondents among those on the list who were not contacted. For a more detailed description of the determination of response rates, refer to the CASRO article "On the Definition of Response Rates."

RESEARCH OBJECTIVES

The research objectives of the assessment were as follows:

1. To gather statistically valid information on the health status of Hunterdon County residents;
2. To accurately represent all populations within Hunterdon County;
3. To develop accurate comparisons to the state and national baseline of health and quality of life measures to provide trending information for the future;
4. To compare the 2005 study results to the 2001 study results;
5. To interpret the meaning of the data collected so that needs are accurately depicted for Hunterdon County residents; and
6. To conduct research in a fully confidential manner consistent with the Code of Standards and Ethics promulgated by the Council of American Survey Research Organizations (CASRO).

EXECUTIVE SUMMARY

Reading the Results

All figures included within the report reflect percentage of respondents. It should be noted that the 2004 New Jersey state and 2004 National BRFSS data included in the report were calculated with a weighting variable. The state and national weighting variables correct for any demographic differences that may exist between the sample and the population it represents. The Hunterdon County data was weighted as well to accurately represent the gender breakdown.

Tests of significance were conducted to identify differences among various subsets. For example, differences were identified between the New Jersey and National responses and between the 2005 and 2001 studies. All tests of significance were conducted using a nonparametric test called "Chi Square." The cutoff used for significance was $p \leq .02$. This cutoff, rather than $p \leq .05$, was used to account for the inability to reliably calculate effect size. Analyses of effect size for nonparametric tests have limited validity as they are highly influenced by a large sample size.

Respondent Demographics

The 1,110 respondents represent all municipalities throughout Hunterdon County, with a focus in distressed areas. The distribution of respondent zip codes is reported in the graphics portion of the report.

The gender breakdown for the sample is 69.4% female and 30.6% male (*population statistics: 50.9% female; 49.1% male*). All respondents were at least 18 years of age. Although the ages of the respondents are varied, the largest proportion (26.0%) was 65 years or older. The largest proportion (93.3%) is White, which is consistent with the Hunterdon County census information. The largest proportion of respondents is married (72.4%) and 51.2% have at least a college education. Four out of ten (41.2%) is "employed for wages." The residents were also asked to share their annual household income. While some individuals refused to answer this question, the largest proportion (19.3%) reported an income level of "\$25,000-\$49,999."

The final demographic questions asked of residents was their height and weight. Based on the height and weight statistics reported, Body Mass Index (BMI) was calculated for each respondent. Respondents were either categorized as “neither overweight nor obese,” “overweight” or “obese.” Thirty-three percent of the Hunterdon County respondents are “overweight,” with an additional 18.4% “obese.” Hunterdon County residents are more likely to be of normal weight compared to the rest of the state and nation.

Summary of Strengths & Opportunities

Areas of Strength for Hunterdon County

	Healthier/ Better than the Nation	Healthier/ Better than NJ	Healthier/ Better than 2001
Proportion of residents of “normal” weight	√	√	
General health status	√	√	
Physical health in past month	√		
Mental health in past month	√	√	
Health care coverage	√	√	
Proportion with at least one person they think of as their personal doctor	√		
Incidence of high blood pressure	√		
Doctors advising people to eat fewer high fat/high cholesterol food and to exercise more to lower risk of heart disease or stroke	√		√
Residents actually eating fewer high fat/high cholesterol food to lower risk of heart disease or stroke	√		

Strengths (cont'd)	Healthier/ Better than the Nation	Healthier/ Better than NJ	Healthier/ Better than 2001
Proportion with diabetes who have had a doctor check their feet in past year	√	√	
Proportion with diabetes who have had an eye exam in which pupils were dilated	√	√	
Women having mammograms	√	√	√
Women having mammograms in the past year	√	√	√
Women having clinical breast exams	√	√	
Women having clinical breast exam in past year	√	√	
Women having a pap smear in past year	√	√	
Participation in physical activity in past month		√	
Alcohol consumption in past month		√	
Binge drinking episodes	√	√	
Proportion who think condom use to prevent HIV infection is "very effective"	√		√
Percentage with no sexual partners in past year	√		
Routine checkups in past year			√
Satisfaction with healthcare in past year			√
Females 50 and older who have had a Dexascan			√
Proportion having blood stool test using a home kit	√	√	

Strengths (cont'd)	Healthier/ Better than the Nation	Healthier/ Better than NJ	Healthier/ Better than 2001
Males 40 & over who have had a PSA test	√	√	
Males 40 & over who have had a digital rectal exam	√	√	
Males 40 & over who have had a digital rectal exam in past year	√	√	
Proportion 50 & over who have ever had a colonoscopy or sigmoidoscopy	√	√	√
Dental visit and teeth cleaning in past year	√	√	
Sunburn in past year	√	√	
Proportion who have ever had a pneumonia vaccination			√
Advised by doctor to quit smoking in past year			√
Chance of getting infected with HIV			√

Areas of Opportunity for Hunterdon County

	Less Healthy/ Worse than the Nation	Less Healthy/ Worse than NJ	Less Healthy/ Worse than 2001
Incidence of angina or coronary heart disease	√		
Percentage taking aspirin daily or every other day for prevention of heart attack*	√		
Percentage who have had a flu shot in past year	√	√	

Opportunities (cont'd)	Less Healthy/ Worse than the Nation	Less Healthy/ Worse than NJ	Less Healthy/ Worse than 2001
Visits to the Emergency Room in the past year			√
Diagnosis of heart attack or myocardial infarction			√
Proportion practicing self breast exams			√
Family history of osteoporosis			√
Number of teeth removed due to tooth decay or gum disease			√
Proportion with dental insurance			√
Households that have been tested for radon			√
Among regular smokers, the number of cigarettes they smoke on a daily basis			√

*This statistic, however, is better than it was in 2001.

PART 1

Comparison of 2005 Hunterdon Data to New Jersey 2004 and/or National 2004 Data

LISTING OF SLIDES

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Hunterdon County Partnership for Health

*Behavioral Risk Factor Surveillance System (BRFSS)
Comparisons to New Jersey and National Data*

Presented By:
Holleran
December 7, 2005

1

Methodology

- A total of 1,110 individuals who reside in Hunterdon County were interviewed by telephone to assess their health practices and health status.
- The number of completed interviews yields a response rate of 35.3%* and an overall error rate of +/-2.9% at a 95% confidence level.
- Interviews were conducted between September 12 and October 24, 2005. Each interview lasted approximately 20-35 minutes depending upon what criteria were met by the respondents.

*Based upon the response rate calculation defined by CASRO.

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Methodology (cont'd)

- Due to a larger proportion of female respondents in the sample, all of the results, except for the demographics, are weighted to correct for this representation.
- Both state and national BRFSS data are weighted as well to correct for imbalances in those samples.

3

Respondent Demographics

4

Zip Code

Zip Code	Number of Respondents	Zip Code	Number of Respondents
08822	323	08827	23
08530	109	08804	10
08889	78	08525	3
08833	70	08887	3
08801	68	07865	2
08848	64	07831	1
08809	52	07979	1
07830	50	08557	1
08826	46	08834	1
08559	43	08858	1
08551	36	08870	1
08825	36	08876	1
08867	31	08885	1
08802	28	08888	1
08829	26	Total	1,110

5

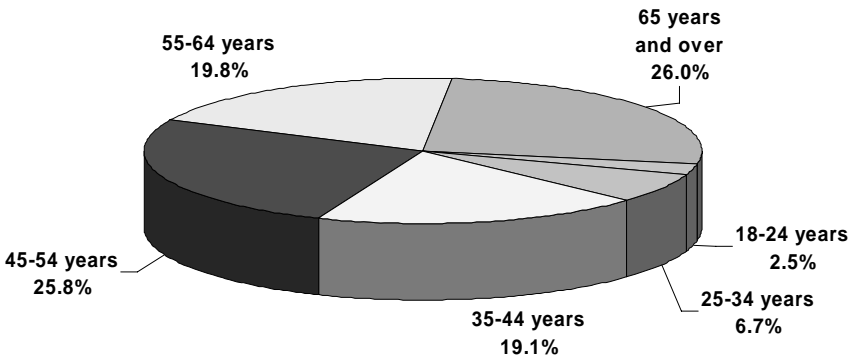
Gender

Gender	Hunterdon County BRFSS 2005	Hunterdon County Census*
Male	30.6%	49.1%
Female	69.4%	50.9%

*Per the 2000 U.S. Census

6

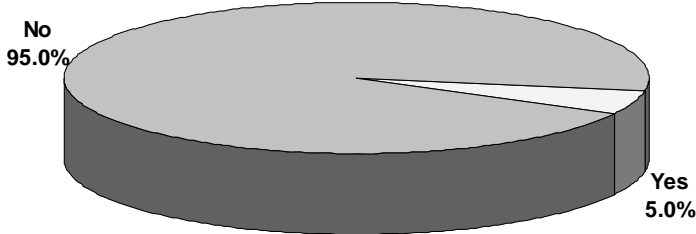
Age Range



N=1,104

7

Are you of Spanish or Hispanic Origin?



N=1,097

8

Race

Race*	Hunterdon County BRFSS 2005	Hunterdon County Census^
White	93.3%	93.9%
Black or African American	1.1%	2.2%
Asian, Pacific Islander	1.0%	1.9%
American Indian or Alaska Native	.1%	0.1%
Other	4.5%	0.8%
Hispanic or Latino**	5.0%	2.8%

*Note: Race alone or in combination with one or more other races.

**Note: Can be of any race.

^Per the 2000 U.S. Census

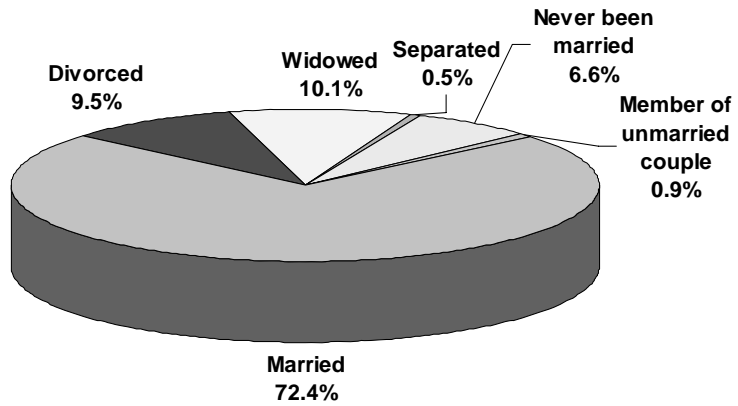
9

“Other” Race

Race	Mentions
Brazilian	1
Colombian	1
Costa Rican	3
Dominican	1
Egyptian	2
French Canadian	1
Guatemalan	4
Hispanic	2
Honduran	2
Italian	1
Lithuanian	1
Mexican	23
Native American	1
Saxon	1
Total	44

10

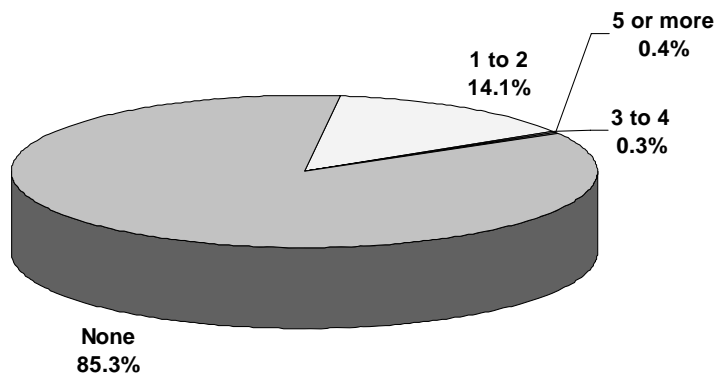
Marital Status



N=1,104

11

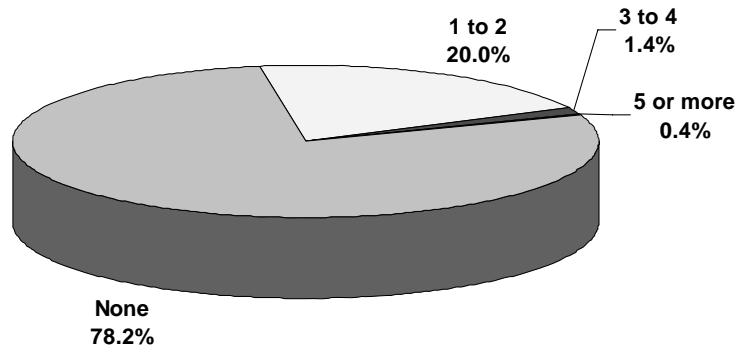
Number of children in household who are less than 5 years old



N=1,109

12

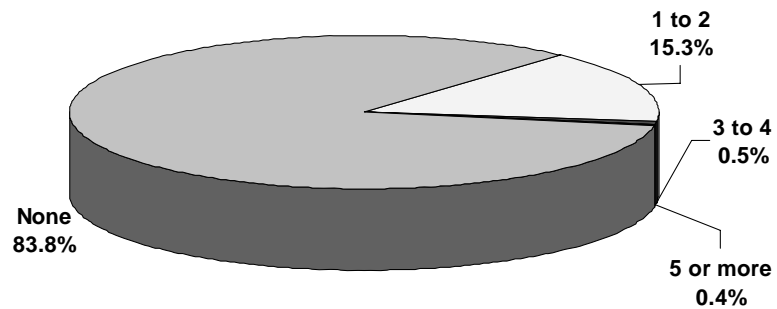
Number of children in household who are 5 to 12 years old



N=1,108

13

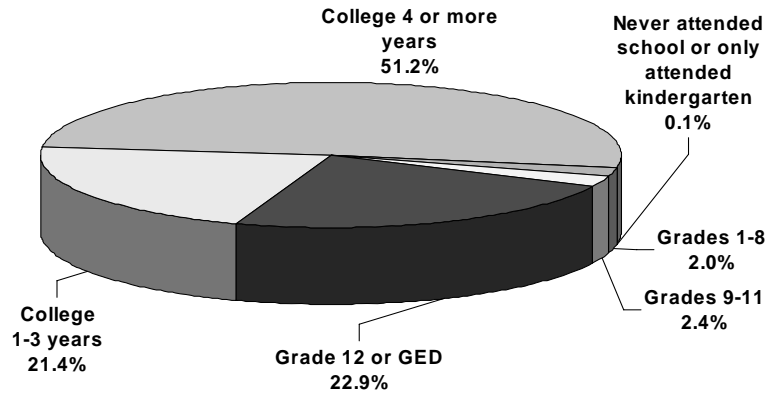
Number of children in household who are 13 to 17 years old



N=1,107

14

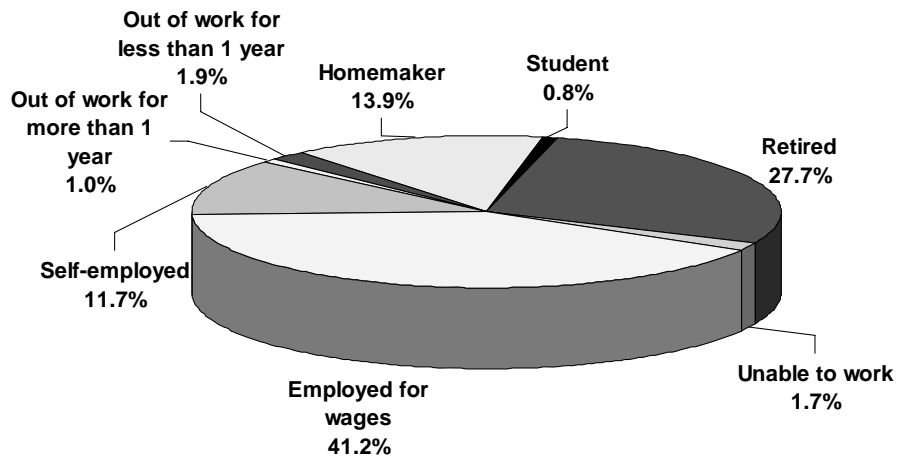
Highest grade or year of school completed



N=1,105

15

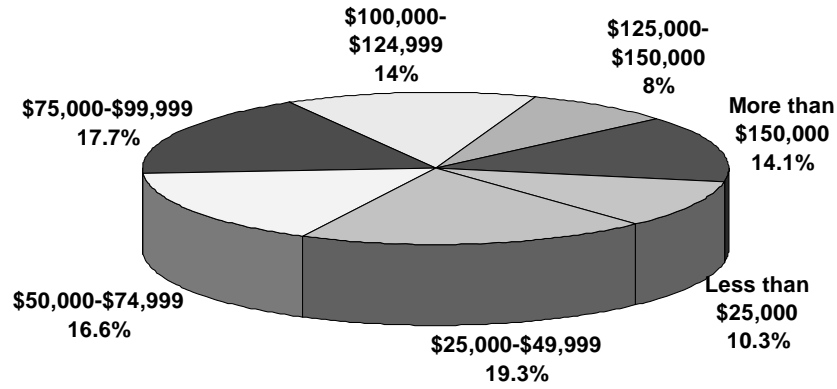
Employment Status



N=1,108

16

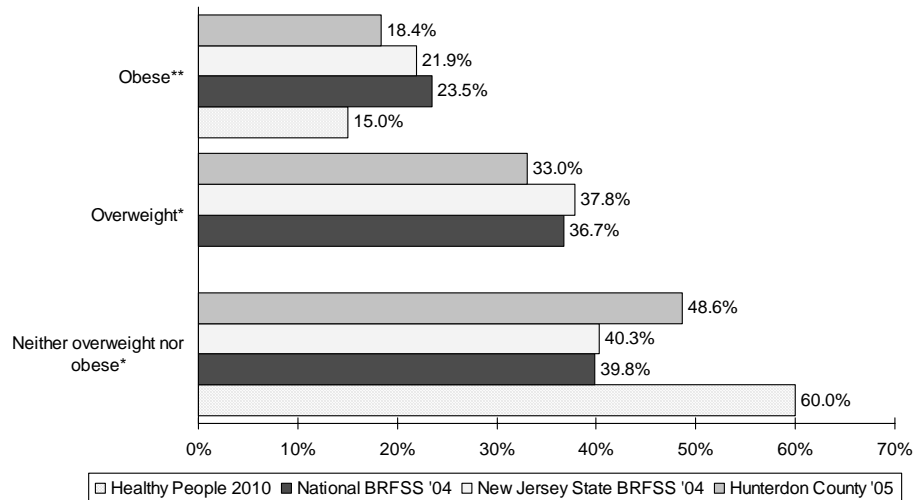
Annual household income from all sources



N=905

17

Body Mass Index (BMI) *Frequency of Responses*



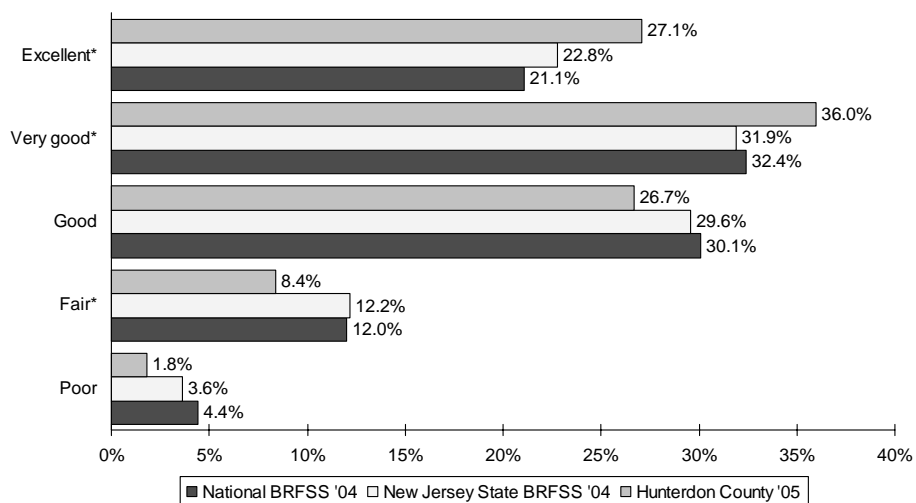
*Significantly different than National and New Jersey.
 **Significantly different than National.

18

Health Status

Would you say in general that your health is...?

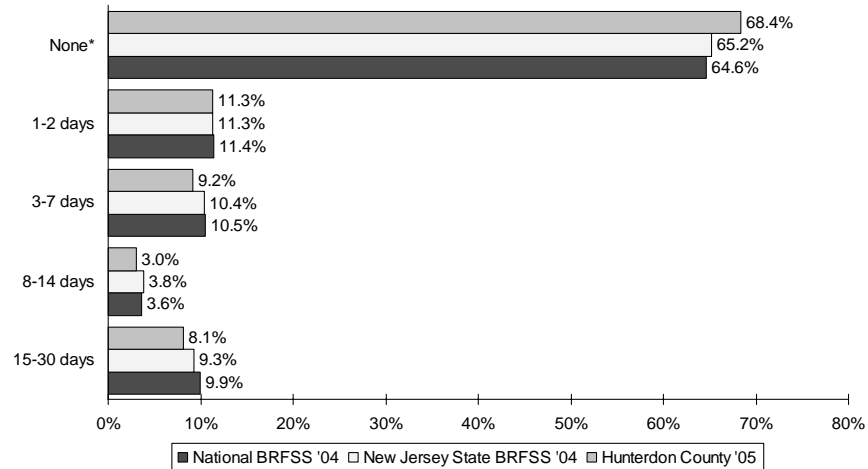
Frequency of Responses



*Significantly different than National and New Jersey.

Now thinking about your physical health, for how many days during the past 30 days was your physical health not good?

Frequency of Responses

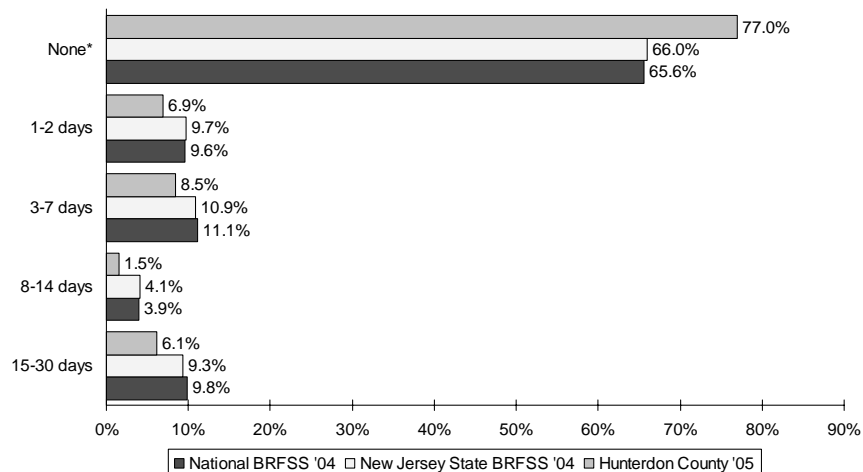


*Significantly different than National.

21

Now thinking about your mental health, for how many days during the past 30 days was your mental health not good?

Frequency of Responses

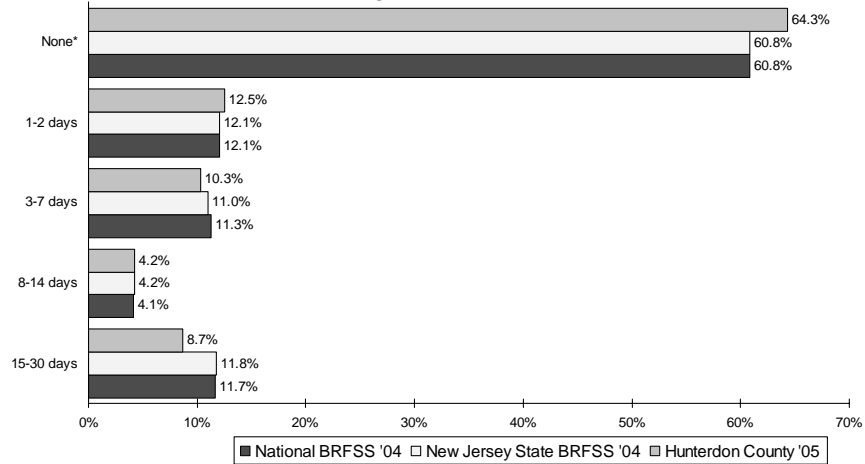


*Significantly different than National and New Jersey.

22

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities?

Respondents with at least 1 day of poor physical/mental health in the past month



*Significantly different than National and New Jersey.

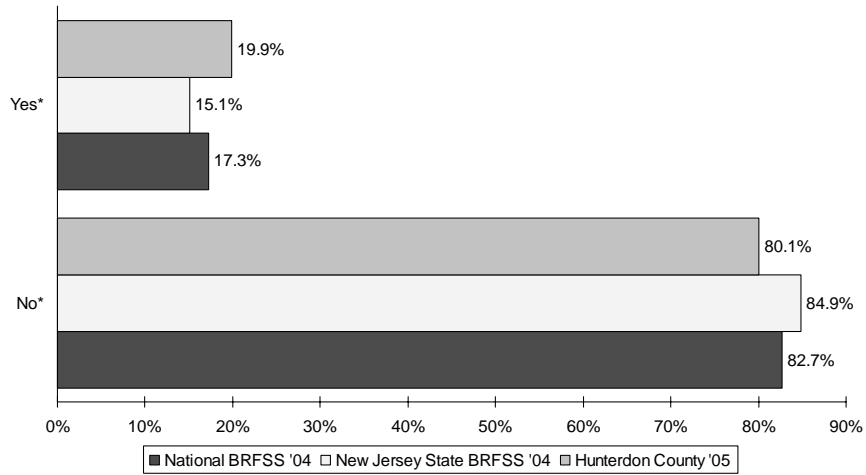
23

Quality of Life and Care Giving

24

Are you limited in any way in any activities because of any impairment or health problem?

Frequency of Responses

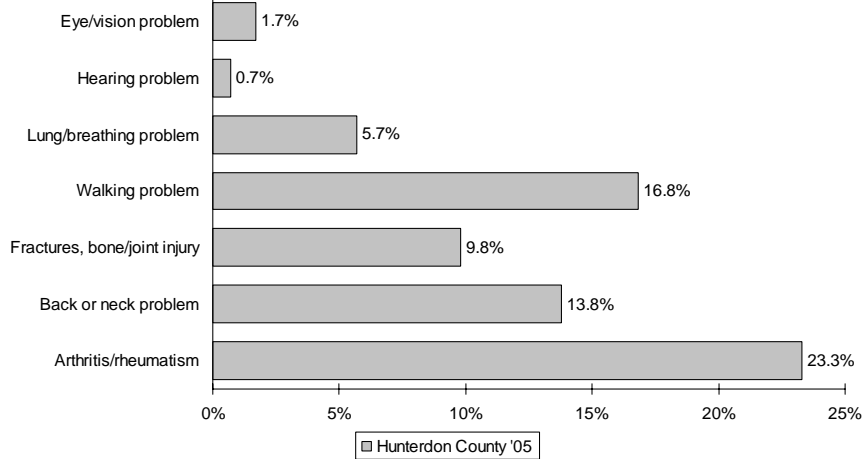


*Significantly different than New Jersey.

25

What is the major impairment or health problem that limits your activities?

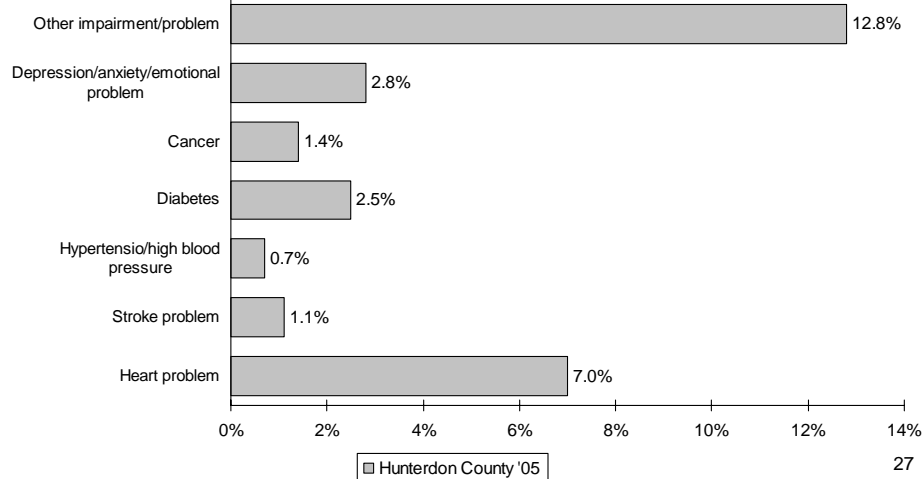
Respondents with an impairment or health problem Frequency of Responses



26

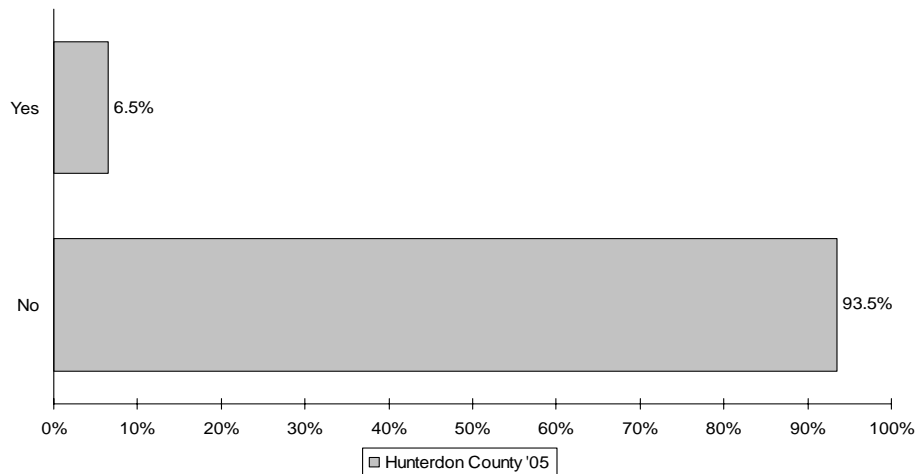
What is the major impairment or health problem that limits your activities? (cont'd)

Respondents with an impairment or health problem
Frequency of Responses



Have you, or has anyone in your household, experienced problems with memory that has caused concern or affected your ability to perform usual activities?

Frequency of Responses



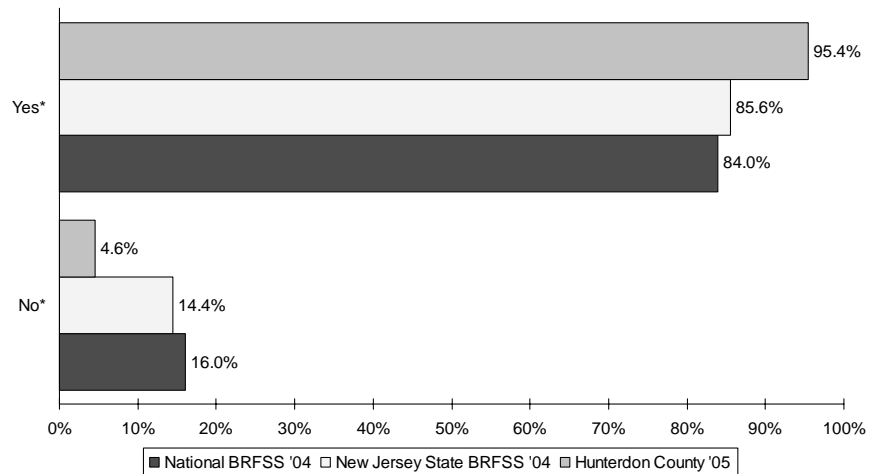
28

Health Care Access

29

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Medicaid?

Frequency of Responses

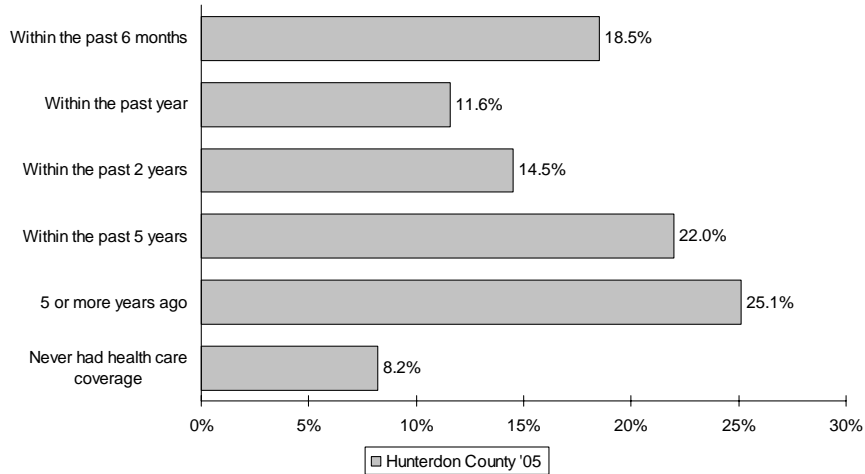


*Significantly different than National and New Jersey.

30

About how long has it been since you had health care coverage?

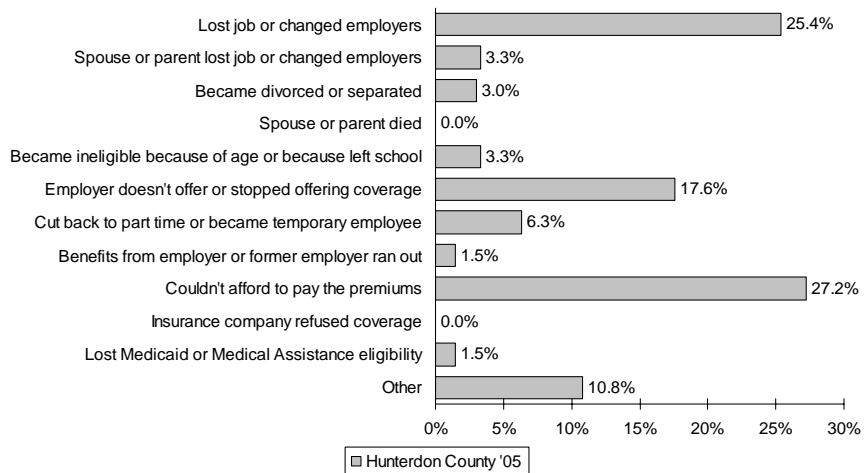
Respondents currently without health care coverage
Frequency of Responses



31

What is the main reason you are without health care coverage?

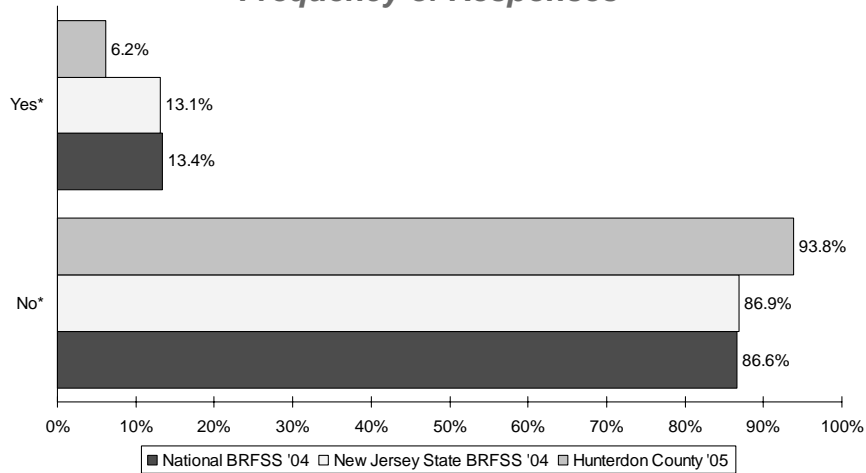
Respondents currently without health care coverage
Frequency of Responses



32

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

Frequency of Responses

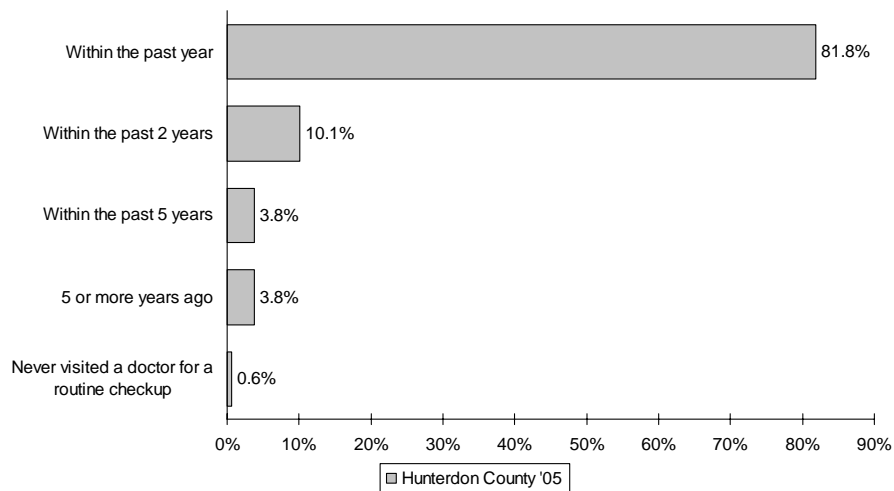


*Significantly different than National and New Jersey.

33

About how long has it been since you last visited a doctor for a routine checkup?

Frequency of Responses



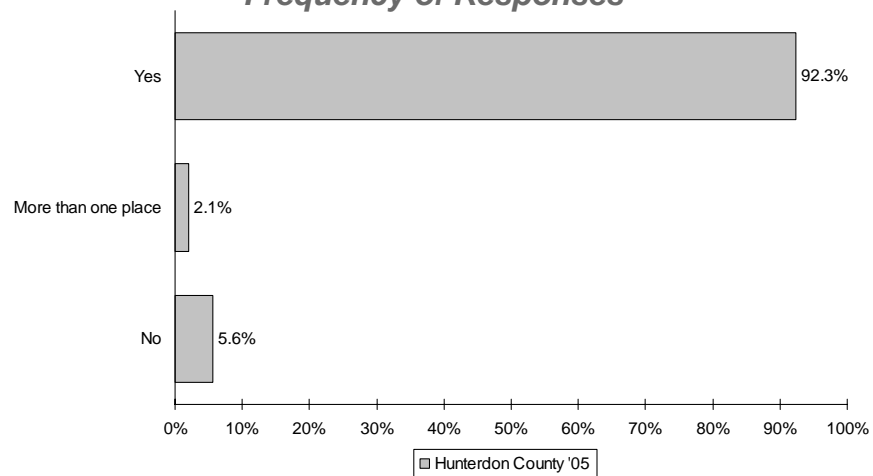
34

Health Care Coverage and Utilization

35

Is there one particular clinic, health center, doctor's office or other place that you usually go to if you are sick or need advice about your health?

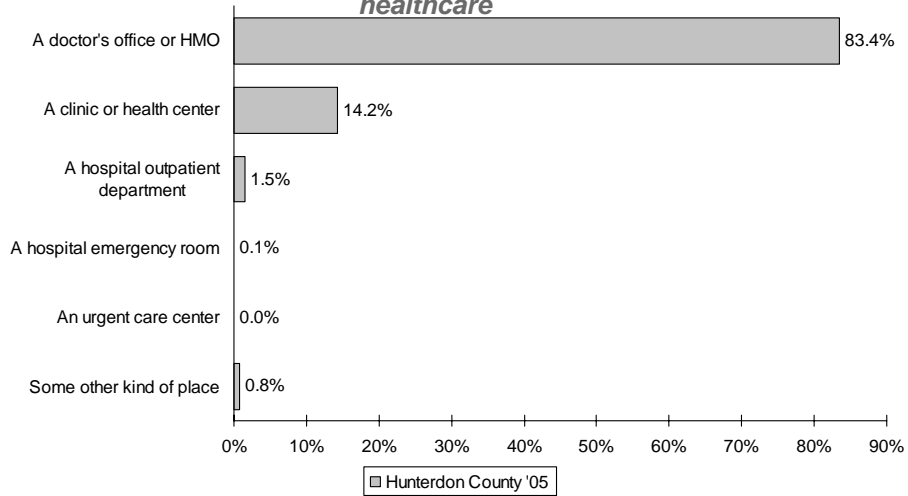
Frequency of Responses



36

What kind of place is it that you go to if you are sick or need advice about your health?

Respondents with one or more place they typically go to for healthcare



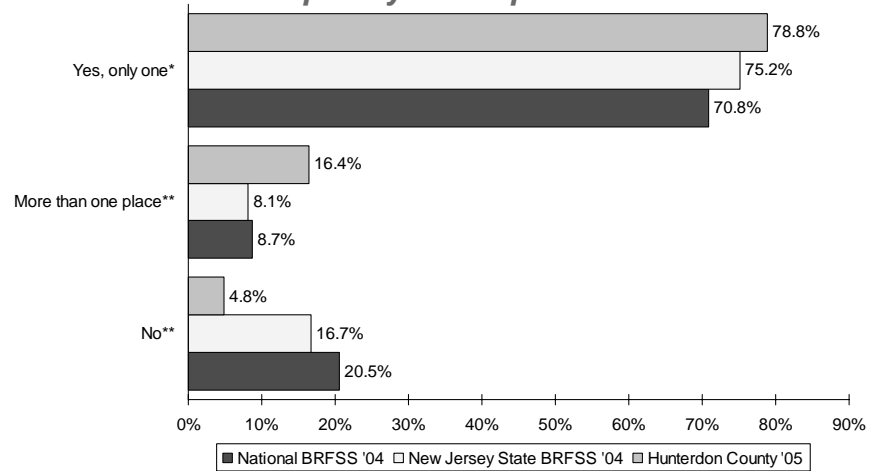
37

Health Care Satisfaction

38

Do you have one person or physician practice that you think of as your personal doctor or health care provider?

Frequency of Responses



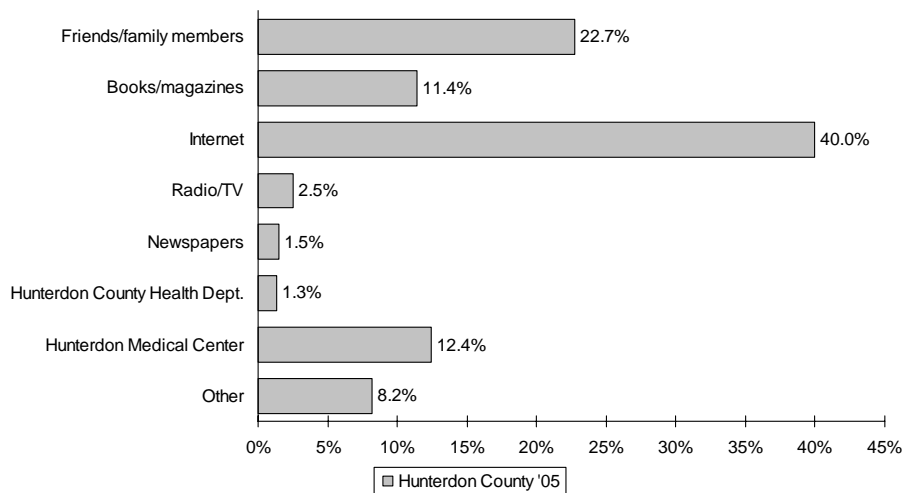
*Significantly different than National.

**Significantly different than National and New Jersey.

39

Other than your doctor, where would you most likely seek general health information?

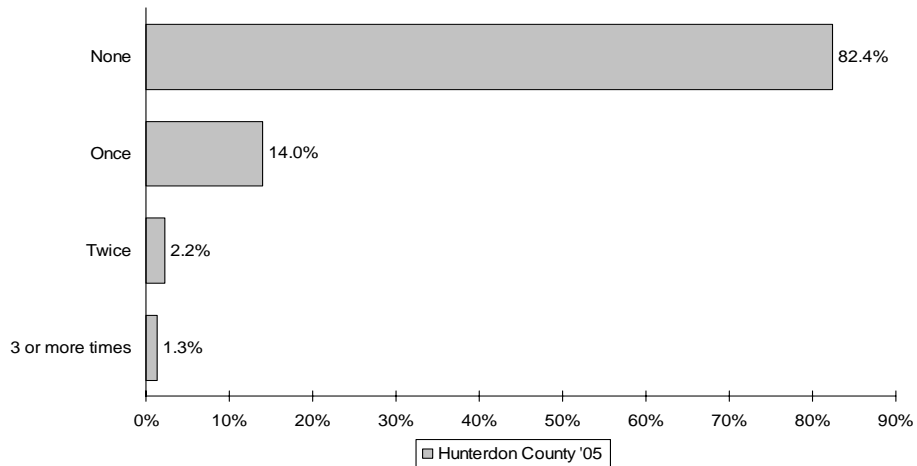
Frequency of Responses



40

**In the last 12 months, how many times did you go to an emergency room to get care for yourself?
(not including stand alone urgent care centers)**

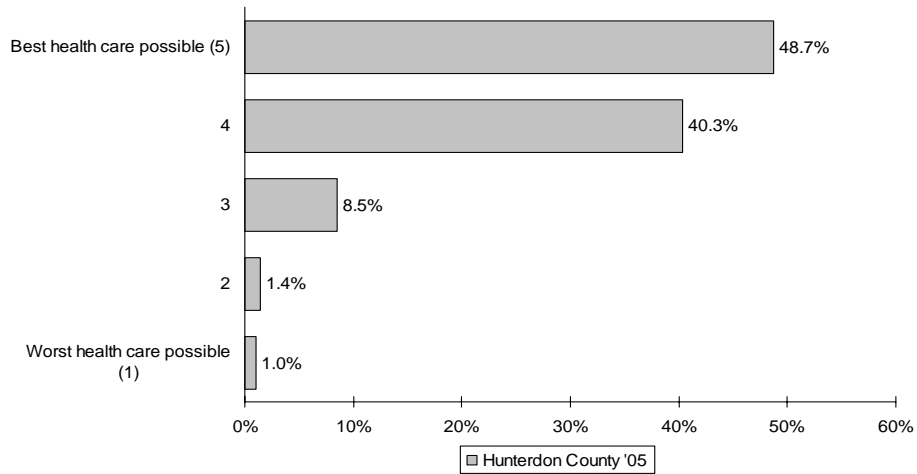
Frequency of Responses



41

How would you rate your health care overall in the last 12 months from all doctors and other health providers?

Frequency of Responses

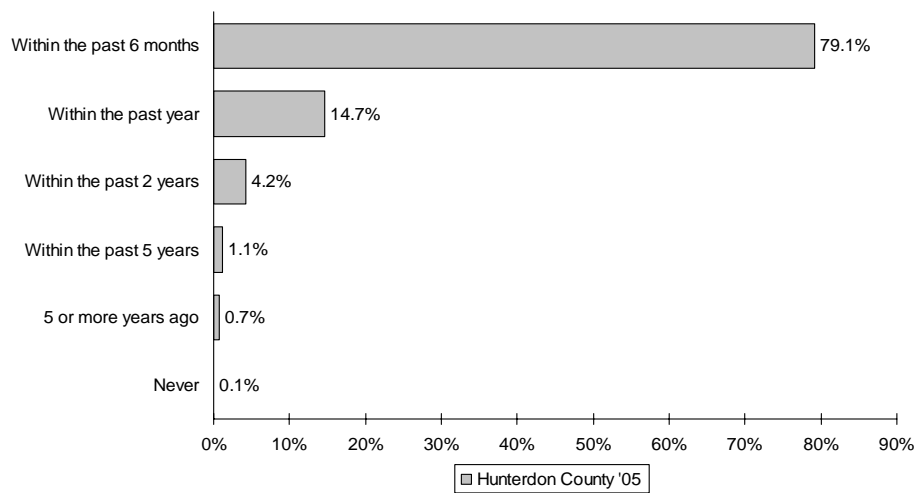


42

Hypertension Awareness

43

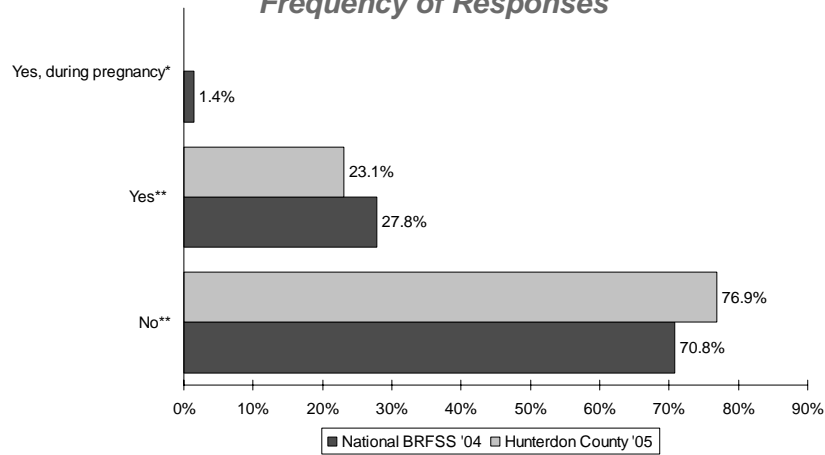
About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?
Frequency of Responses



44

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

Respondents who have ever had their blood pressure taken
Frequency of Responses



*Note: This was not a response option on the Hunterdon BRFSS tool.
**Significantly different than National.

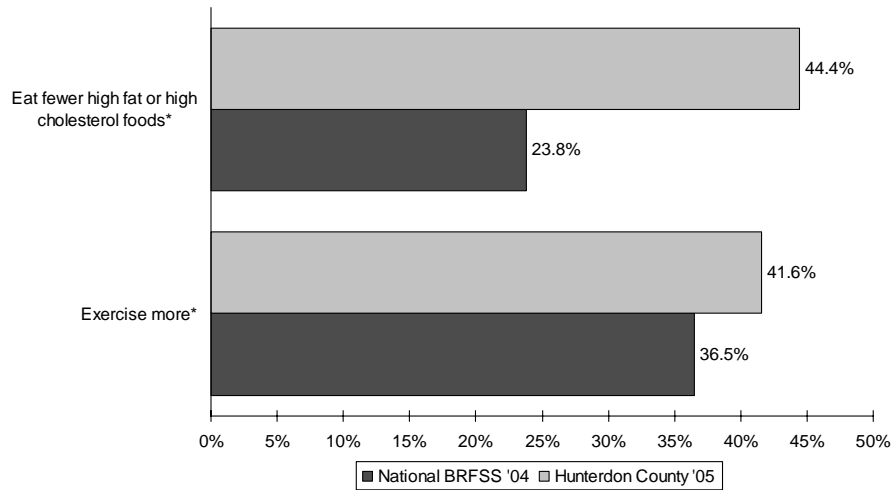
45

Cardiovascular Disease

46

To lower your risk of developing heart disease or stroke, has a doctor advised you to...?

Frequency of Responses

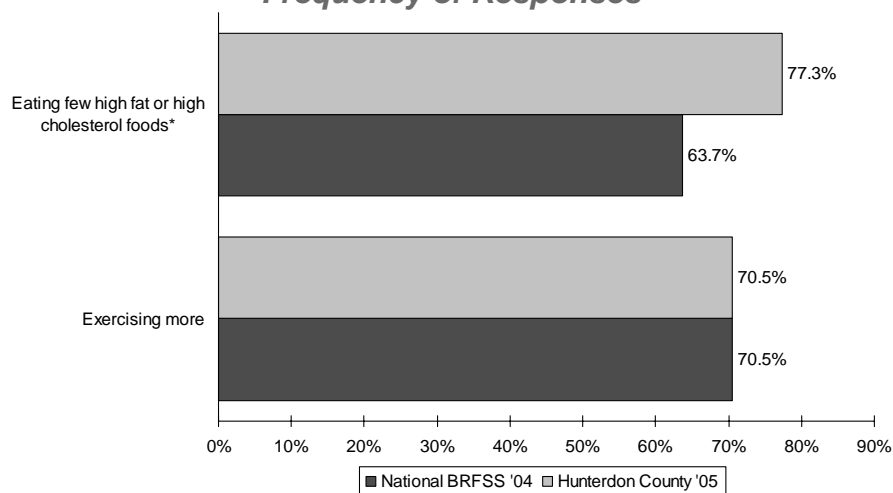


*Significantly different than National.
Note: National comparisons are relative to "past 12 months."

47

To lower your risk of developing heart disease or stroke, are you...?

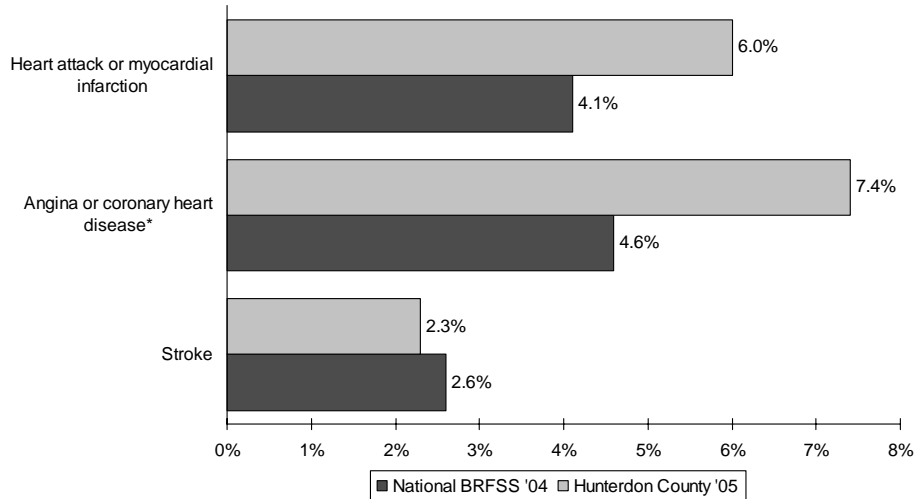
Frequency of Responses



*Significantly different than National.

48

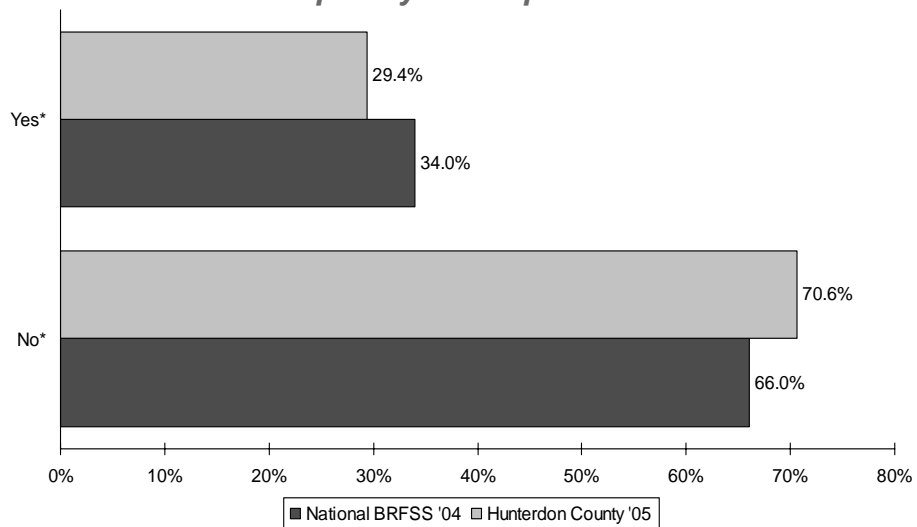
Has a doctor ever told you that you had...? *Frequency of Responses*



*Significantly different than National.

49

Do you take aspirin daily or every other day for prevention of a heart attack? *Frequency of Responses*

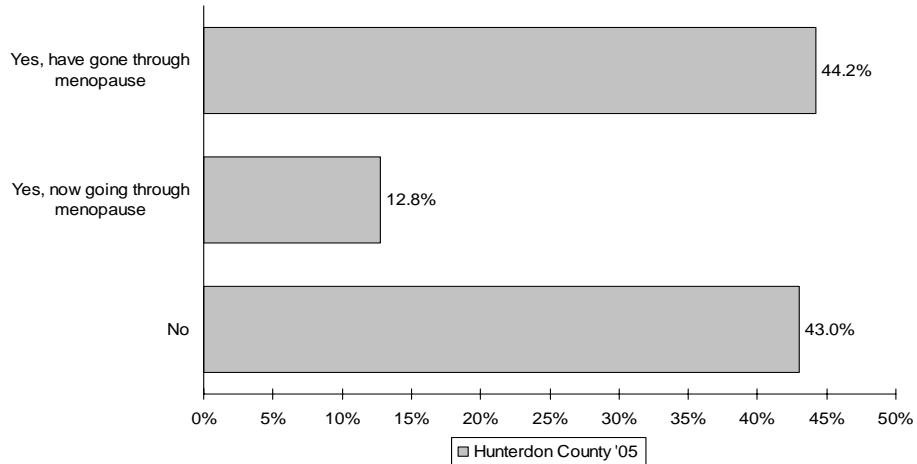


*Significantly different than National.

50

Have you gone through or are you now going through menopause?

Asked only of Females
Frequency of Responses



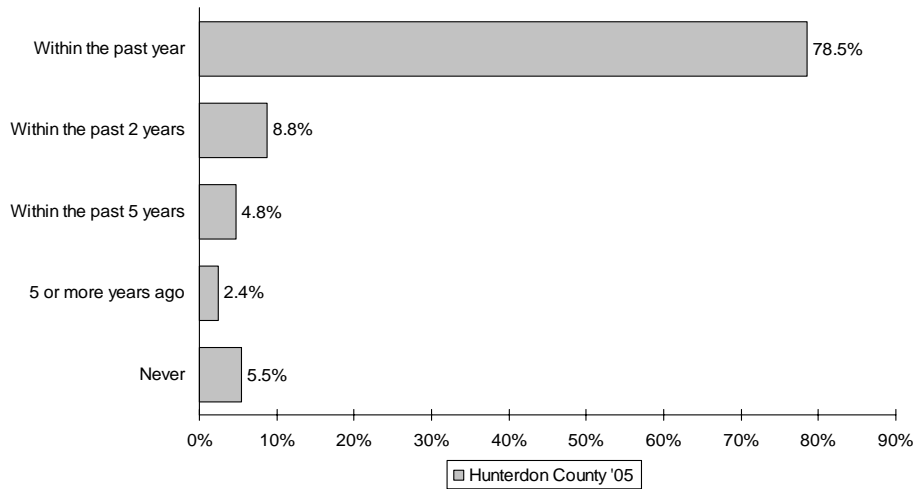
51

Cholesterol Awareness

52

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

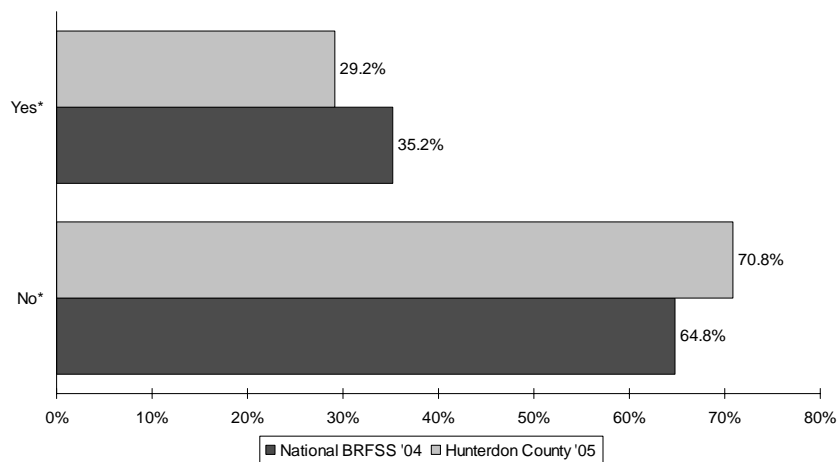
Frequency of Responses



53

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

Respondents who have ever had their blood cholesterol tested Frequency of Responses



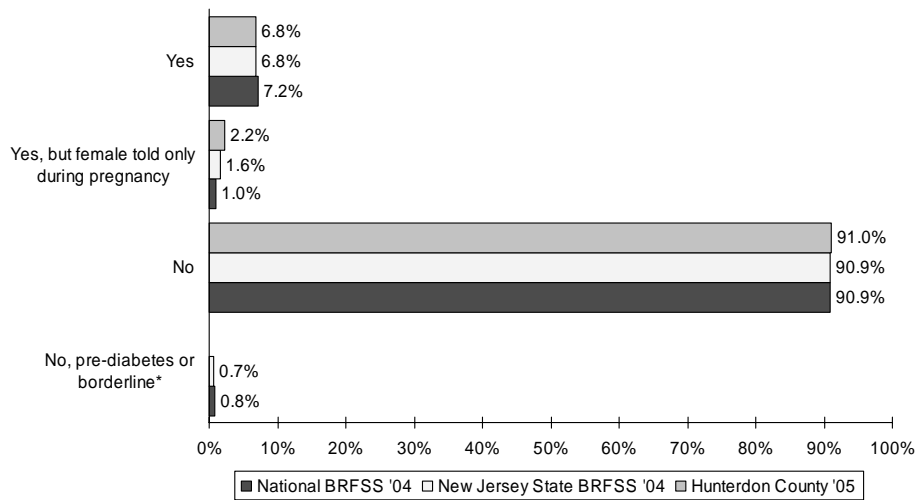
*Significantly different than National.

54

Diabetes

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

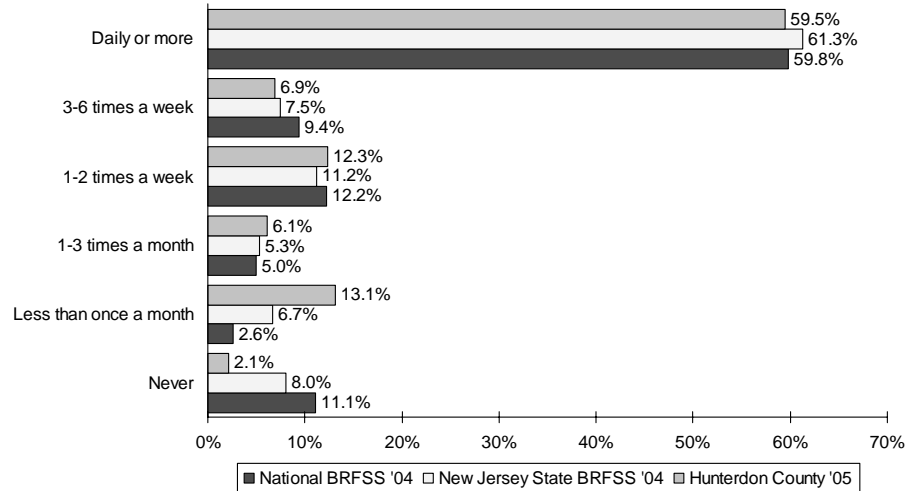
Frequency of Responses



*Note: This was not a response option on the Hunterdon BRFSS tool.

How often do you check your blood for glucose or sugar?

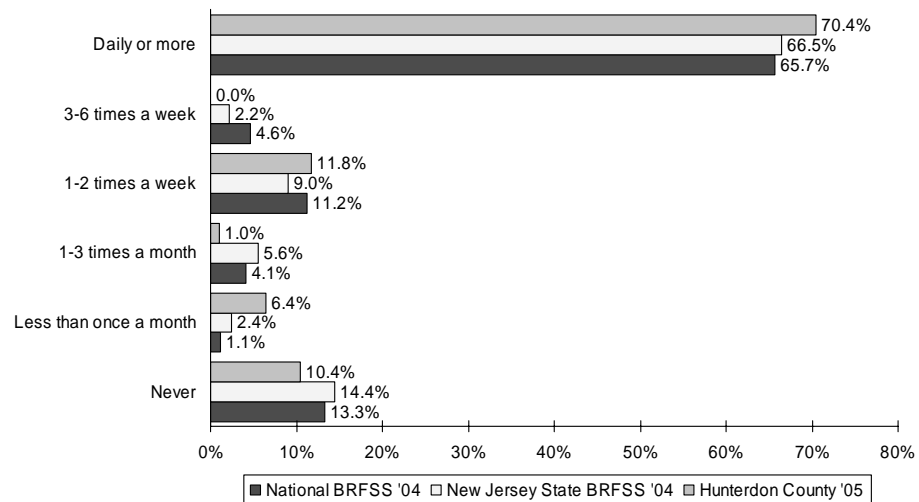
Respondents with diabetes



57

How often do you check your feet for sores or irritations?

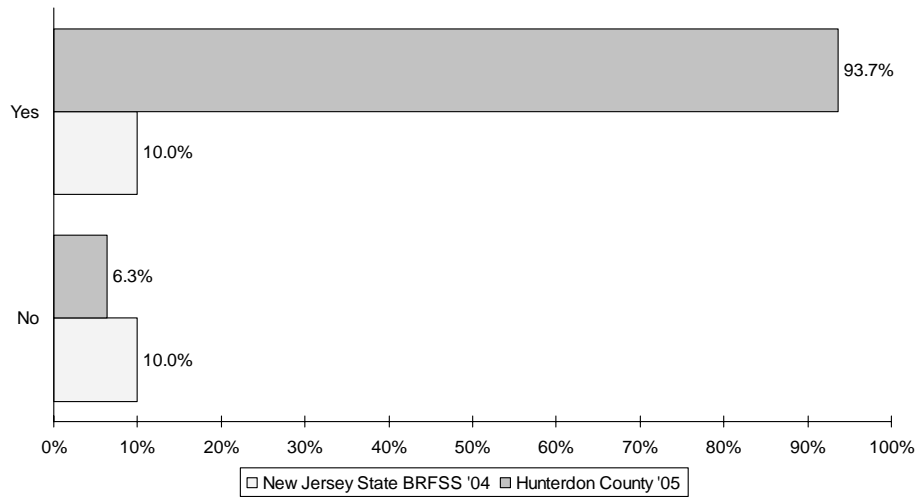
Respondents with diabetes



58

Are your blood sugar levels between 90-160 most of the time?

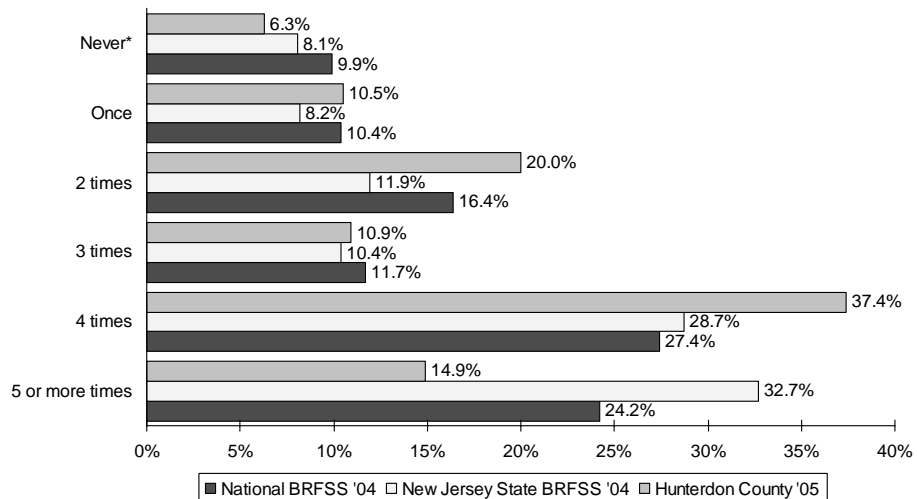
Respondents with diabetes



59

How many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

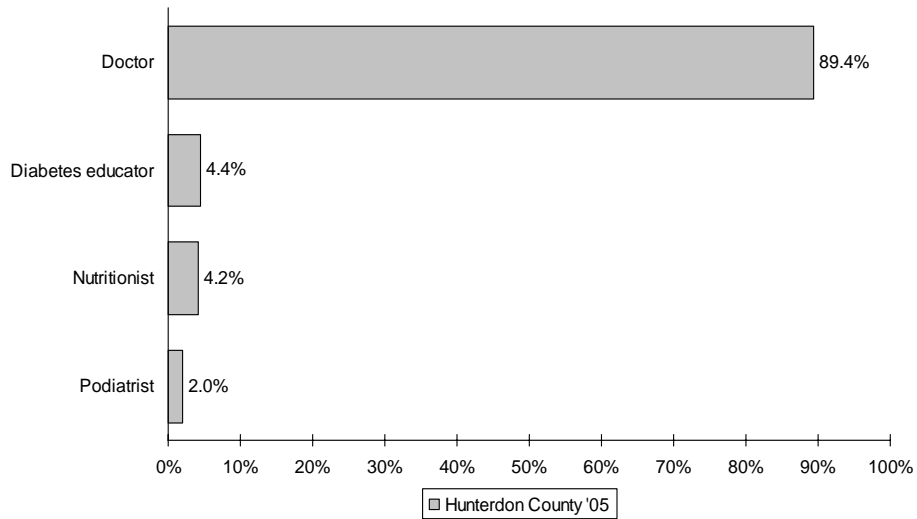
Respondents with diabetes



*Significantly different than National.

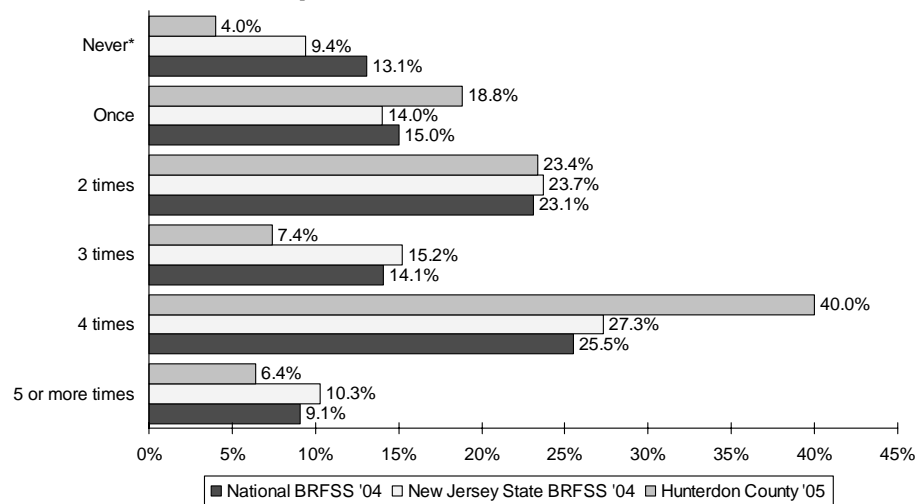
60

What health professional did you visit most often in the last 12 months regarding your diabetes?
Respondents with diabetes



61

How many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?
Respondents with diabetes

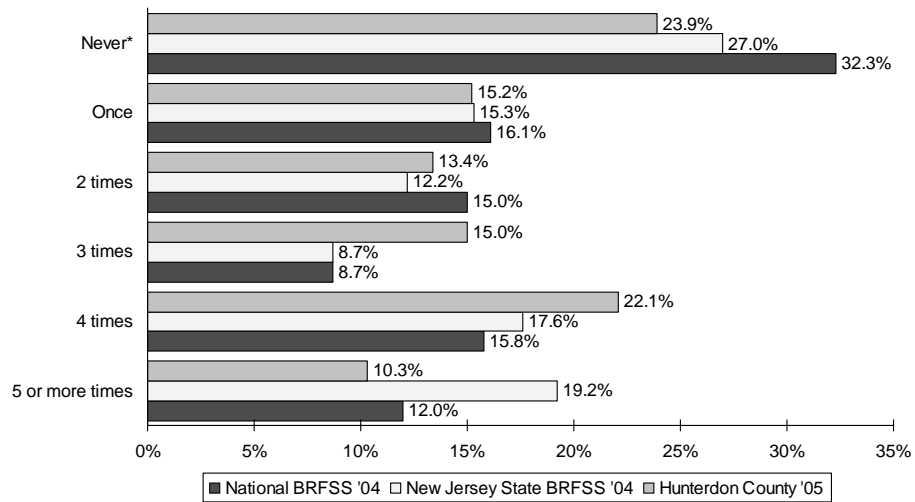


*Significantly different than National and New Jersey.

62

How many times in the past 12 months has a health professional checked your feet for sores or irritations?

Respondents with diabetes and feet

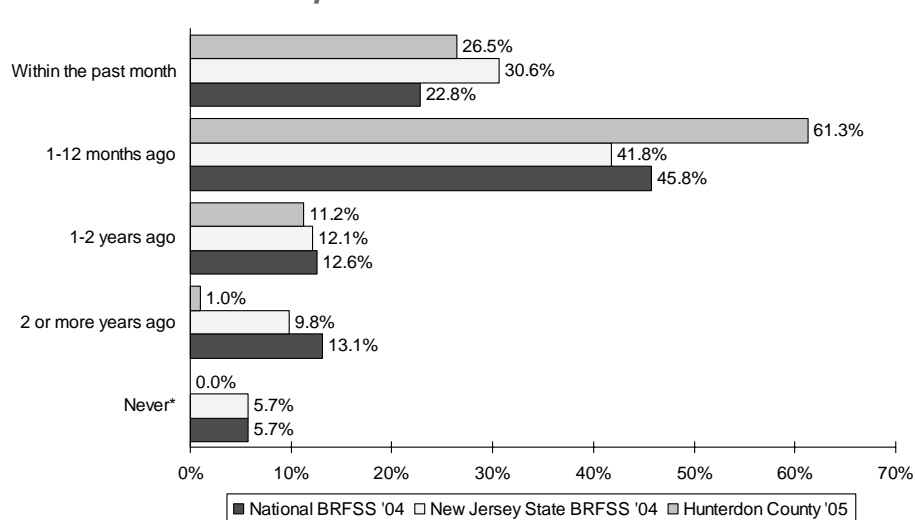


*Significantly different than National and New Jersey.

63

When was the last time you had an eye exam in which the pupils were dilated?

Respondents with diabetes



*Significantly different than National and New Jersey.

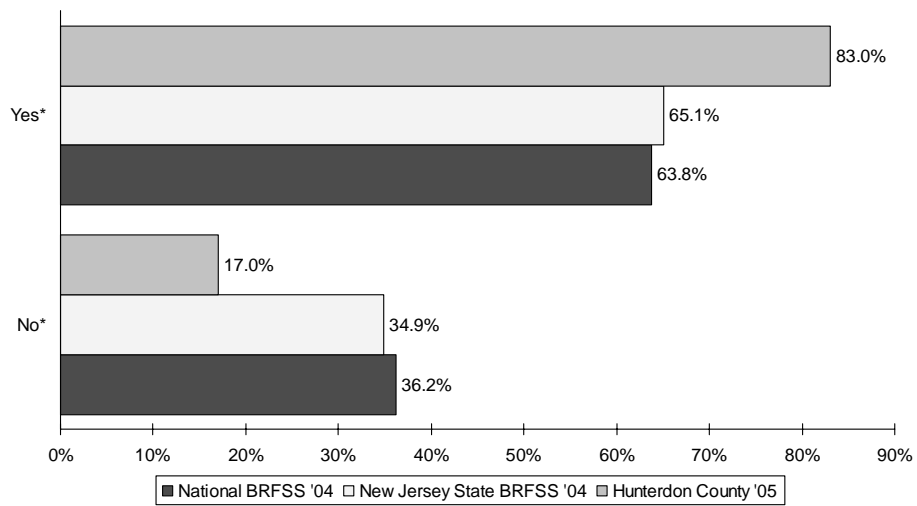
64

Women's Health

Asked only of Females

65

Have you ever had a mammogram?

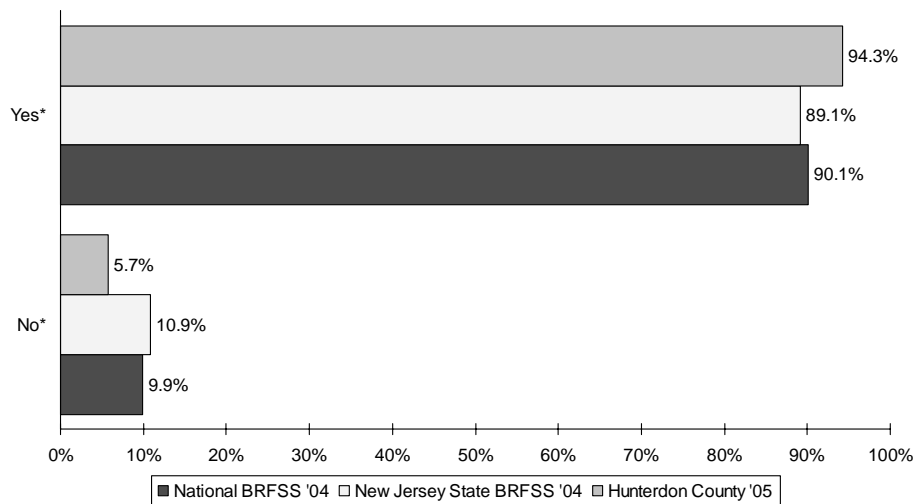


*Significantly different than National and New Jersey.

66

Have you ever had a mammogram?

Females 40 and over

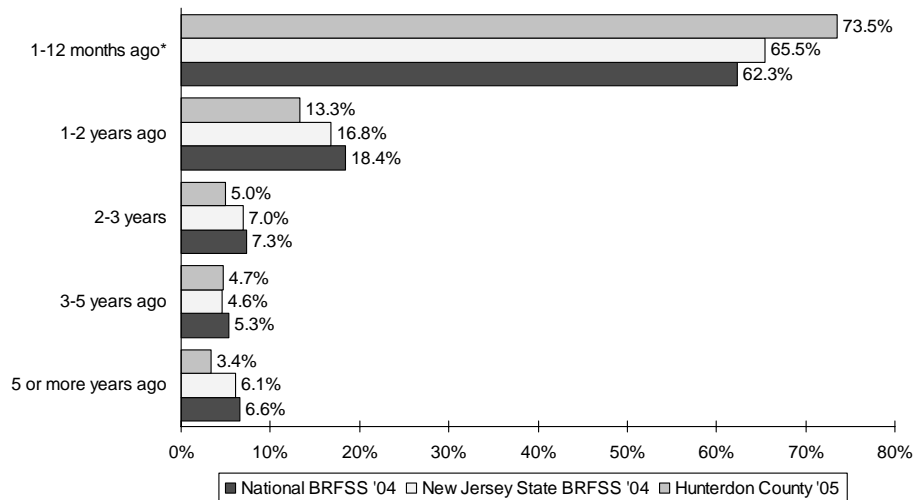


*Significantly different than National and New Jersey.

67

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

Females who have had a mammogram

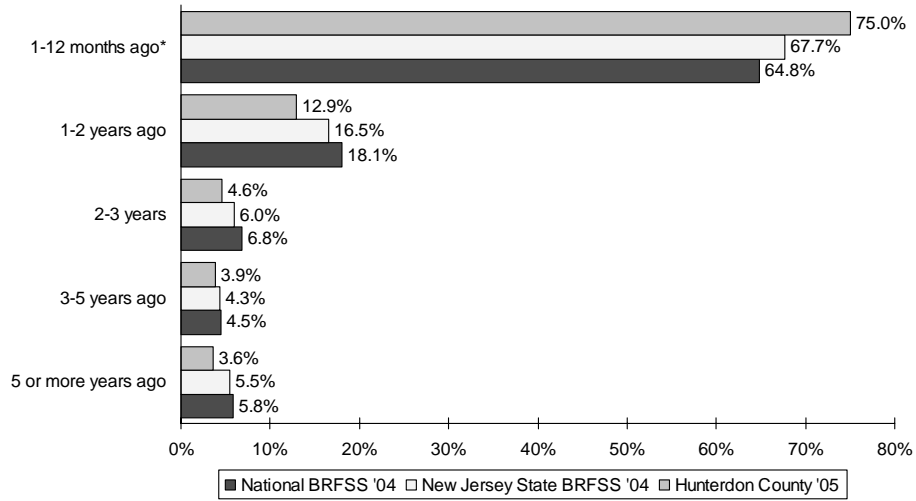


*Significantly different than National and New Jersey.

68

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

Females, 40 and over, who have had a mammogram

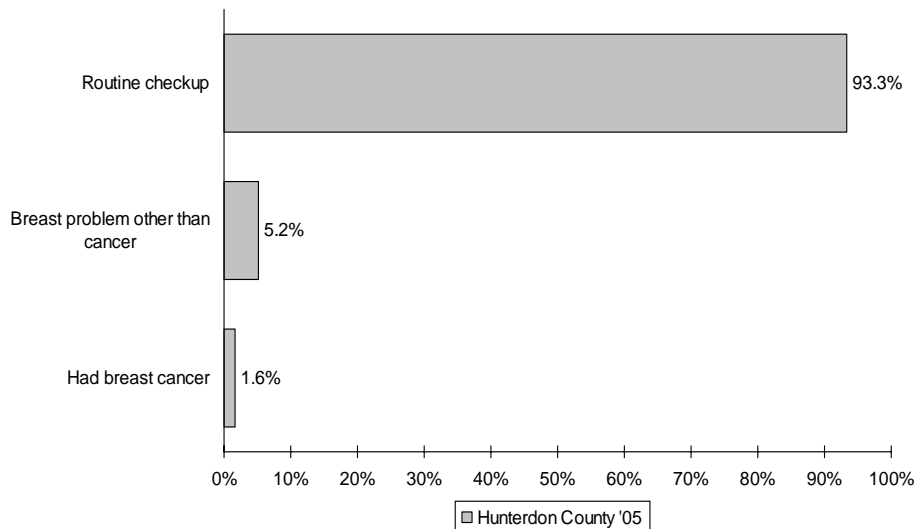


*Significantly different than National and New Jersey.

69

Why did you have your last mammogram?

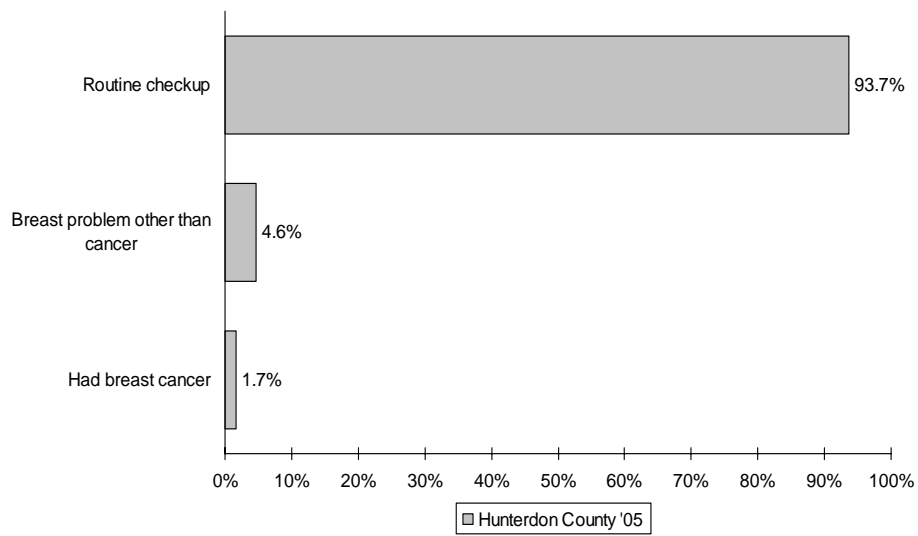
Females who have had a mammogram



70

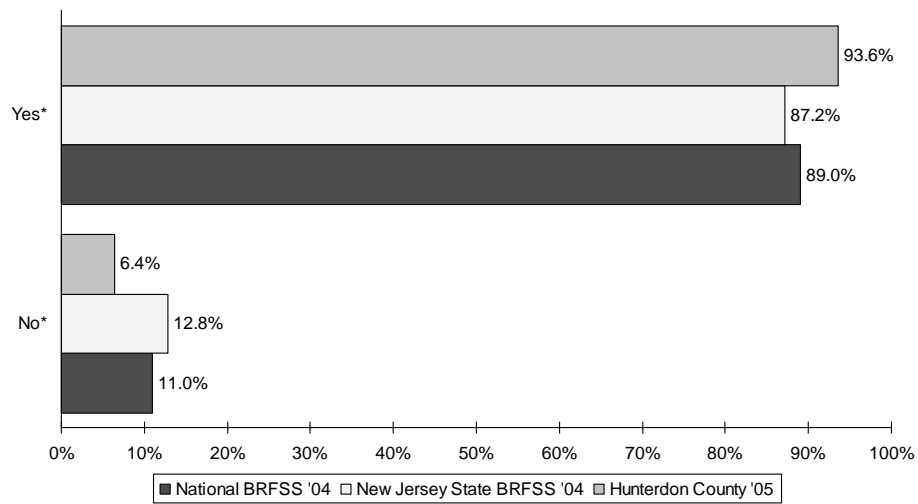
Why did you have your last mammogram?

Females, 40 and over, who have had a mammogram



71

Have you ever had a clinical breast exam?

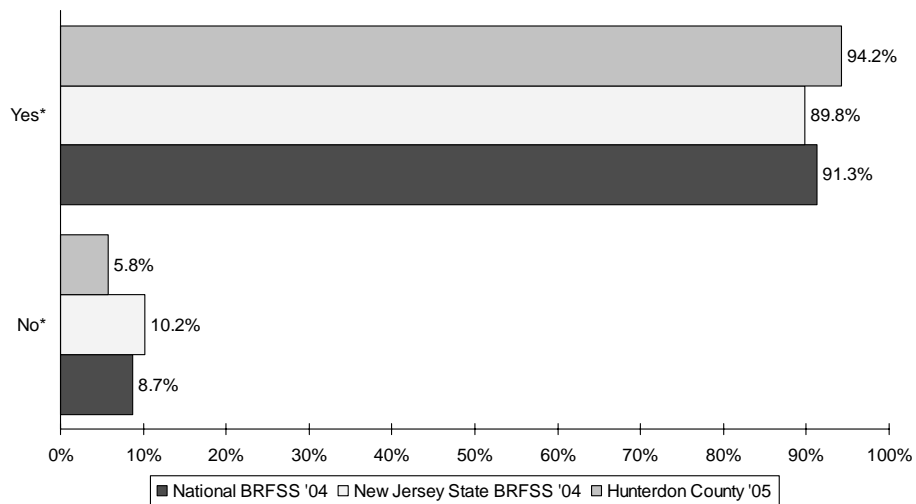


*Significantly different than National and New Jersey.

72

Have you ever had a clinical breast exam?

Females 40 and over

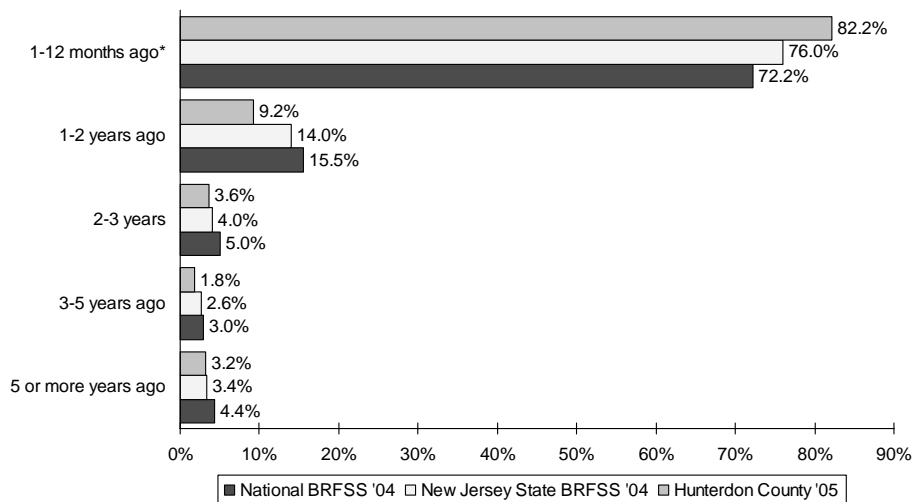


*Significantly different than New Jersey.

73

How long has it been since you had your last clinical breast exam?

Females who have had a clinical breast exam

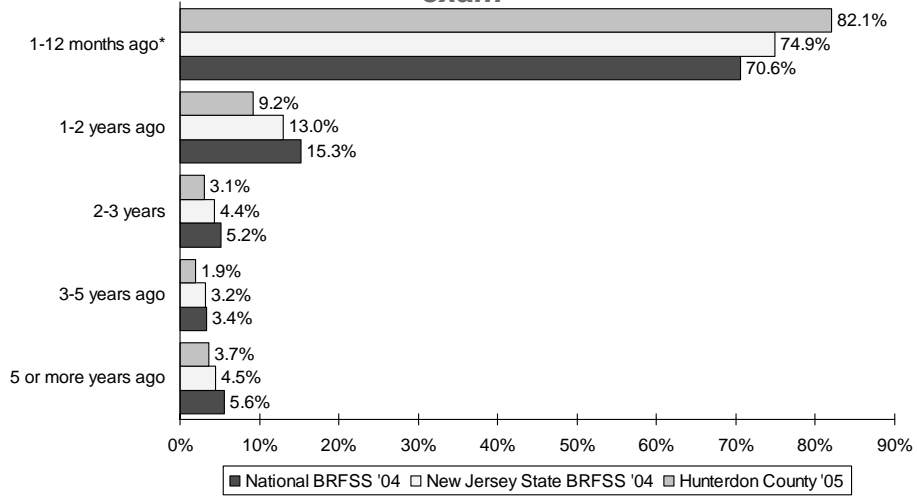


*Significantly different than National and New Jersey.

74

How long has it been since you had your last clinical breast exam?

Females, 40 and over, who have had a clinical breast exam

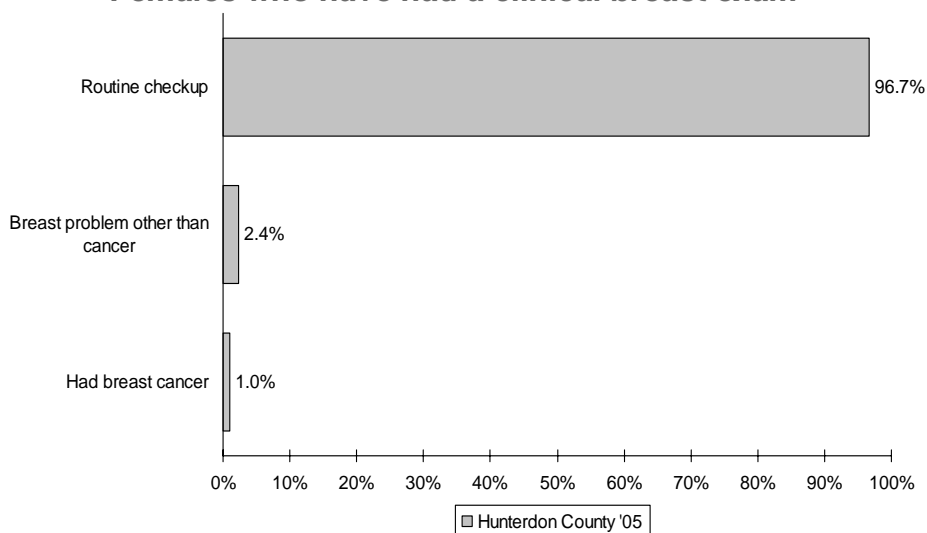


*Significantly different than National and New Jersey.

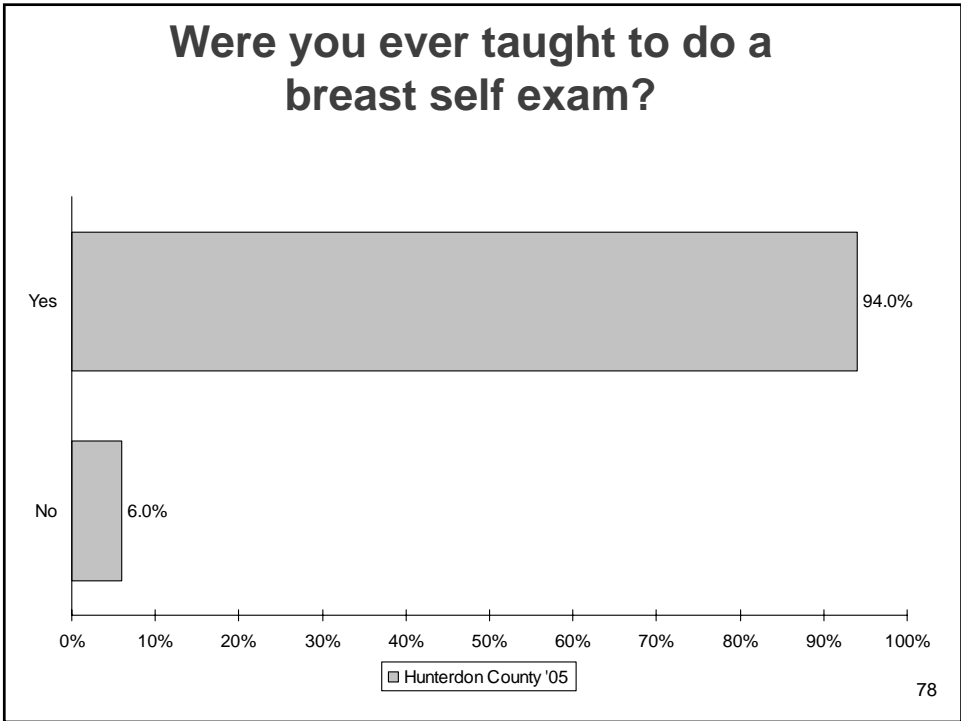
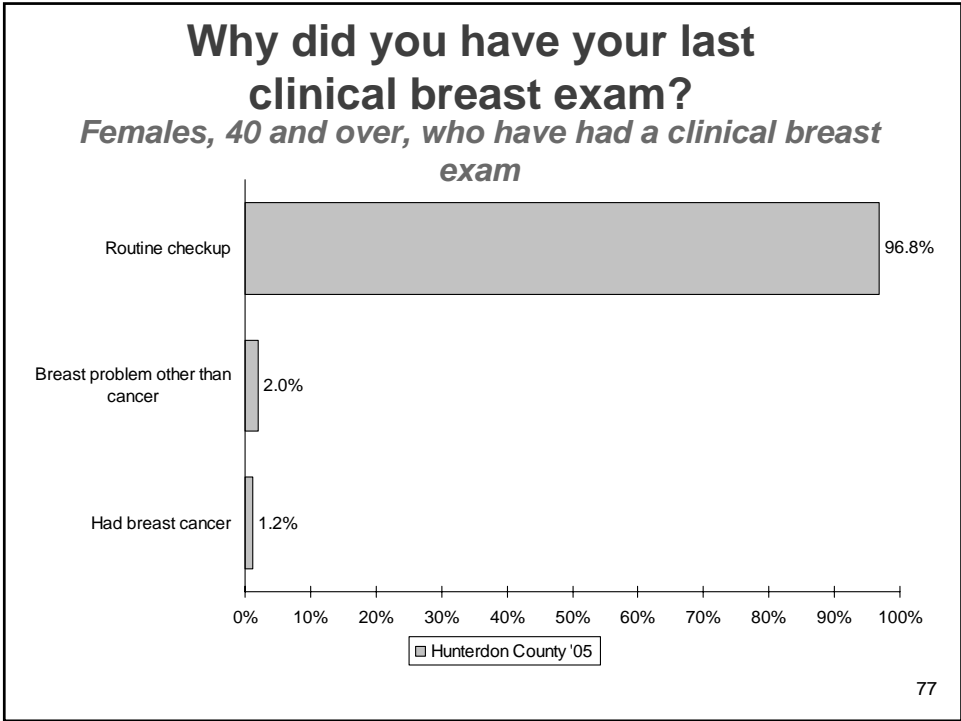
75

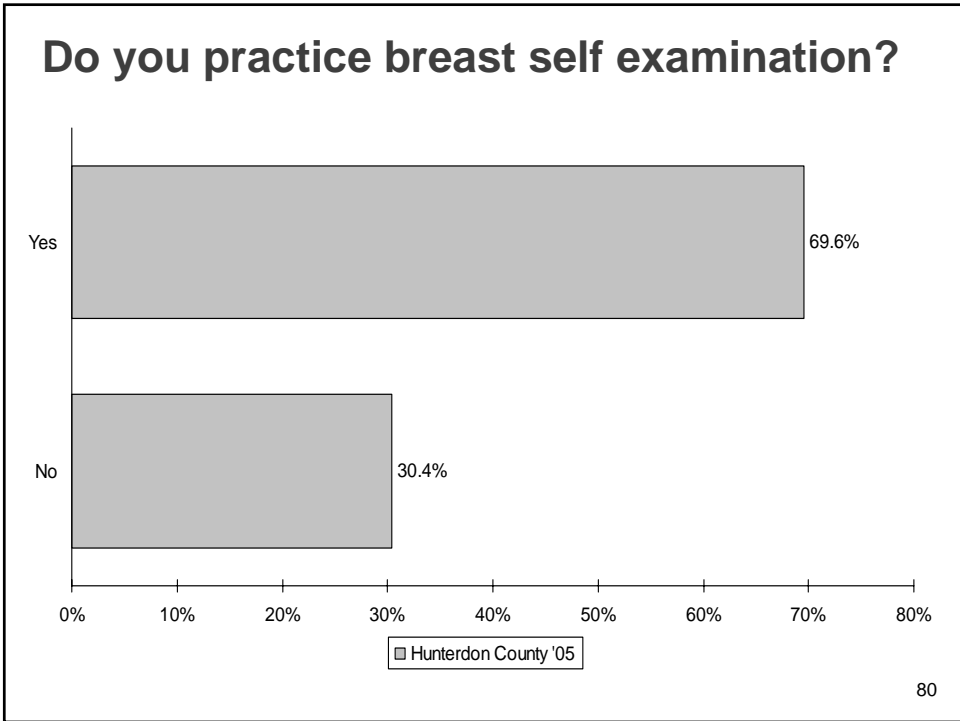
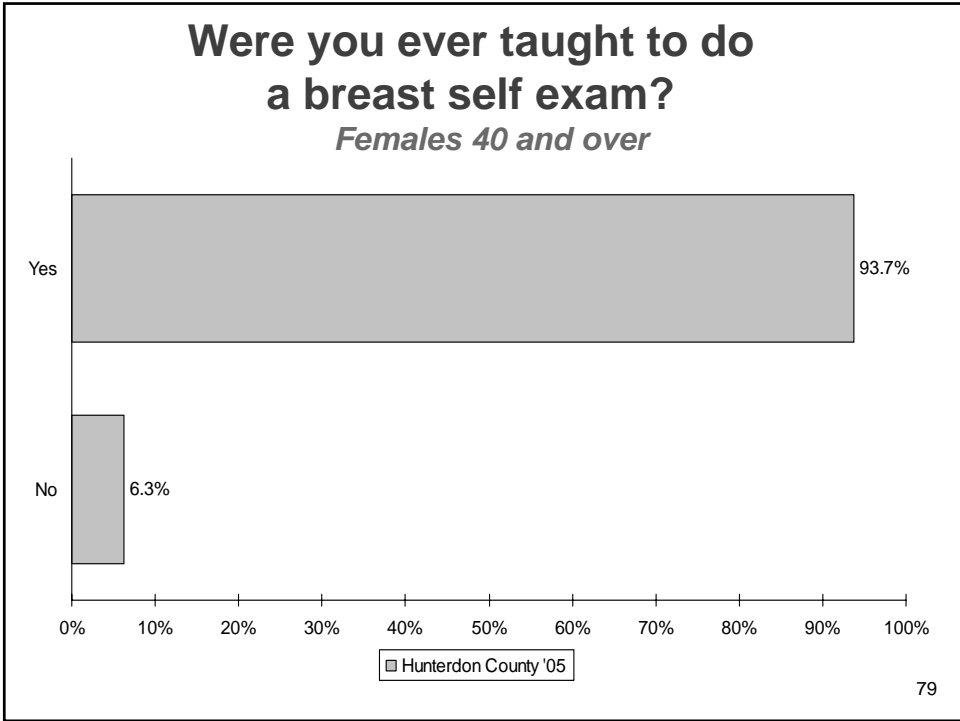
Why did you have your last clinical breast exam?

Females who have had a clinical breast exam



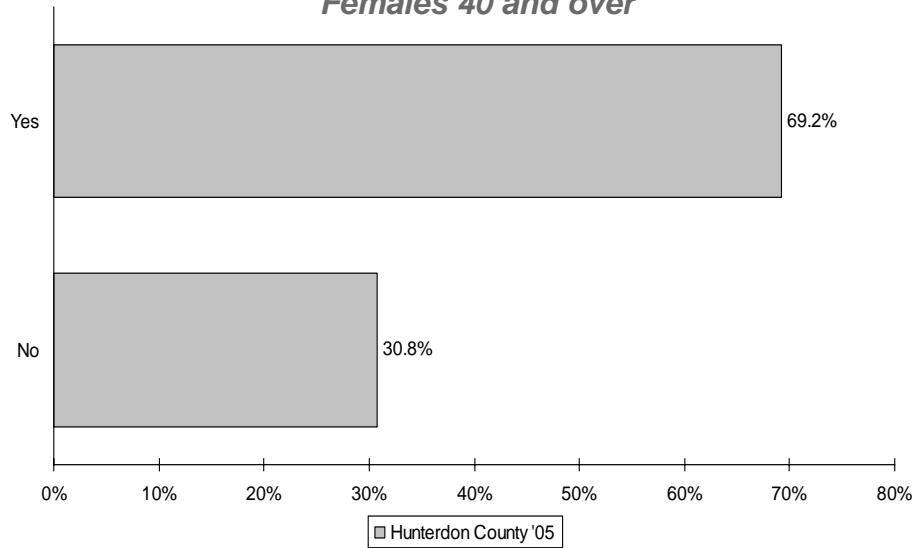
76





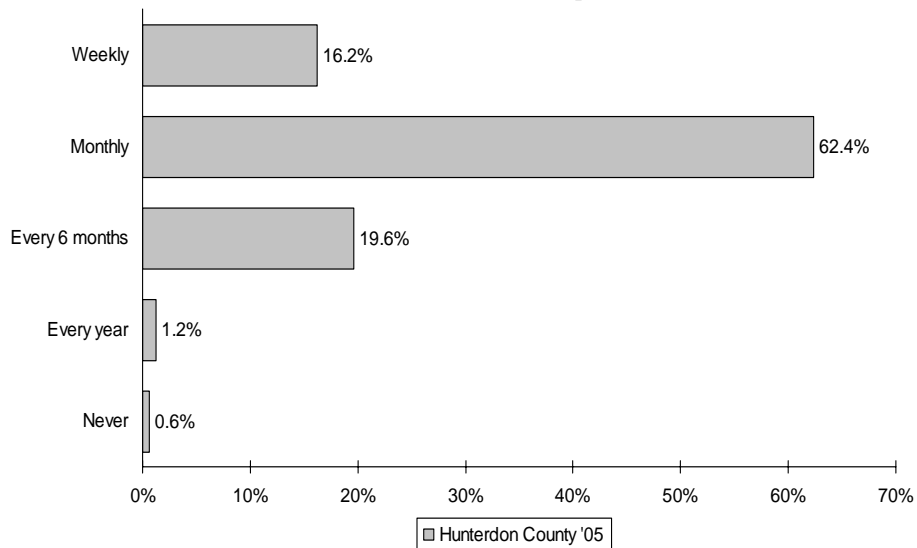
Do you practice breast self examination?

Females 40 and over

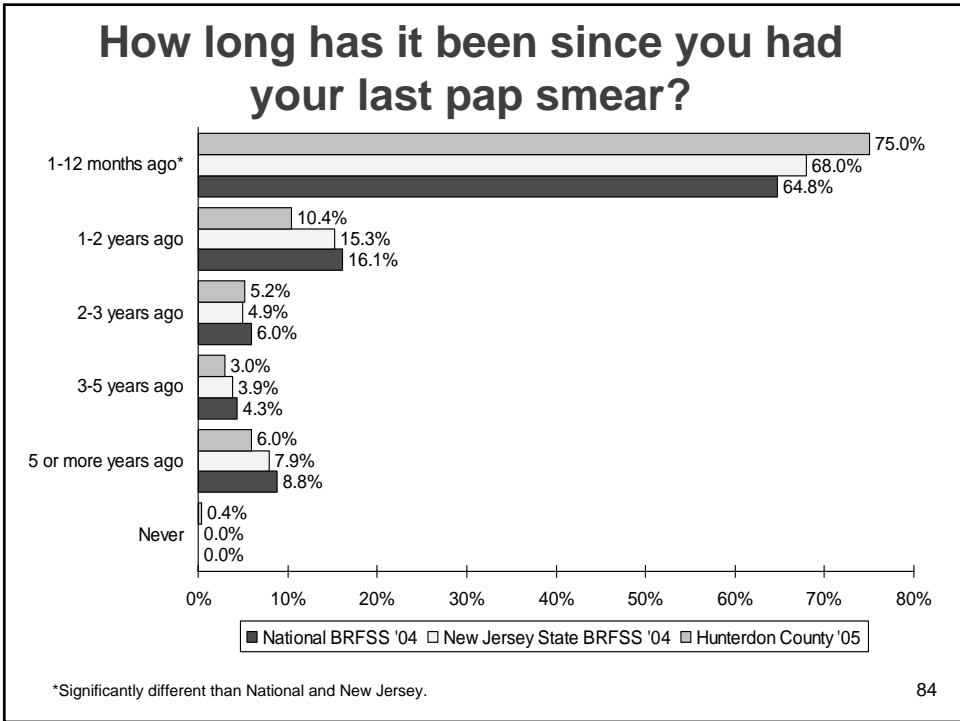
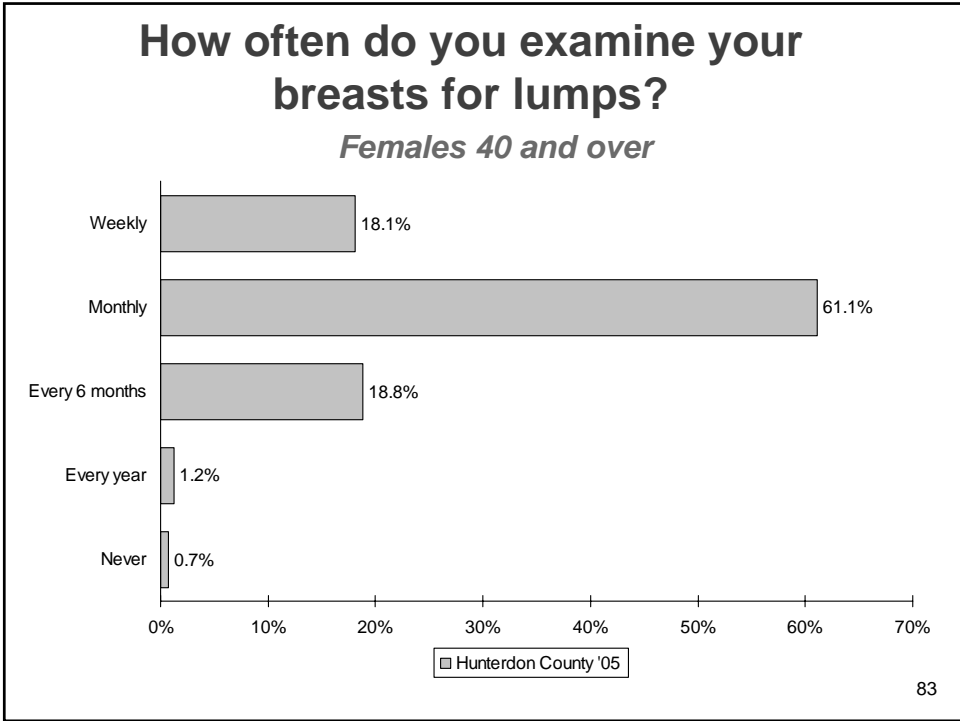


81

How often do you examine your breasts for lumps?



82

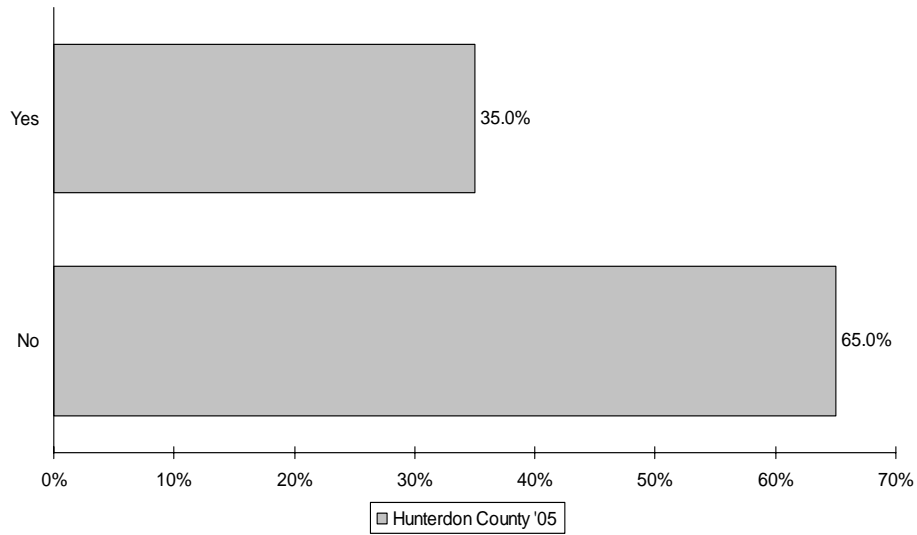


Osteoporosis

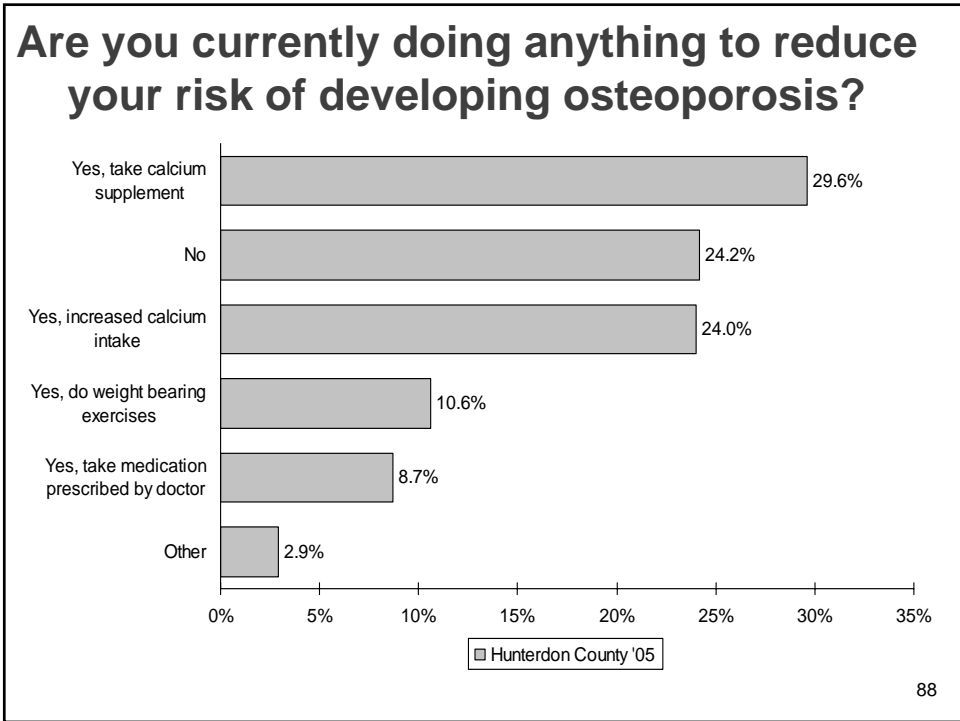
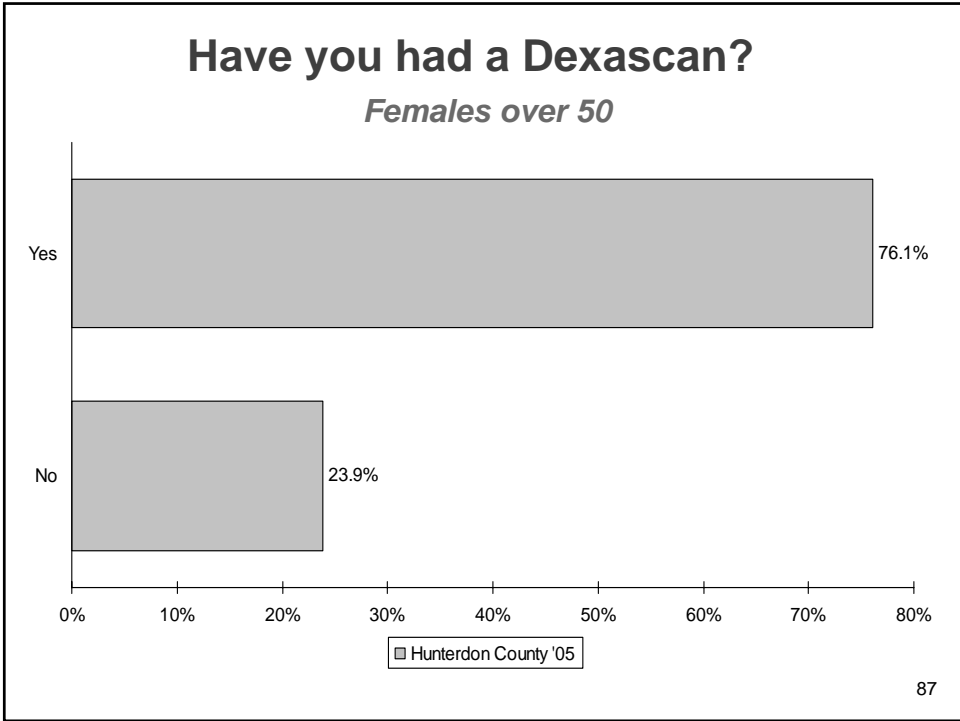
Asked only of Females

85

Are you aware of any history in your family of osteoporosis?



86

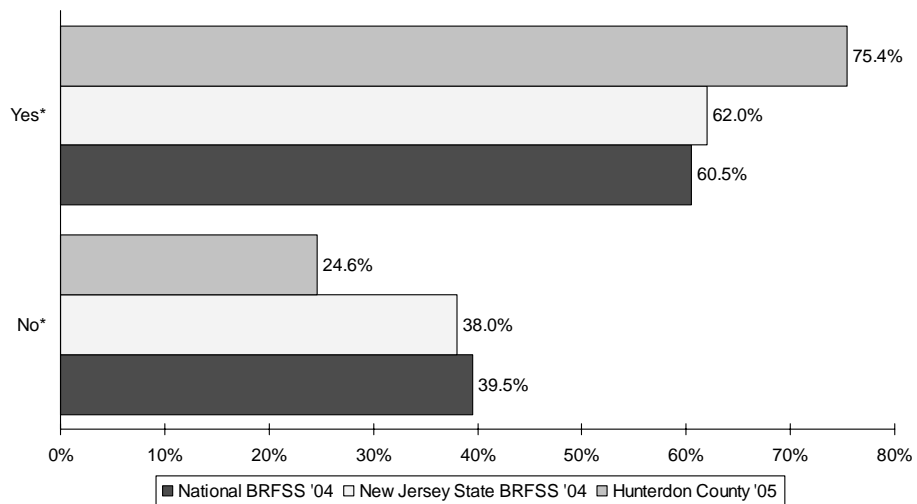


Prostate Cancer Screening

Asked only of Males Age 40 and Over

89

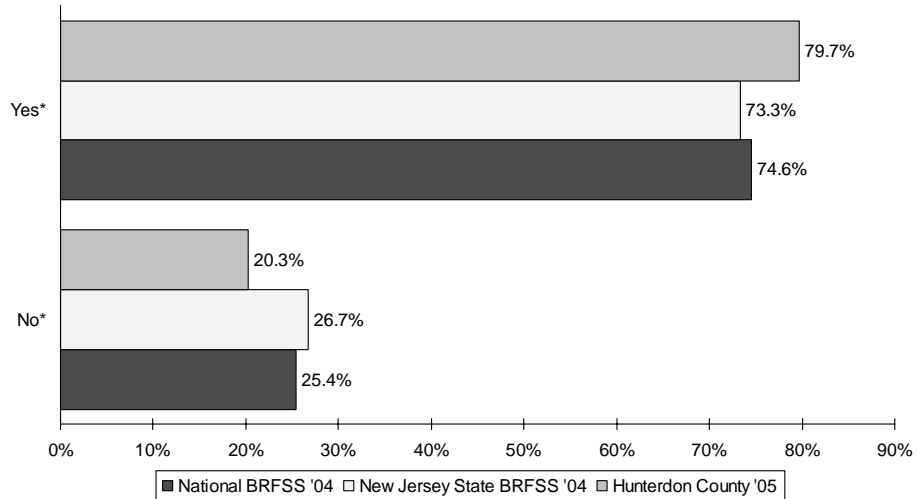
Have you had a Prostate-Specific Antigen (PSA) test?



*Significantly different than National and New Jersey.

90

Have you had a digital rectal exam?

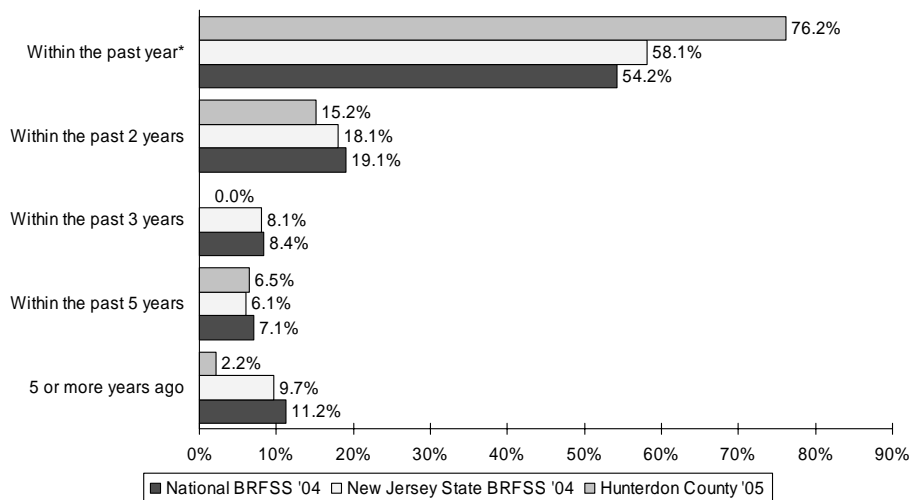


*Significantly different than National and New Jersey.

91

How long has it been since your last digital rectal exam?

Males who have ever had a digital rectal exam



*Significantly different than National and New Jersey.

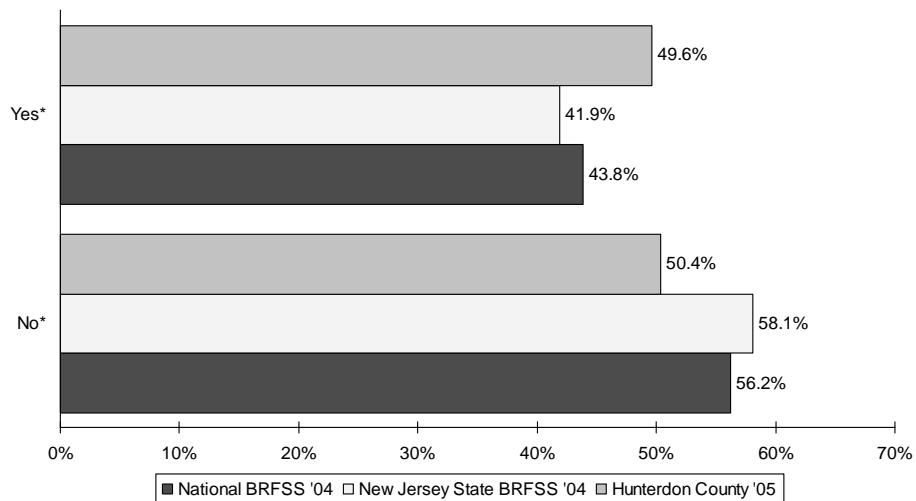
92

Colorectal Cancer Screening

Only asked of respondents 50 years of age or older

93

Have you ever had a blood stool test using a home kit?

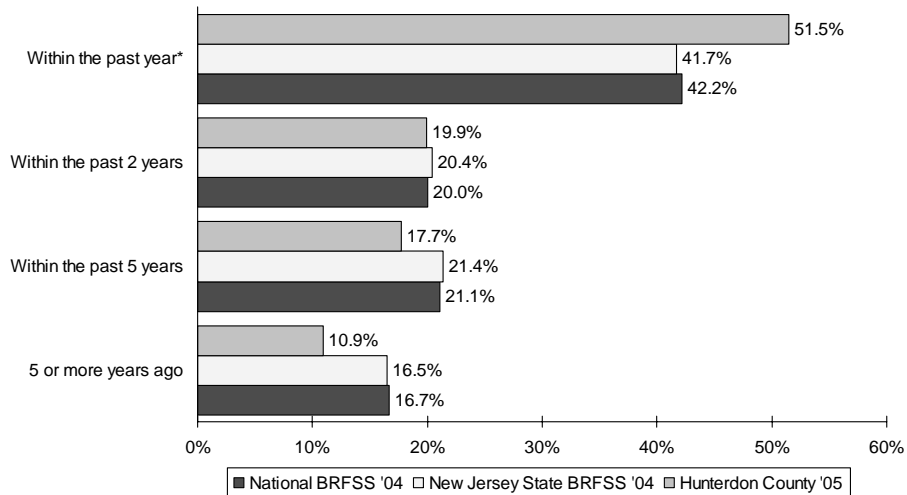


*Significantly different than National and New Jersey.

94

How long has it been since your last blood stool test using a home kit?

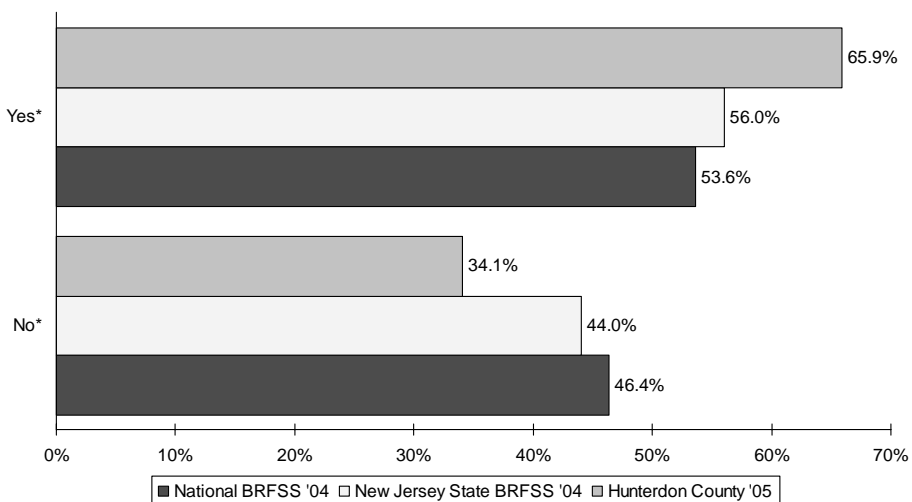
Respondents who have ever had a blood stool test



*Significantly different than National and New Jersey.

95

Have you ever had a sigmoidoscopy or colonoscopy?

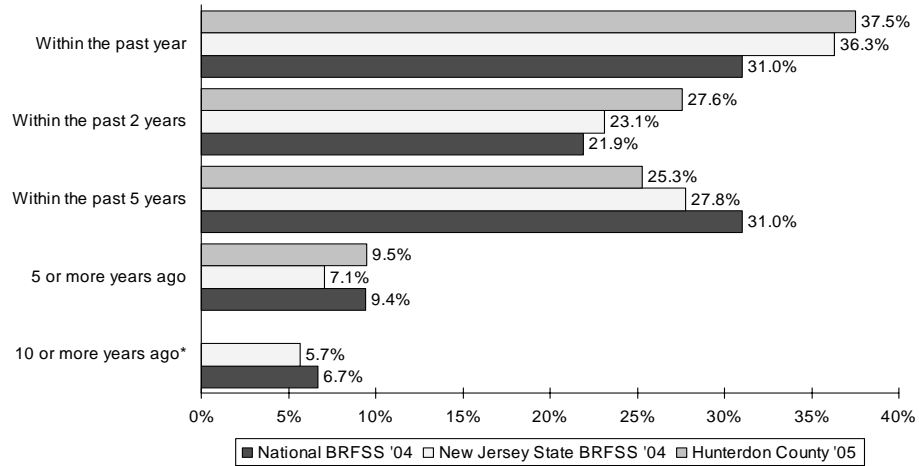


*Significantly different than National and New Jersey.

96

How long has it been since your last sigmoidoscopy or colonoscopy?

Respondents who have ever had a sigmoidoscopy or colonoscopy



*Note: This was not a response option on the Hunterdon BRFSS tool.

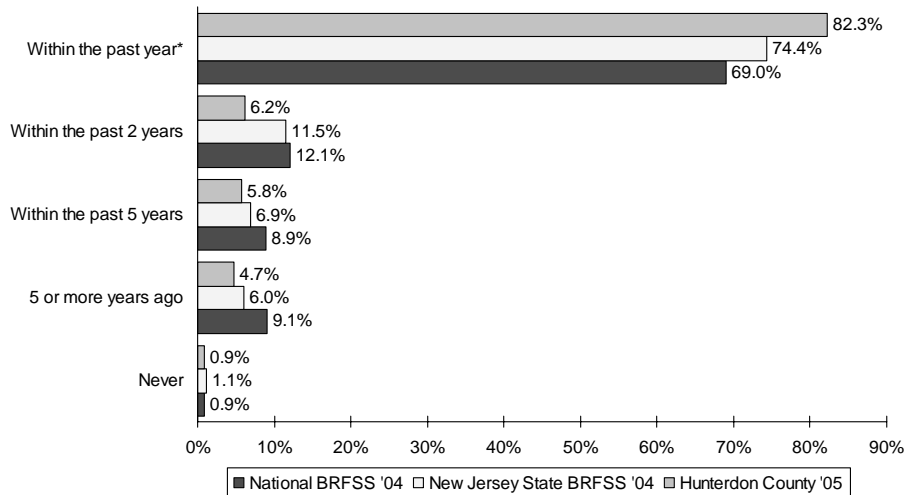
97

Oral Health

98

How long has it been since you last visited a dentist or dental clinic?

Frequency of responses

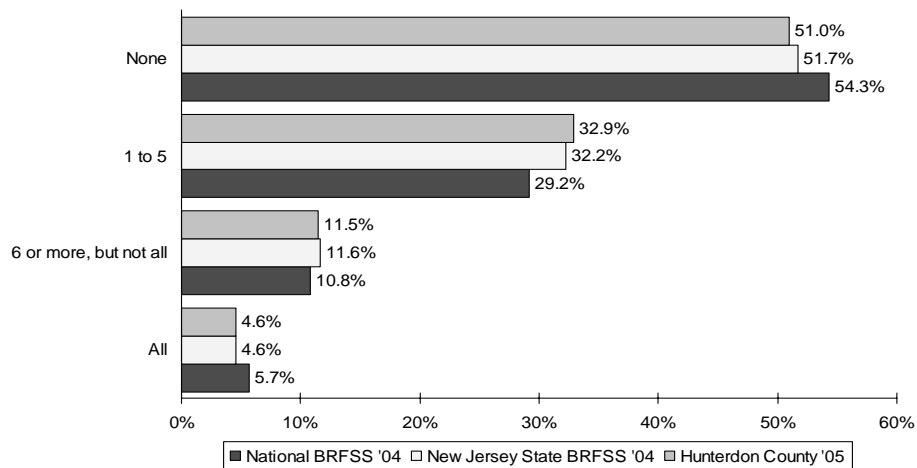


*Significantly different than National and New Jersey.

99

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

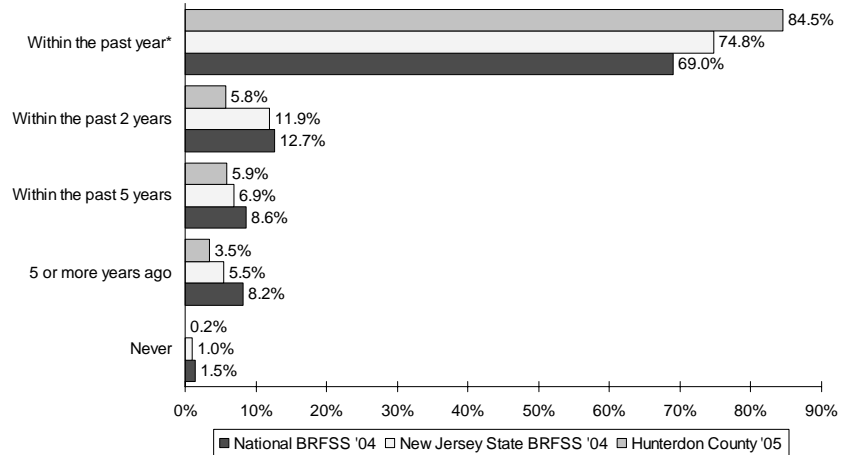
Frequency of responses



100

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

Frequency of responses



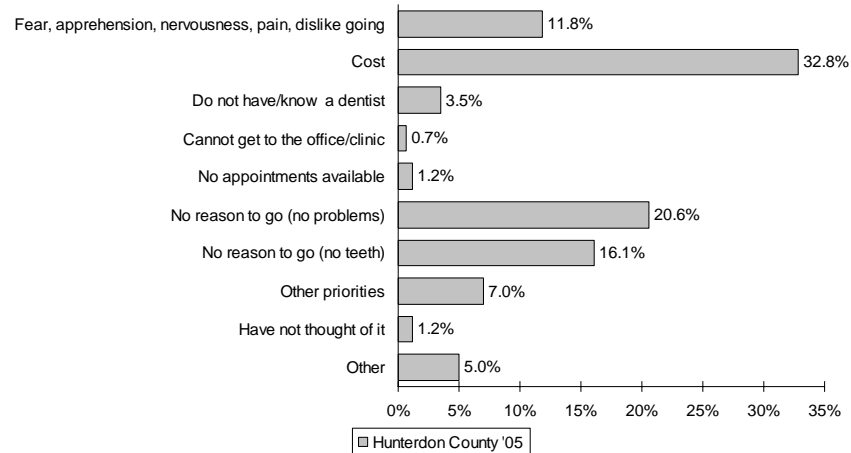
*Significantly different than National and New Jersey.

101

What is the main reason for not visiting a dentist in the past year?

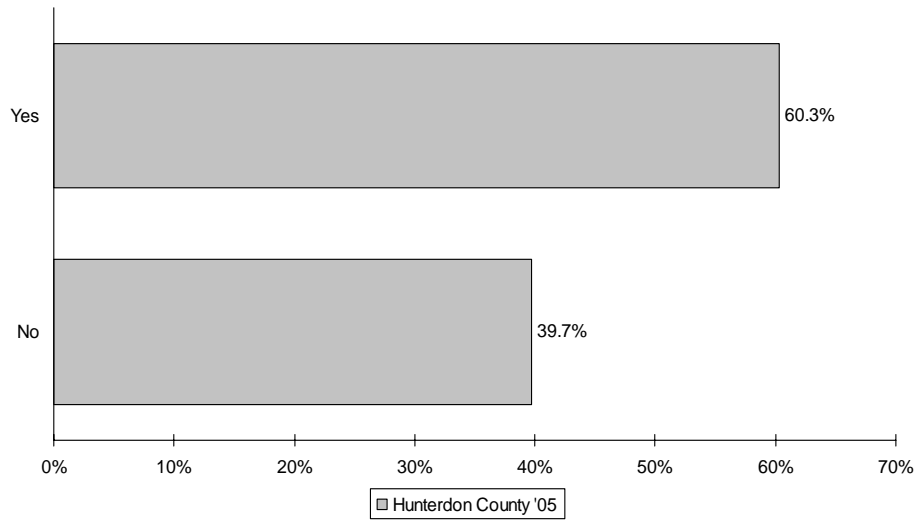
Respondents who have not visited a dentist or had their teeth cleaned within the past year

Frequency of responses



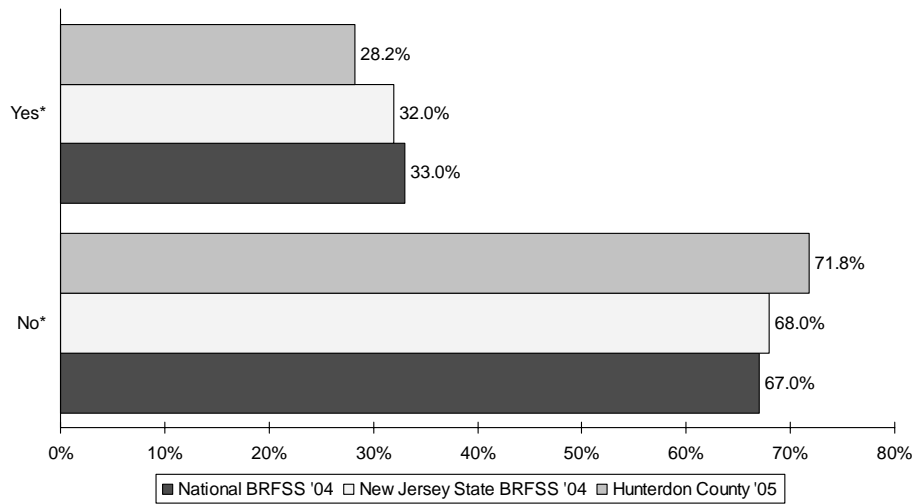
102

Do you have any kind of insurance coverage that pays for some or all of your routine dental care?



Immunization

During the past 12 months, have you had a flu shot?

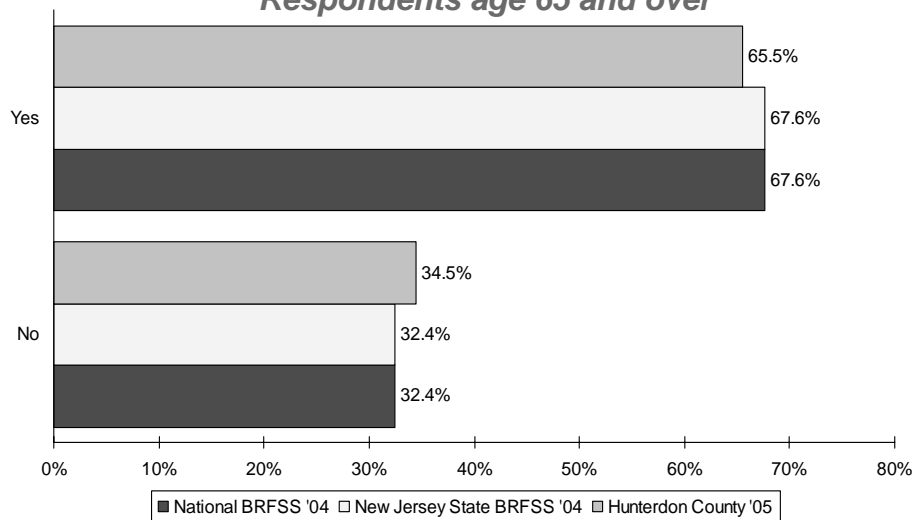


*Significantly different than National and New Jersey.

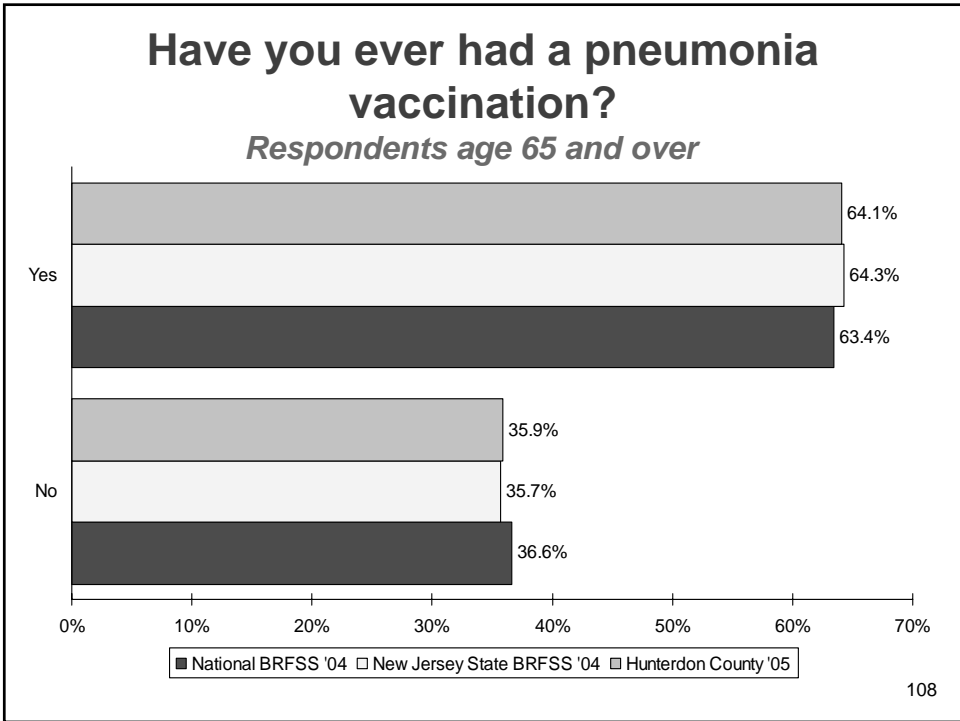
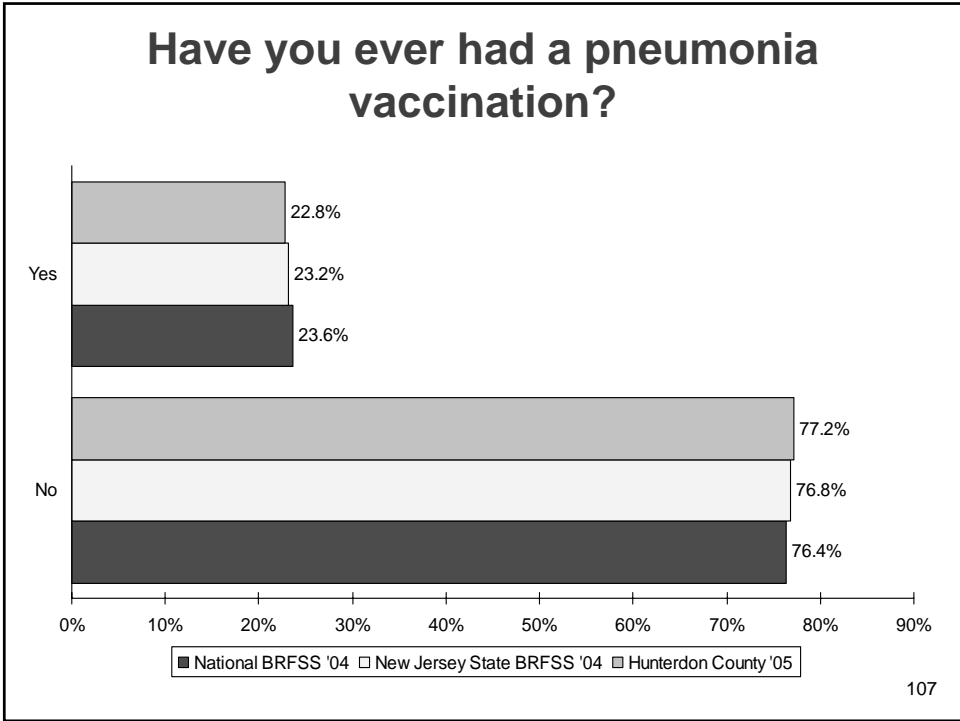
105

During the past 12 months, have you had a flu shot?

Respondents age 65 and over



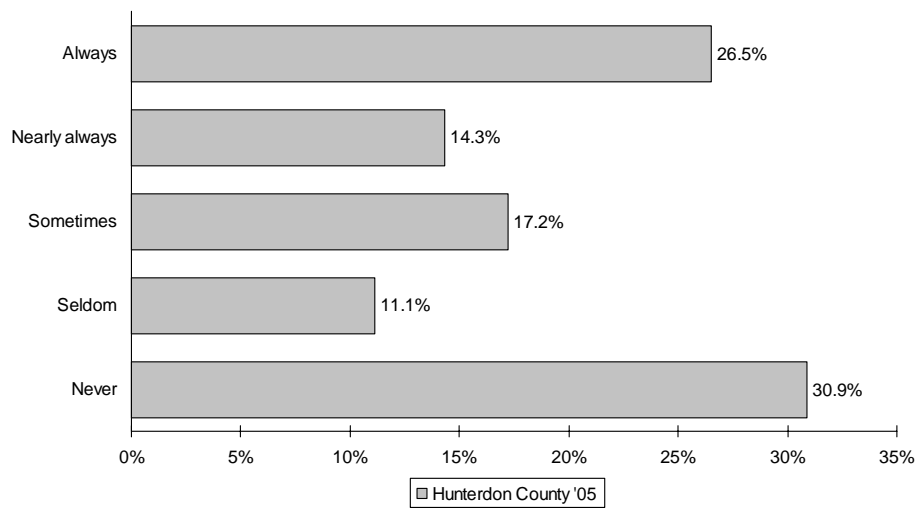
106



Skin Cancer

109

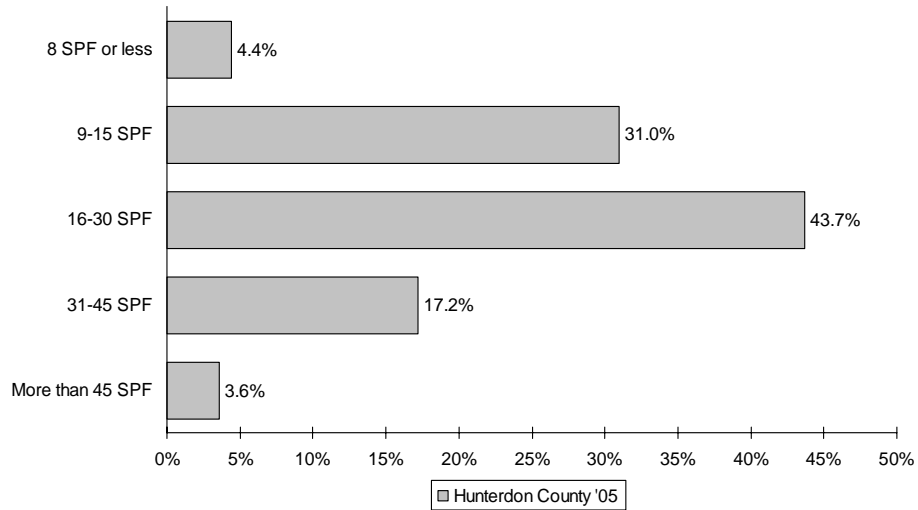
When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock?



110

What is the Sun Protection Factor (SPF) of the sunscreen you use most often?

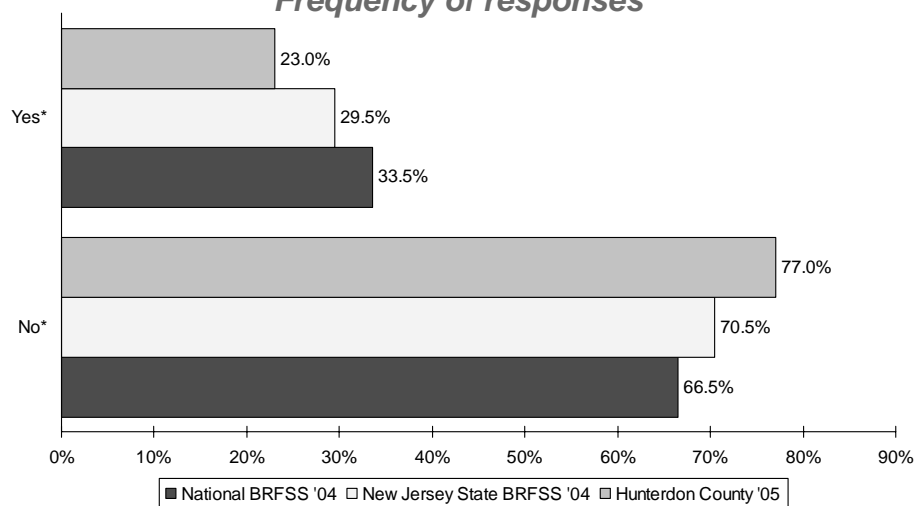
Respondents who use sunscreen



111

Have you had a sunburn within the past 12 months?

Frequency of responses

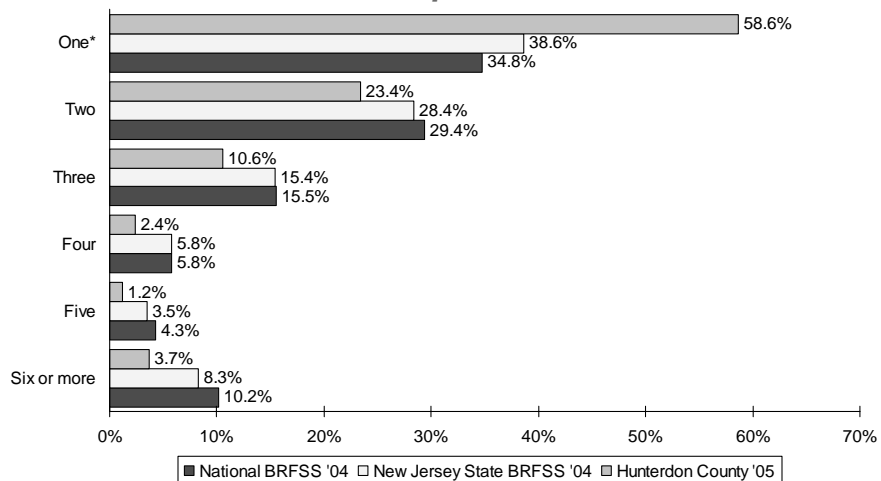


*Significantly different than National and New Jersey.

112

How many sunburns have you had within the past 12 months?

Respondents indicating they had a sunburn within the past 12 months



*Significantly different than National and New Jersey.

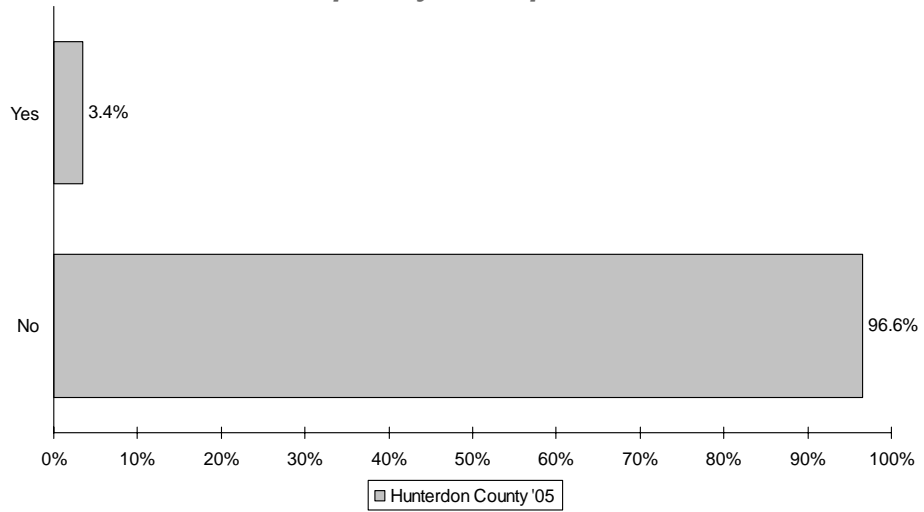
113

Lyme Disease

114

During 2005, were you newly diagnosed by a physician as having Lyme disease?

Frequency of responses

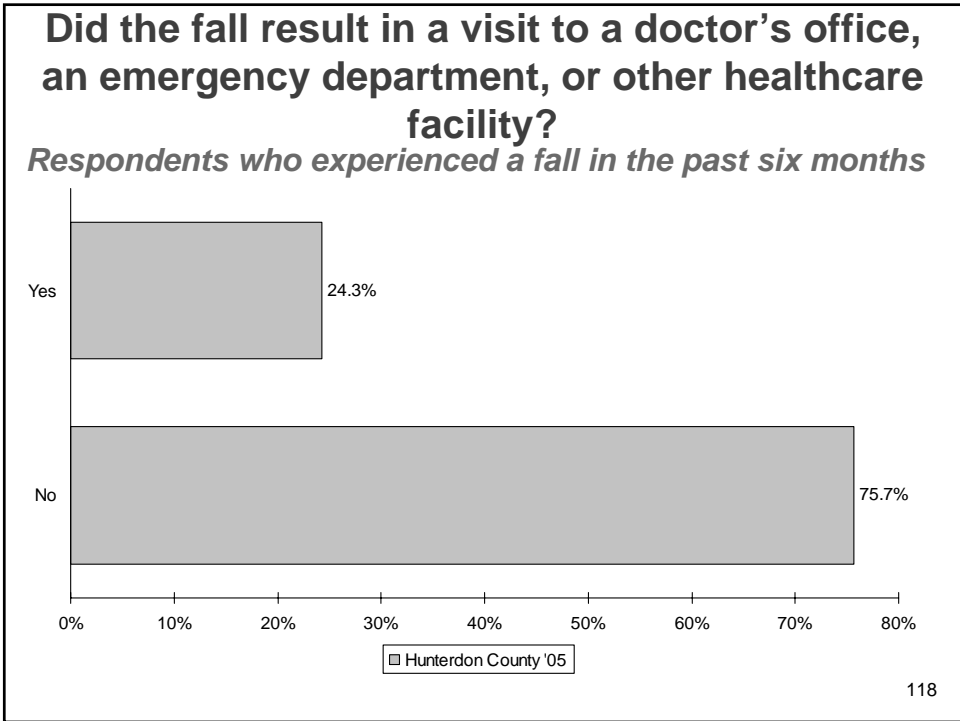
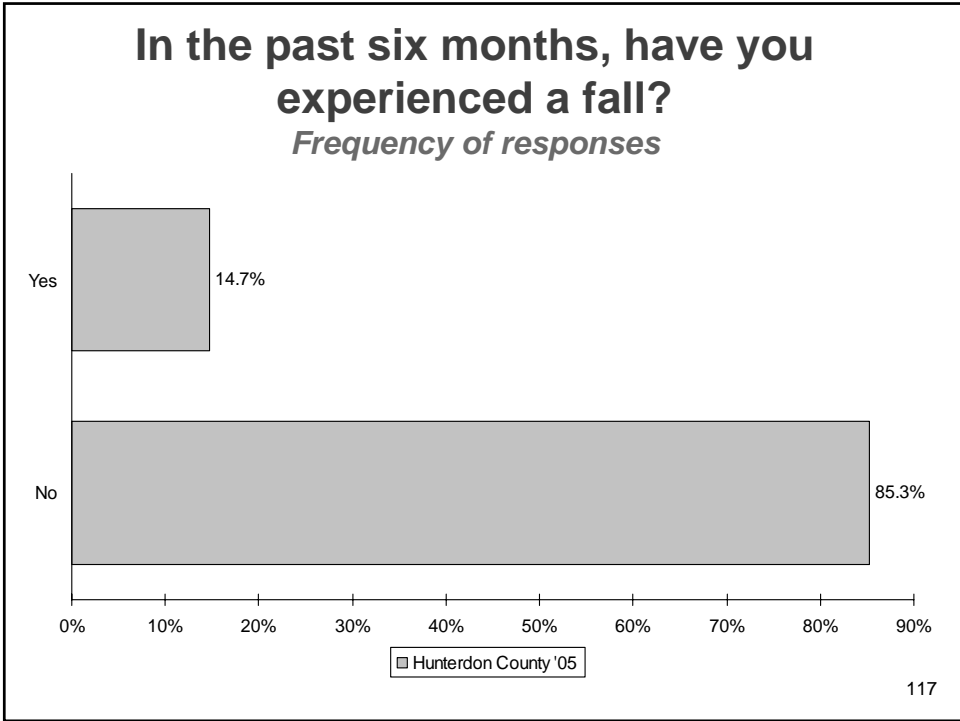


115

Falls and Injuries

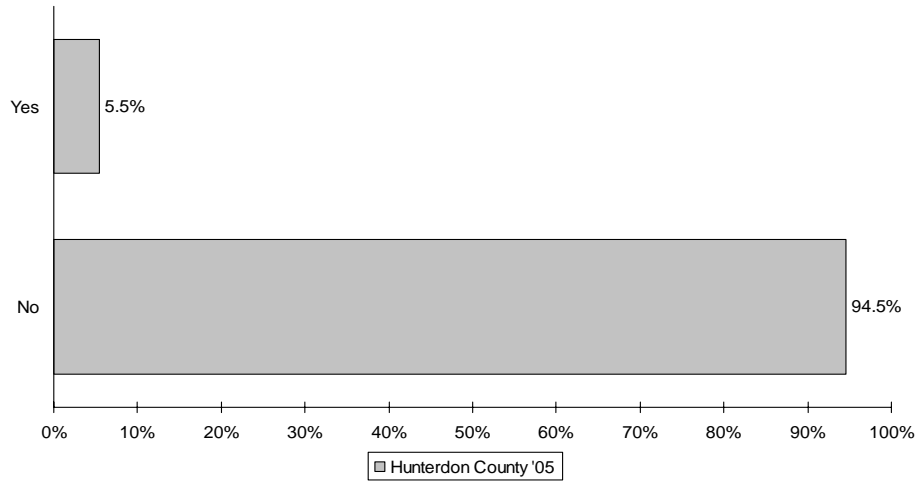
Respondents older than 65 years of age

116



Did the fall result in any fractures, such as a broken wrist, arm, hip, or break to other areas of your body?

Respondents who experienced a fall in the past six months



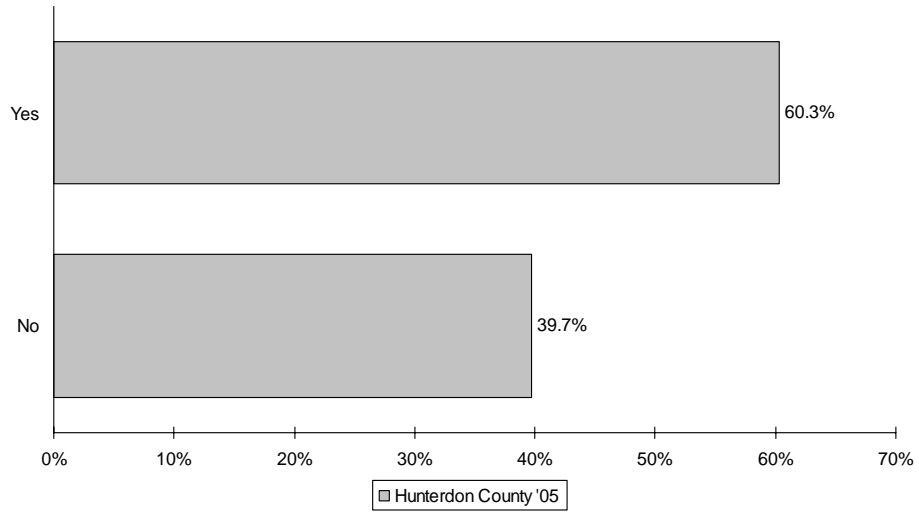
119

Radon

120

Has your household air been tested for the presence of radon gas?

Frequency of responses

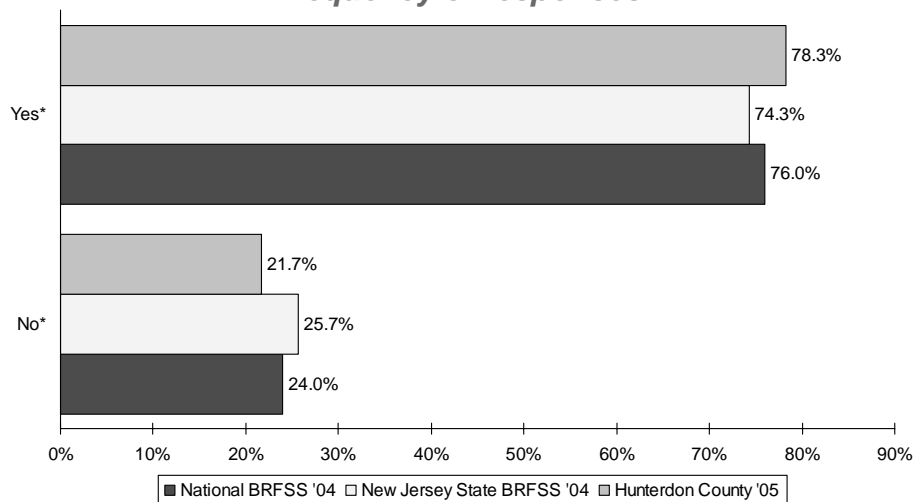


Exercise

122

During the past month, did you participate in any physical activities or exercises?

Frequency of responses



*Significantly different than New Jersey.

123

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

Respondents who have participated in a physical activity

Comment	Hunterdon County '05
Aerobics class	47
Badminton	1
Basketball	6
Bicycling for pleasure	37
Boating	2
Calisthenics	13
Canoeing/rowing in competition	2
Carpentry	6
Dancing-aerobics/ballet	4
Gardening	54
Golf	28
Handball	2

124

**What type of physical activity or exercise did you spend the most time doing during the past month?
(cont'd)**

Respondents who have participated in a physical activity

Comment	Hunterdon County '05
Health club exercise	61
Hiking-cross country	5
Home exercise	12
Horseback riding	5
Jogging	18
Judo/karate	5
Mowing lawn	5
Running	49
Scuba diving	1
Skating-ice or roller	2
Snorkeling	1
Soccer	2

125

**What type of physical activity or exercise did you spend the most time doing during the past month?
(cont'd)**

Respondents who have participated in a physical activity

Comment	Hunterdon County '05
Softball	5
Squash	2
Swimming laps	23
Tennis	12
Volleyball	3
Walking	353
Weightlifting	27
Other	59
Bicycling machine exercise	12
Rowing machine exercise	1
Bocce ball	1
Cardiac rehab/exercise/workout	4

126

**What type of physical activity or exercise did you spend the most time doing during the past month?
(cont'd)**

Respondents who have participated in a physical activity

Comment	Hunterdon County '05
House cleaning	4
Combination-gym teacher	1
Curves	2
Exercise	1
Firefighting	2
Football	2
Games	1
Healthy bone exercise	1
Hockey	6
Hot air ballooning	1
Kayaking	2
Kickboxing	2

127

**What type of physical activity or exercise did you spend the most time doing during the past month?
(cont'd)**

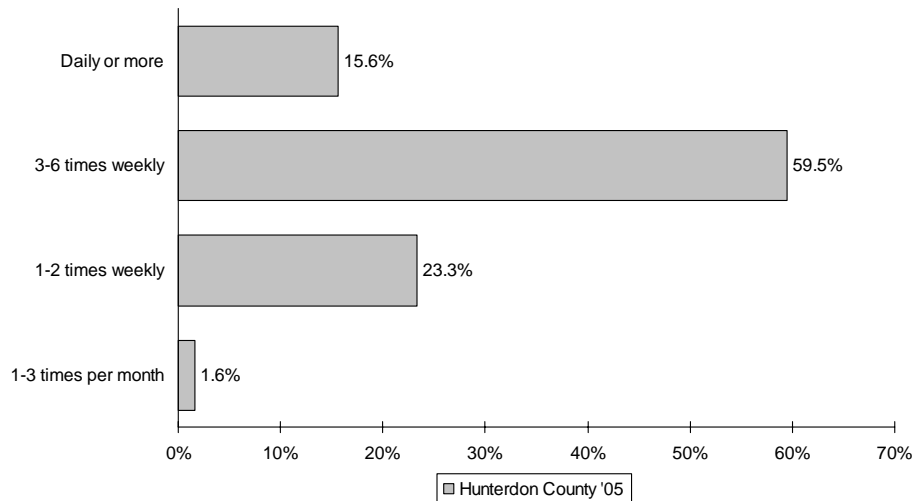
Respondents who have participated in a physical activity

Comment	Hunterdon County '05
Masonry	2
Moving into new house/renovating	3
Nordic Trak	1
Nursing profession	1
Physical therapy	3
Pilates/yoga	5
Play with children	3
Speedwalking	1
Strolling/striding	1
Water aerobics	2
Work	2
Yard work	2

128

During the past month, how many times per week or month did you take part in this activity?

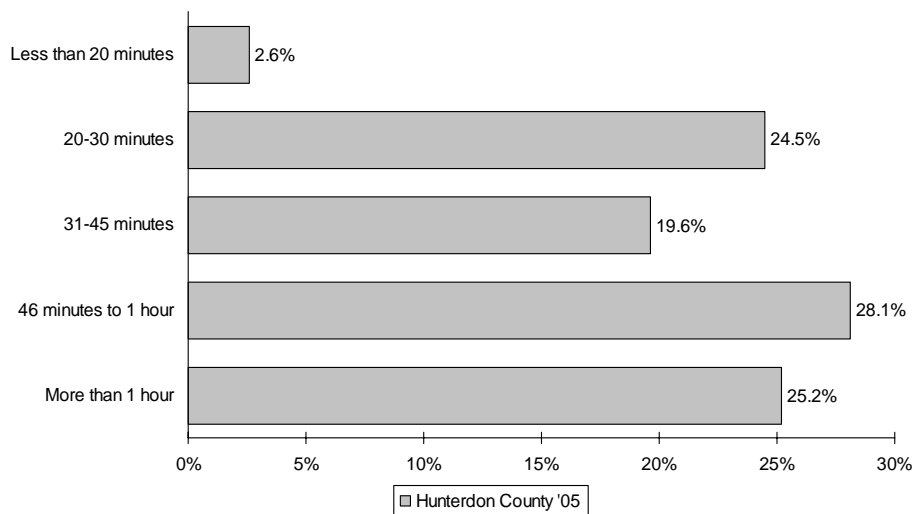
Respondents who have participated in a physical activity



129

When you took part in this activity, how long did you usually keep at it?

Respondents who have participated in a physical activity



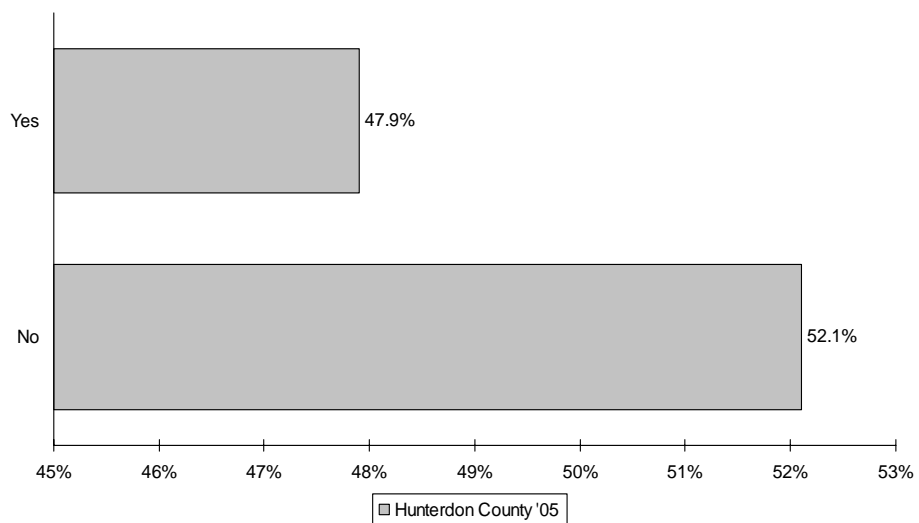
130

Weight Control

131

Are you now trying to lose weight?

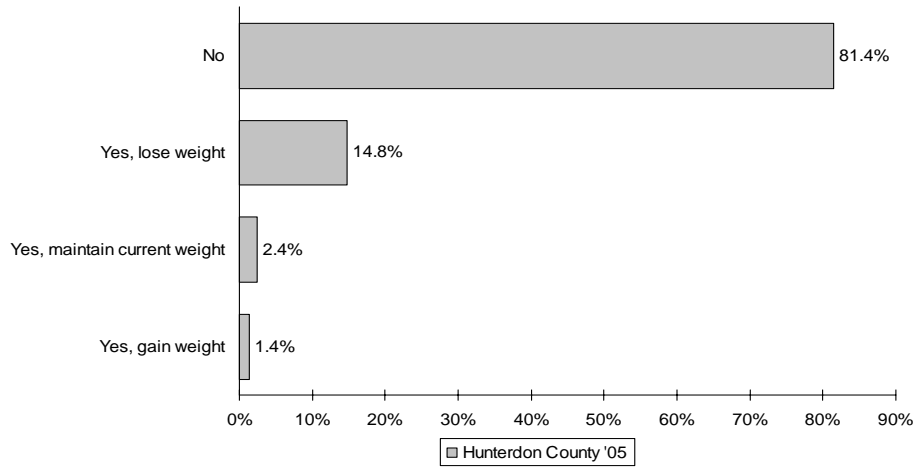
Frequency of responses



132

In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?

Frequency of responses



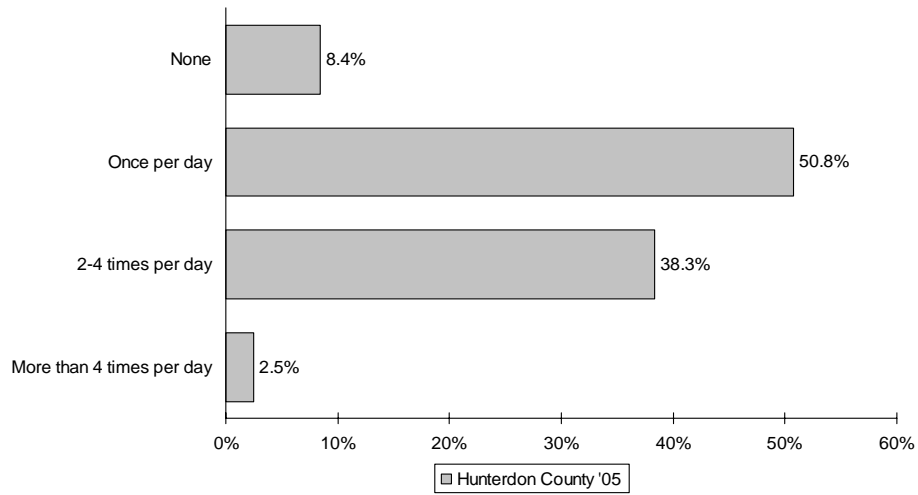
133

Healthy Diet

134

In an average day, how often do you eat fresh, canned, or frozen fruit?

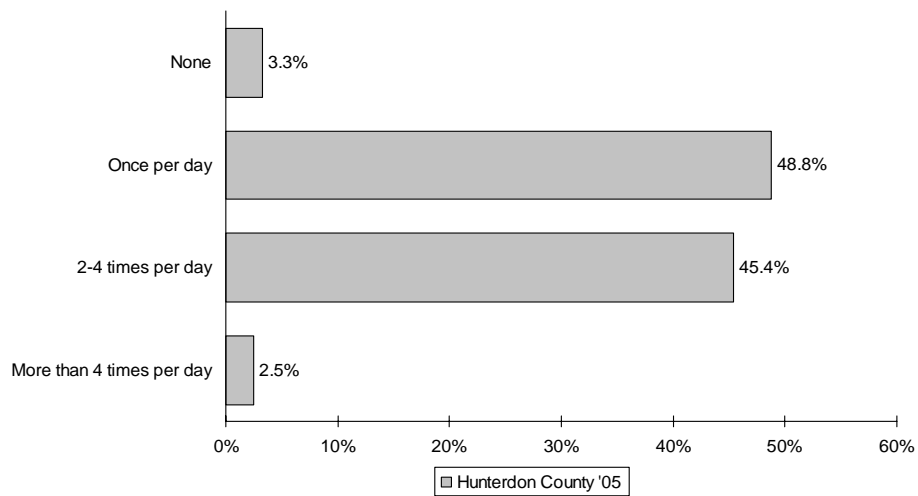
Frequency of responses



135

In an average day, how often do you eat fresh, canned, or frozen vegetables?

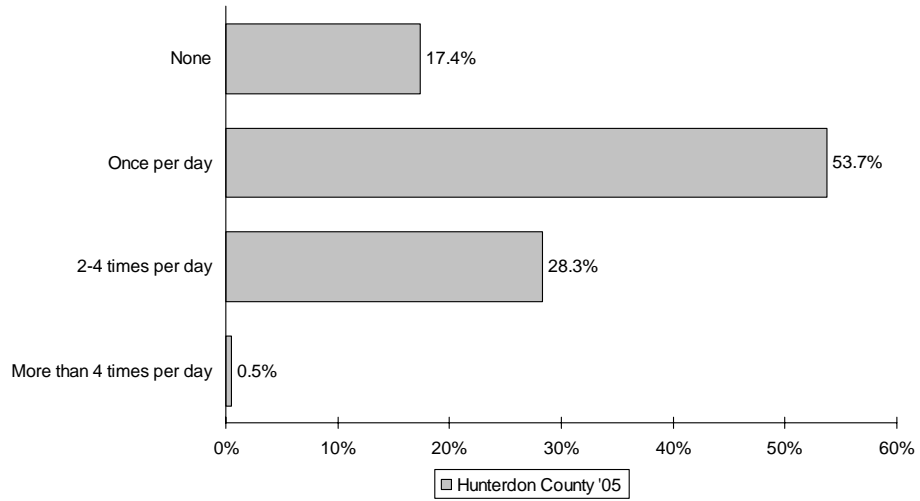
Frequency of responses



136

In an average day, how often do you eat fiber cereal or dark bread?

Frequency of responses



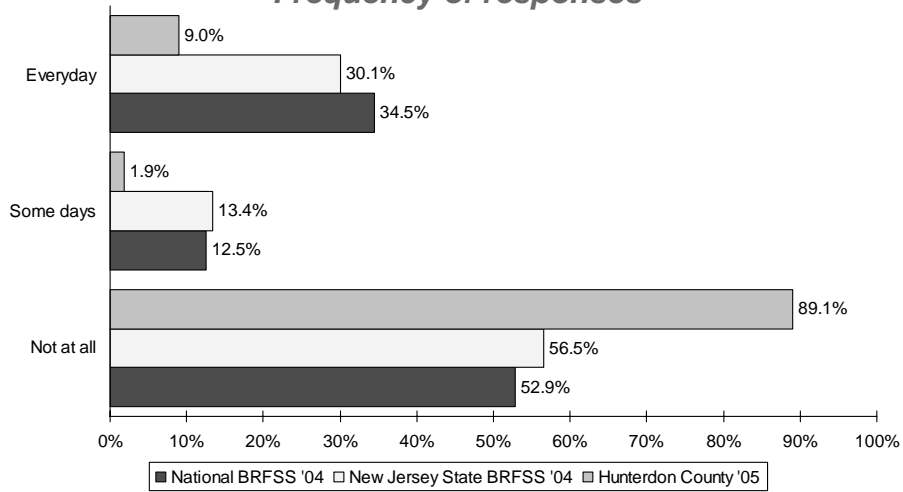
137

Tobacco Use

138

Do you now smoke cigarettes everyday, some days, or not at all?

Frequency of responses

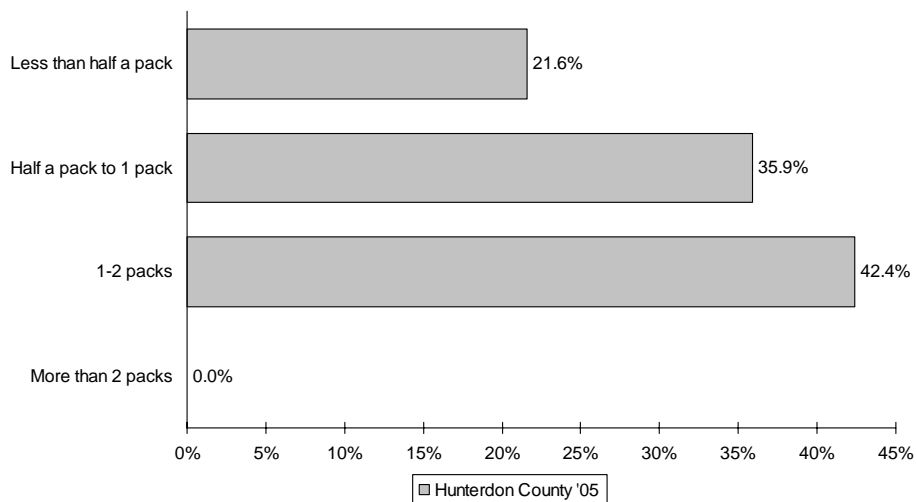


Note: In National & New Jersey dataset, only asked of those who smoked at least 100 cigarettes in a lifetime.

139

When you smoked during the past 30 days, how many cigarettes did you smoke per day?

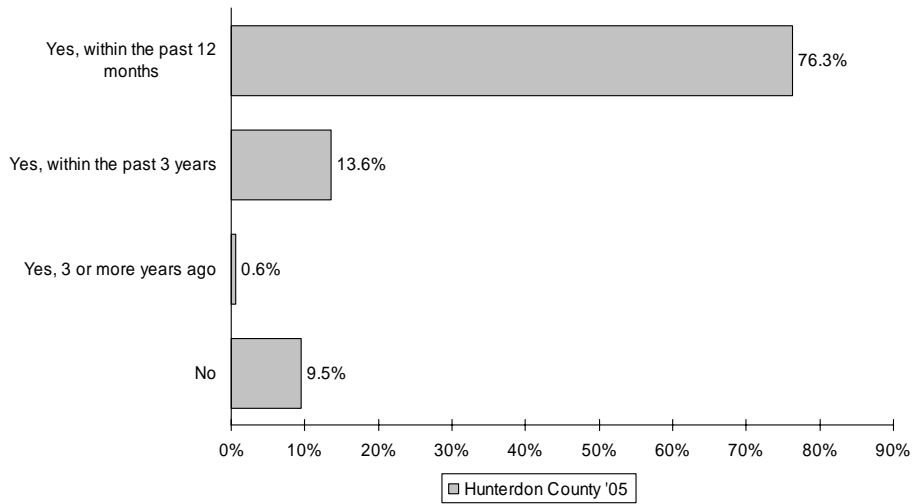
Respondents who smoke some days or everyday



140

Has a doctor or other health professional ever advised you to quit smoking?

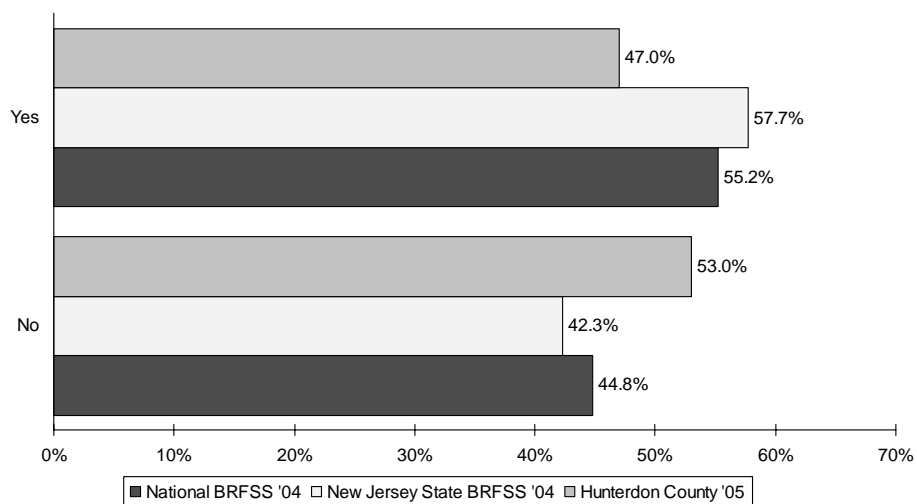
Respondents who smoke some days or everyday



141

During the past 12 months, have you quit smoking for one day or longer?

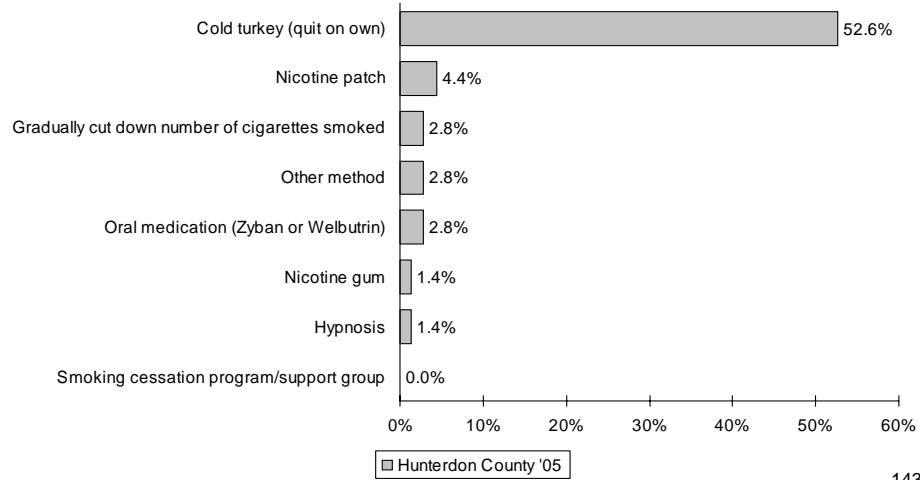
Respondents who smoke some days or everyday



142

If you have quit smoking for at least three months, what method of smoking cessation did you use?

Respondents who quit smoking for at least three months

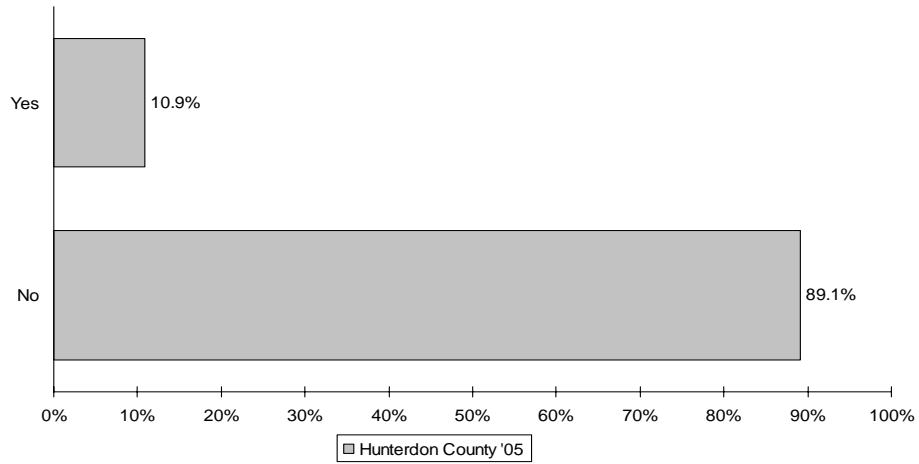


Tobacco Use Prevention

144

In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

Respondents who smoke some days or everyday

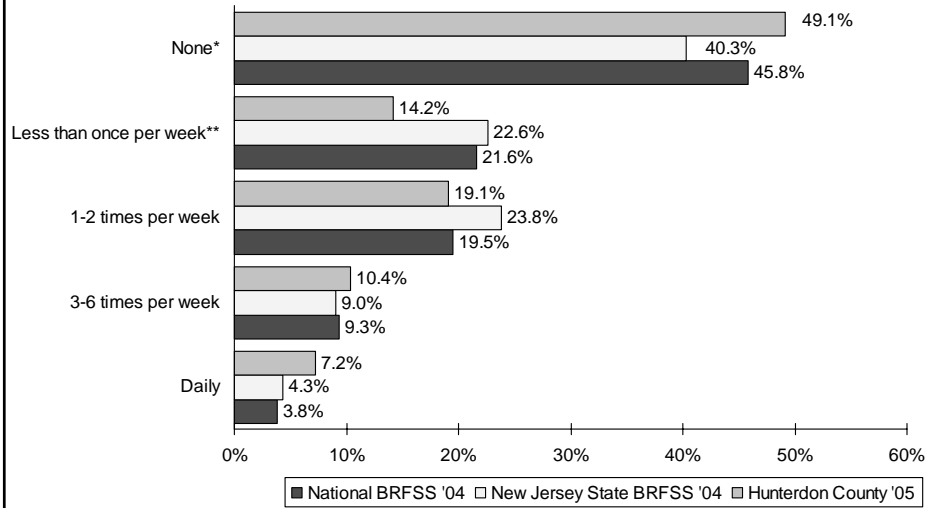


Alcohol Consumption

146

During the past month, how often did you drink any alcoholic beverages?

Frequency of responses



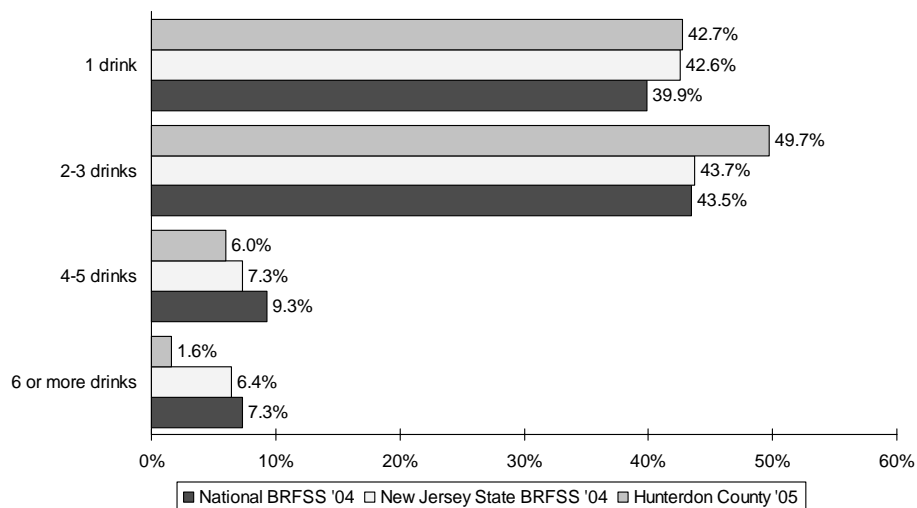
*Significantly different than New Jersey.

**Significantly different than New Jersey and National.

147

On the days you drank, about how many drinks did you have?

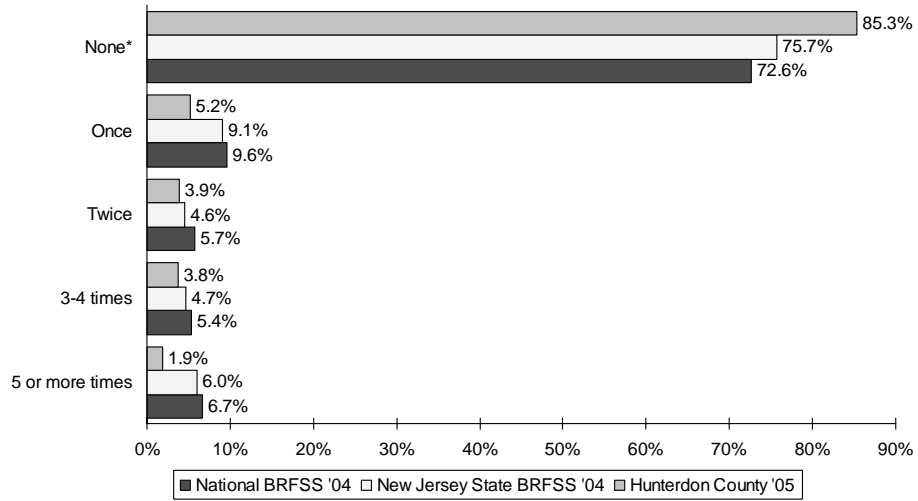
Respondents who drank an alcoholic beverage



148

During the past month, how many times did you have five or more drinks on one occasion?

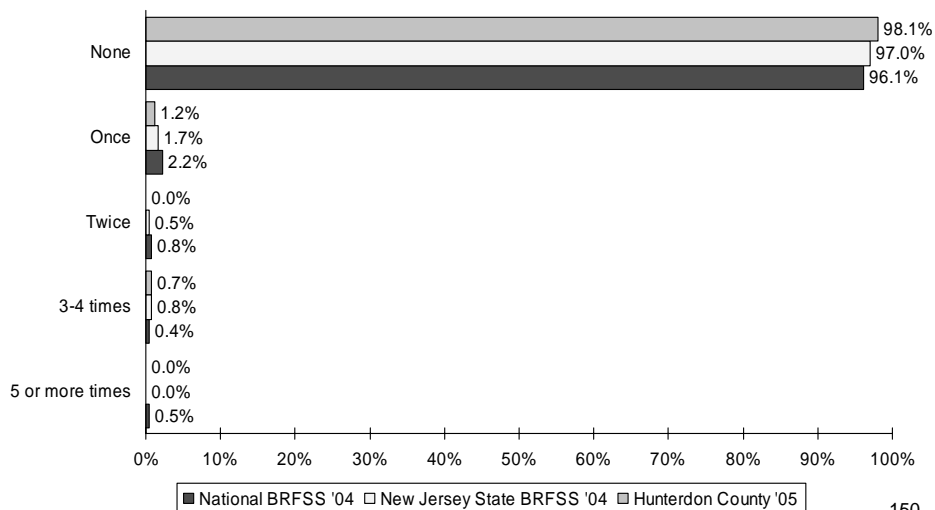
Respondents who drank an alcoholic beverage



149

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

Respondents who drank an alcoholic beverage



150

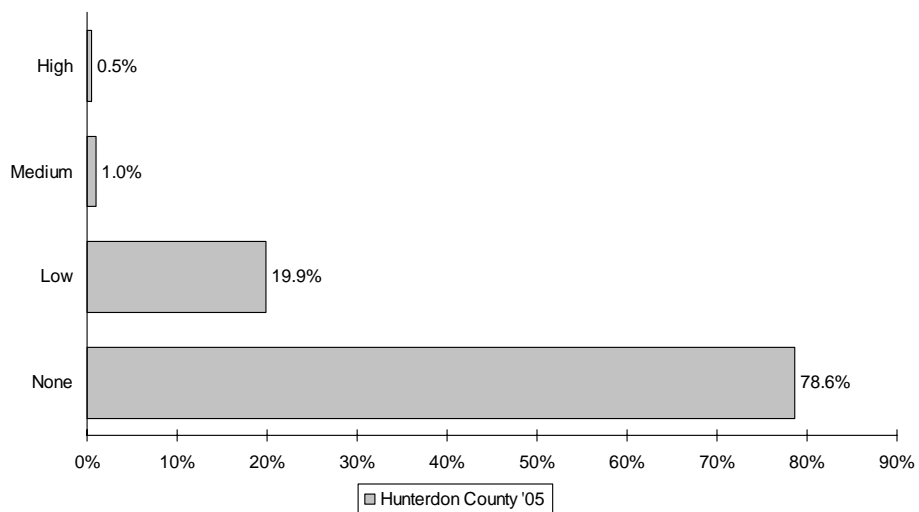
HIV/AIDS

Respondents under age 65

151

What are your chances of getting infected with HIV?

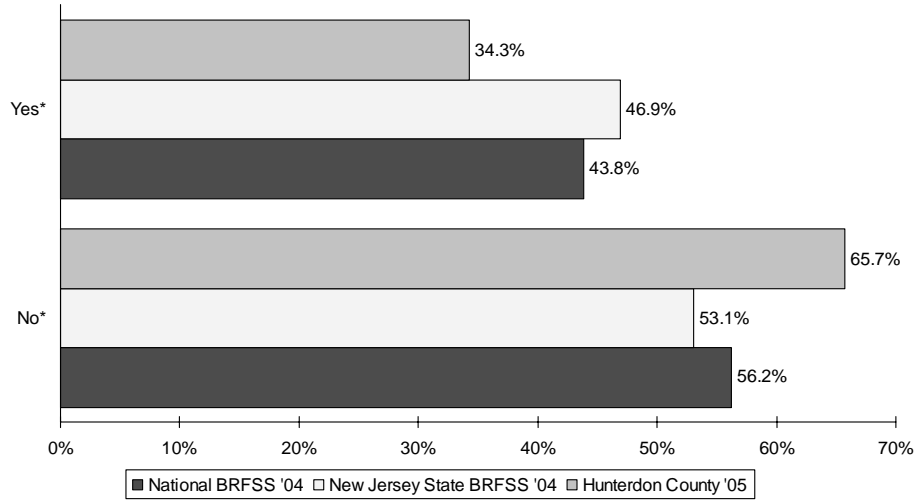
Frequency of responses



152

Have you ever been tested for HIV?

Frequency of responses

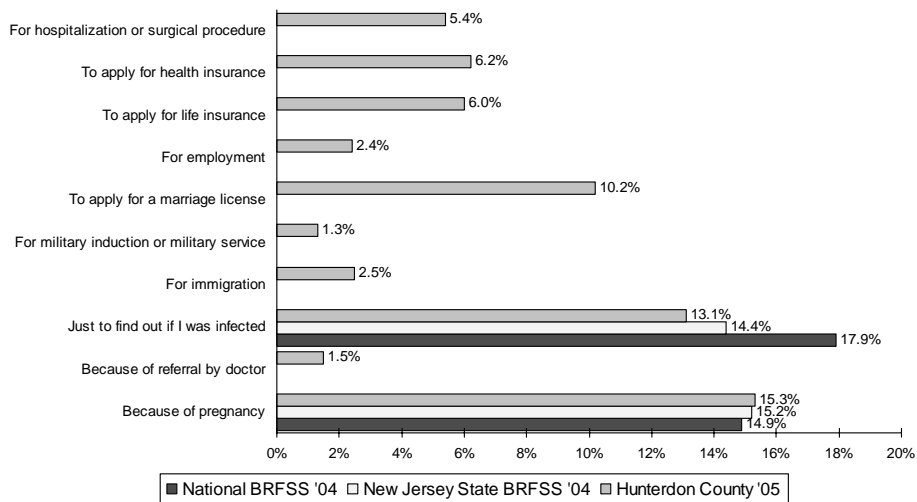


*Significantly different than National and New Jersey.

153

What was the main reason you had your last test for HIV?

Respondents who have had an HIV test

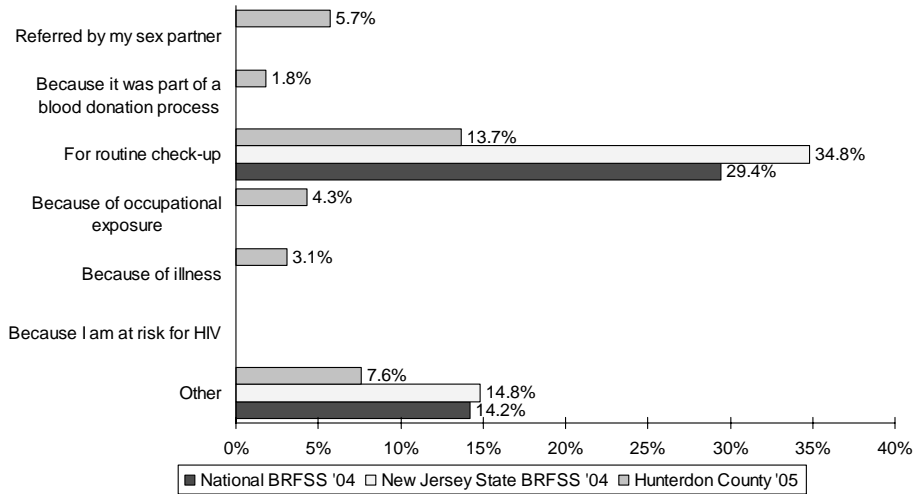


Note: For some responses, there are no data for National and NJ state BRFSS.

154

What was the main reason you had your last test for HIV? (cont'd)

Respondents who have had an HIV test

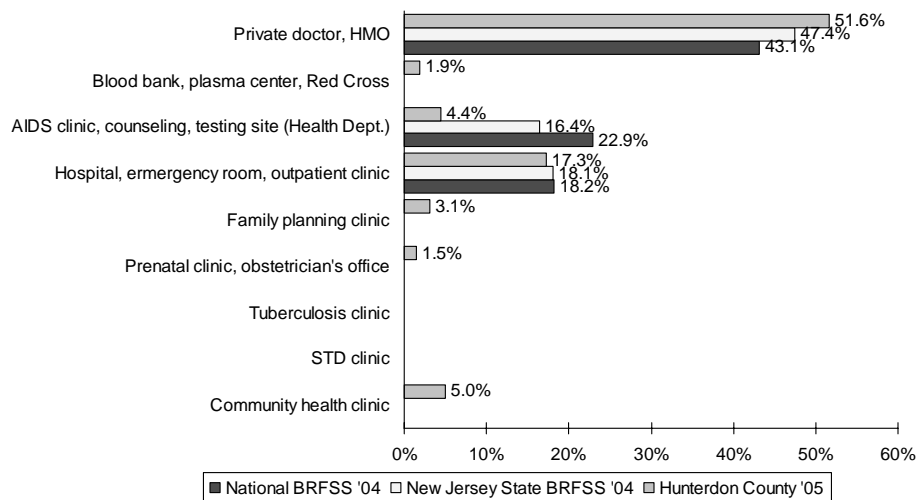


Note: For some responses, there are no data for Hunterdon '05, National and NJ state BRFSS.

155

Where did you have your last test for HIV?

Respondents who have had an HIV test

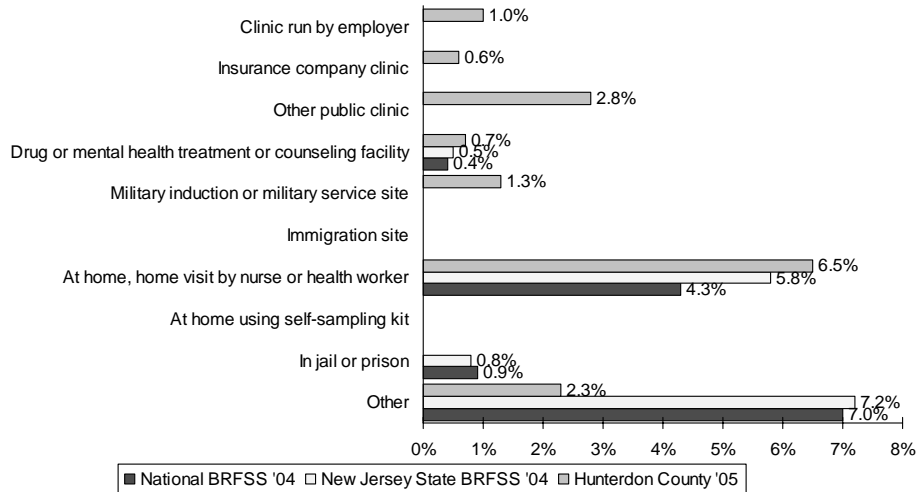


Note: For some responses, there are no data for Hunterdon '05, National and NJ state BRFSS.

156

Where did you have your last test for HIV? (cont'd)

Respondents who have had an HIV test

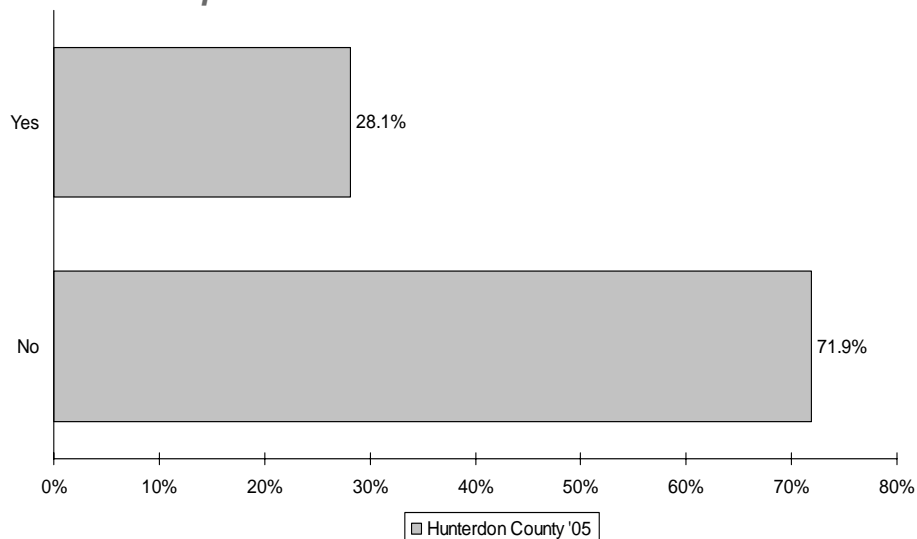


Note: For some responses, there are no data for Hunterdon '05, National and NJ state BRFSS.

157

Did you receive counseling or talk with a health care professional about the results of your test?

Respondents who have had an HIV test



158

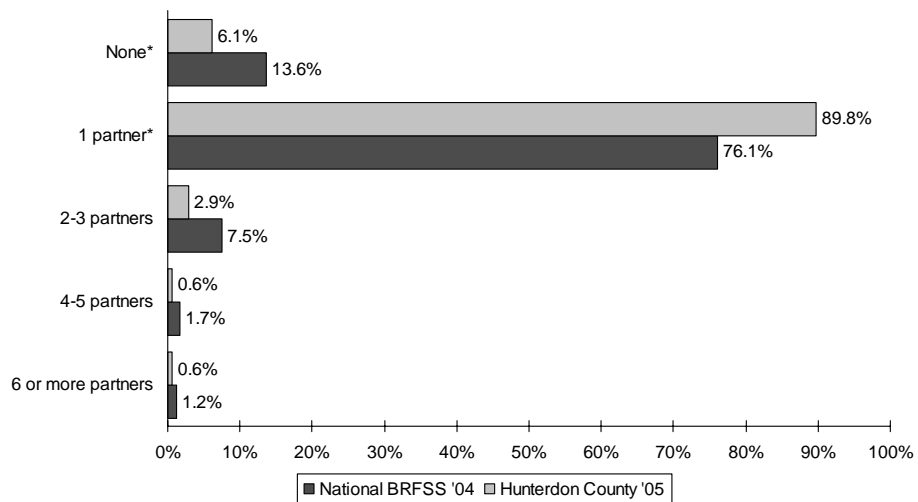
Sexual Behavior

Respondents age 49 and younger

159

During the past 12 months, with how many people have you had sexual intercourse?

Frequency of responses

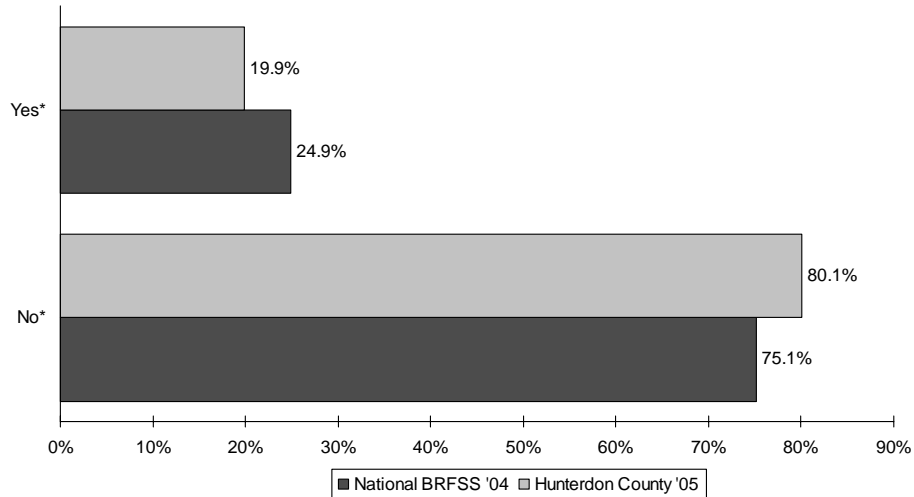


*Significantly different than National.

160

Was a condom used the last time you had sexual intercourse?

Respondents who have had sexual intercourse in past year

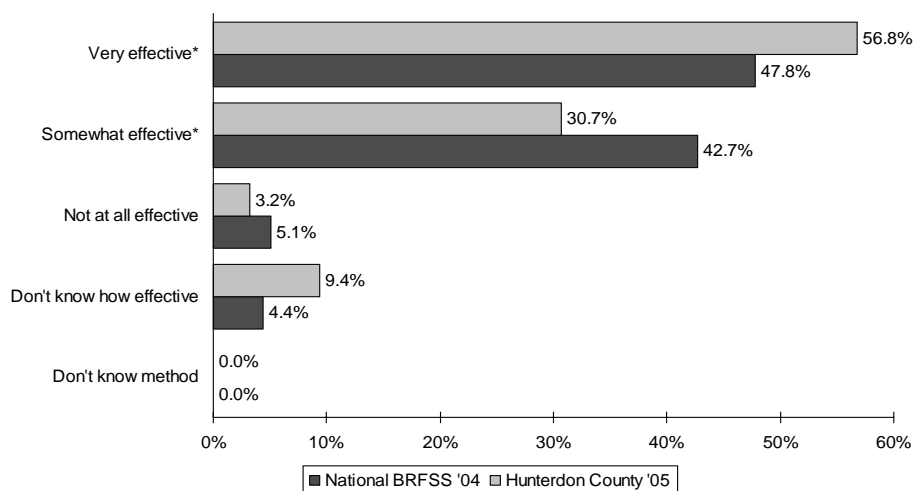


*Significantly different than National.

161

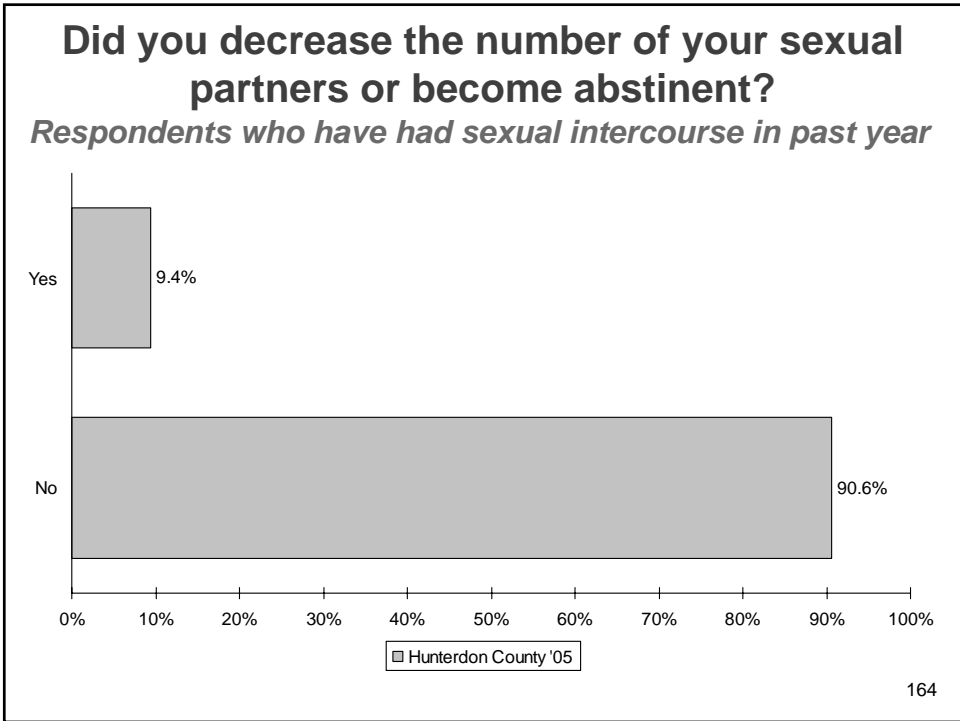
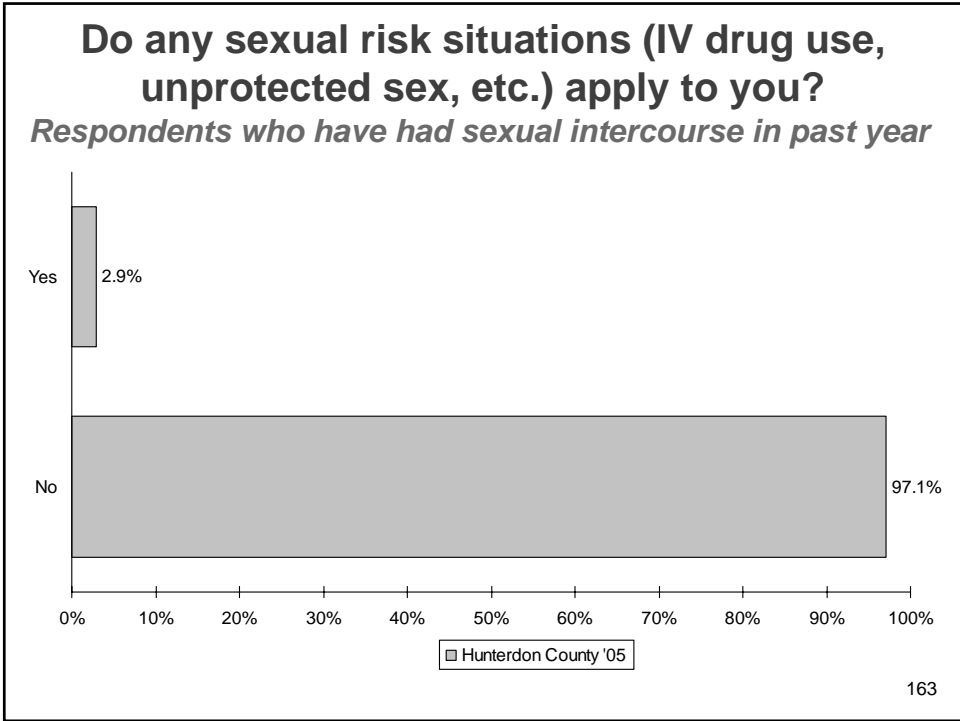
How effective do you think a condom is to prevent infection of HIV?

Respondents who have had sexual intercourse in past year



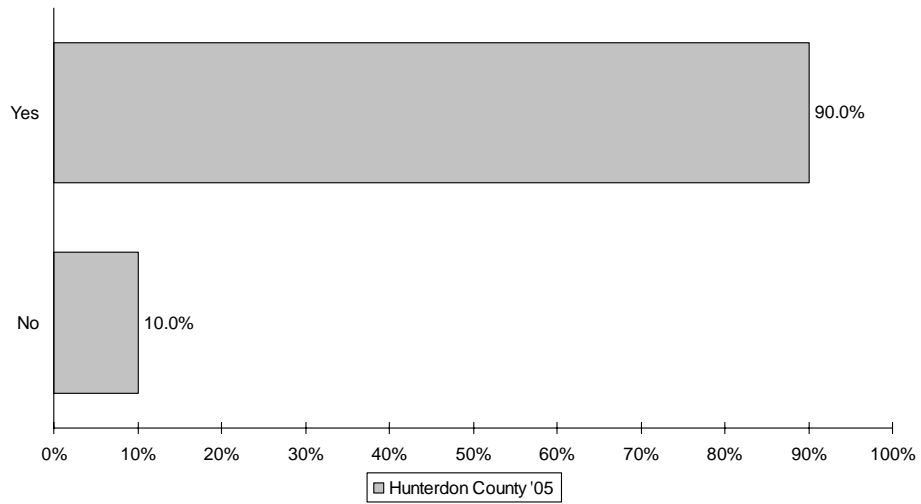
*Significantly different than National.

162



Do you now have sexual intercourse with only the same partner?

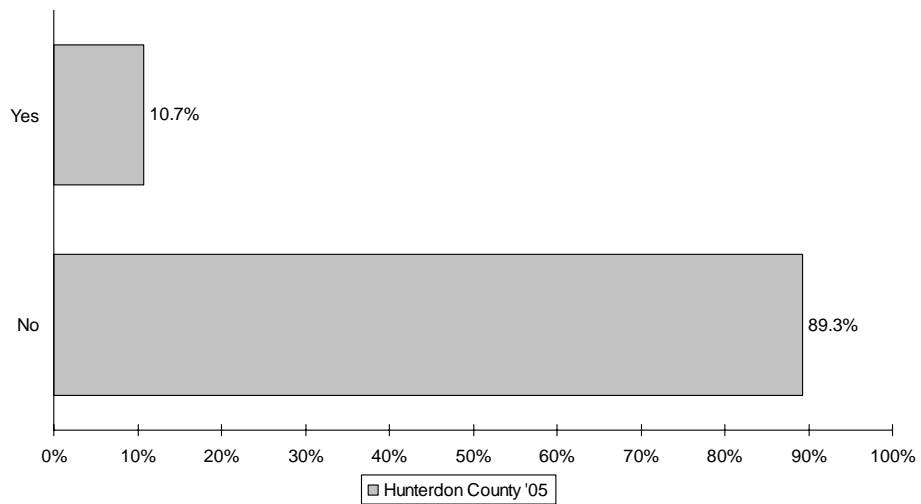
Respondents who have had sexual intercourse in past year



165

Do you now always use condoms for protection?

Respondents who have had sexual intercourse in past year



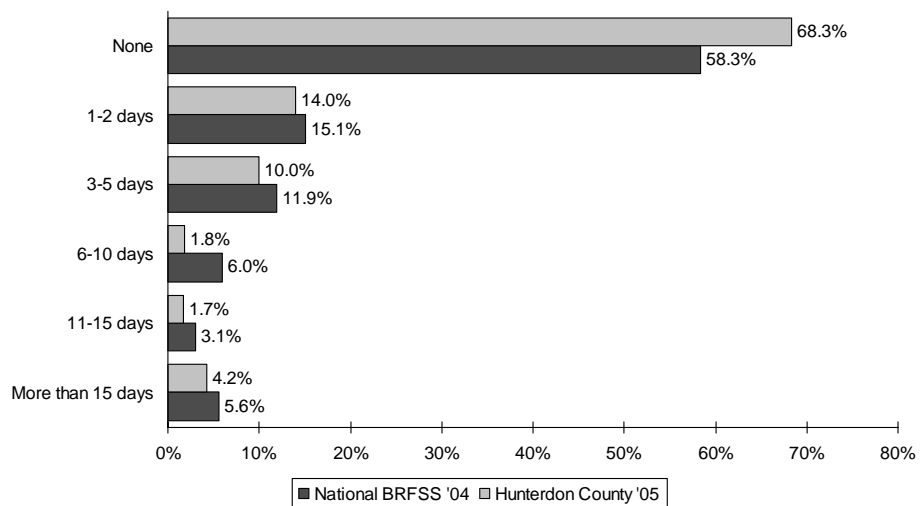
166

Suicide/Seeking Help

167

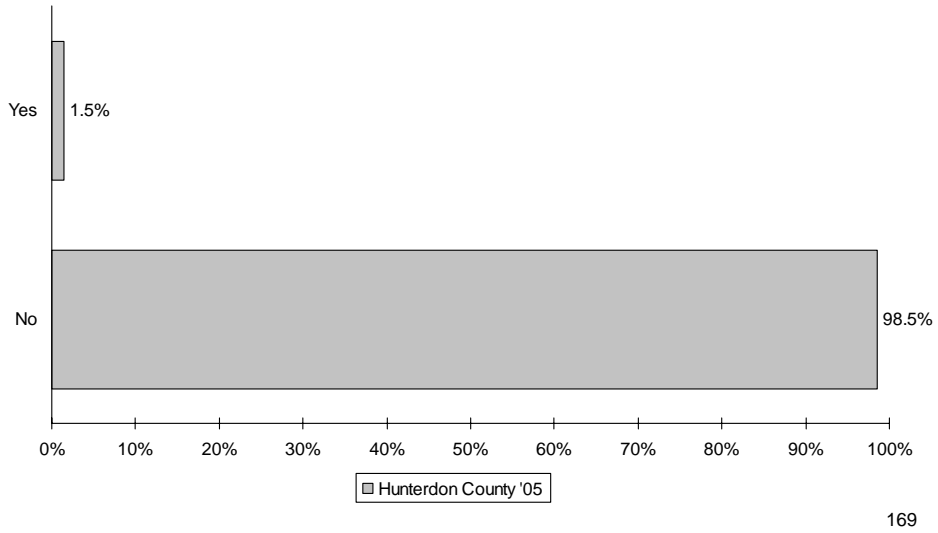
During the past 30 days, how many days have you felt sad, blue, or depressed?

Frequency of responses

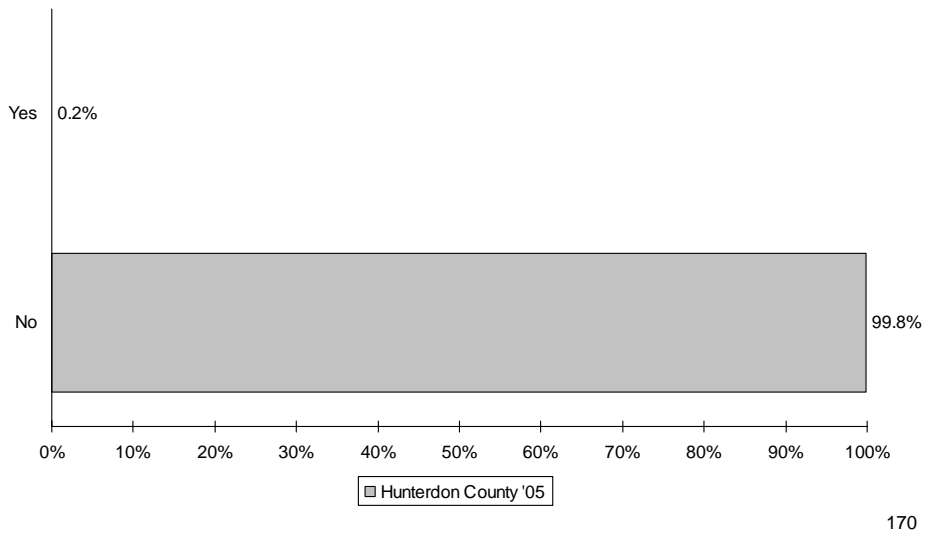


168

During the past 12 months, did you ever seriously consider attempting suicide?
Frequency of responses

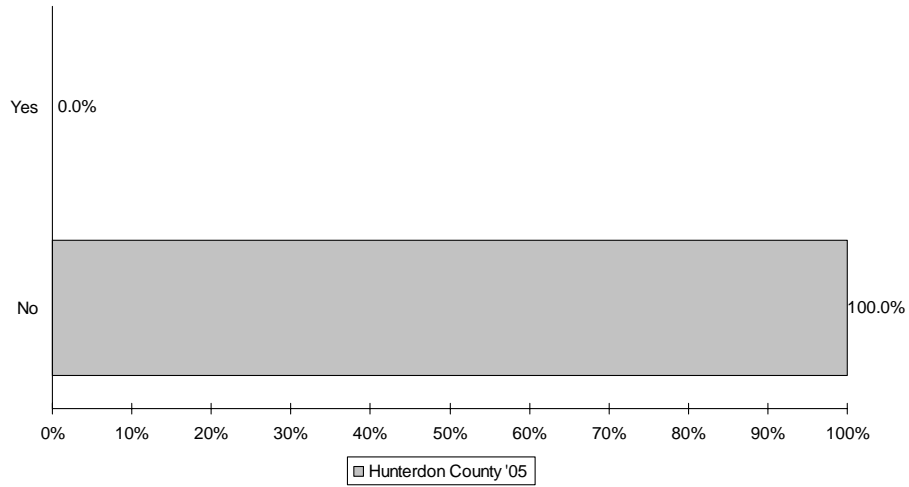


During the past 12 months, have you taken any action to end your life?
Frequency of responses



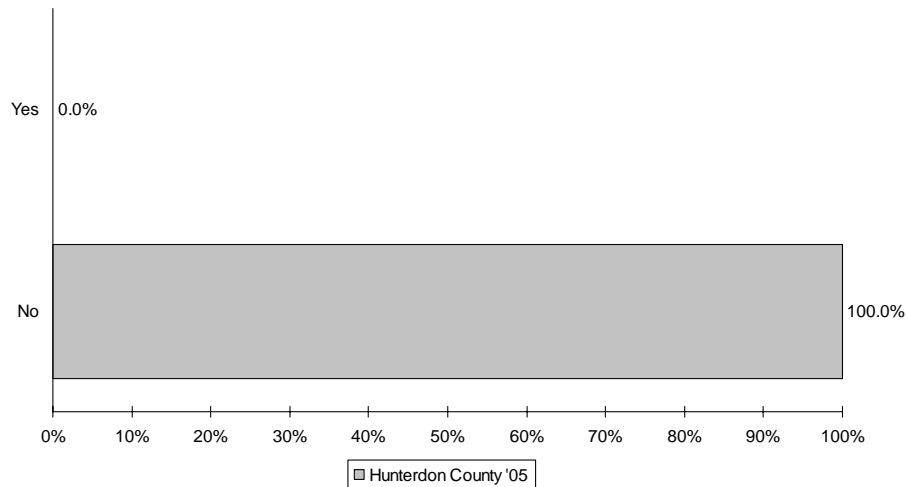
Did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

Respondents who have taken action to end their life



Have you sought any help, such as counseling to help address the concerns that led to a suicide attempt?

Respondents who have taken action to end their life



Where did you seek help?

*Respondents who have taken action to end their life
and who have sought help*

- Data for this question are not reported due to the fact that no one sought help.

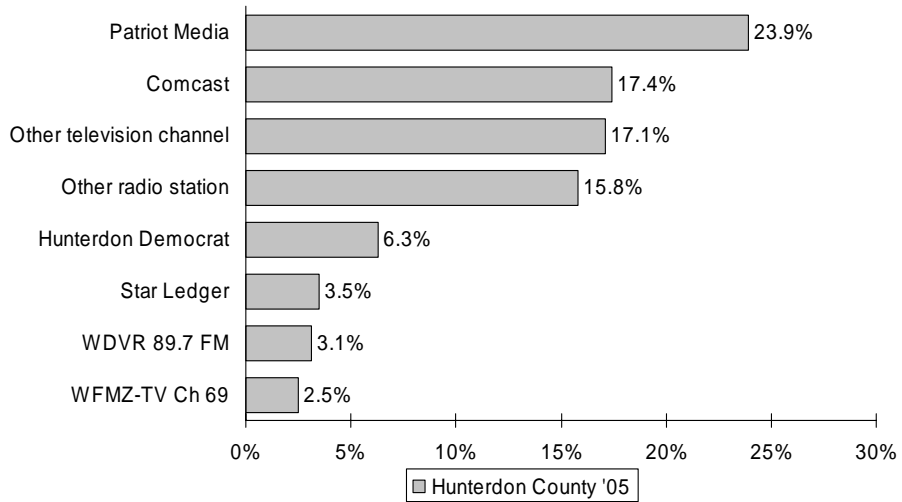
173

Public Health Emergency Preparedness

174

What media source would you depend on for LOCAL health information during an emergency in Hunterdon County?

Frequency of responses



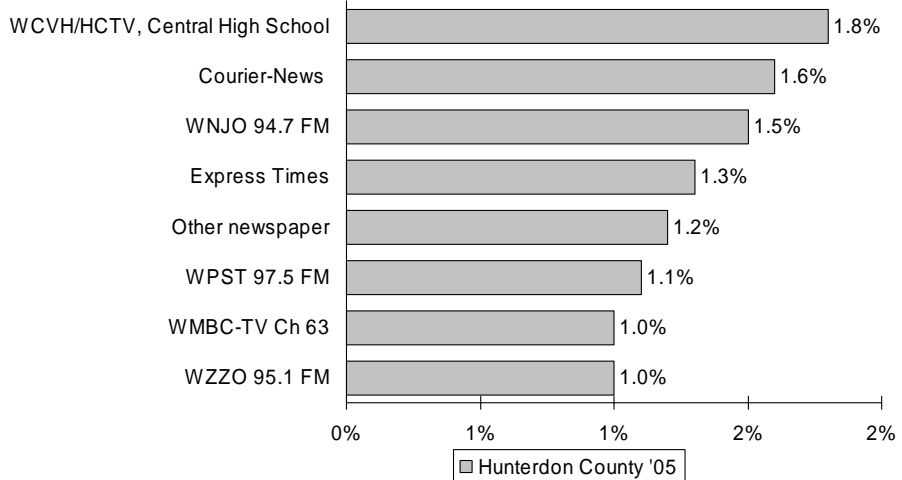
Note: This question was not asked on the National or State BRFSS tools.

175

What media source would you depend on for LOCAL health information during an emergency in Hunterdon County?

(cont'd)

Frequency of responses



Note: This question was not asked on the National or State BRFSS tools.

176

PART 2

Comparison of Hunterdon BRFSS Data 1995, 2001 and 2005

LISTING OF SLIDES

SECTION	SLIDES
Respondent Demographics	4-17
Health Status	18-22
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Cholesterol Awareness	51-53
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Colorectal Cancer Screening	91-95
Oral Health	96-101
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Hunterdon County Partnership for Health

*2005 Behavioral Risk Factor Surveillance System
(BRFSS)
Comparisons to 1995 & 2001 Data*

Presented By:
Holleran
December 7, 2005

1

Methodology

- A total of 1,110 individuals who reside in Hunterdon County were interviewed by telephone to assess their health practices and health status.
- The number of completed interviews yields a response rate of 35.3%* and an overall error rate of +/-2.9% at a 95% confidence level.
- Interviews were conducted between September 12 and October 24, 2005. Each interview lasted approximately 20-35 minutes depending upon what criteria were met by the respondents.

*Based upon the response rate calculation defined by CASRO.

2

Methodology (cont'd)

- Due to a larger proportion of female respondents in the sample, all of the results, except for the demographics, are weighted to correct for this representation.
- Both 2005 and 2001 data are weighted as well to correct for imbalances in those samples.

3

Respondent Demographics

4

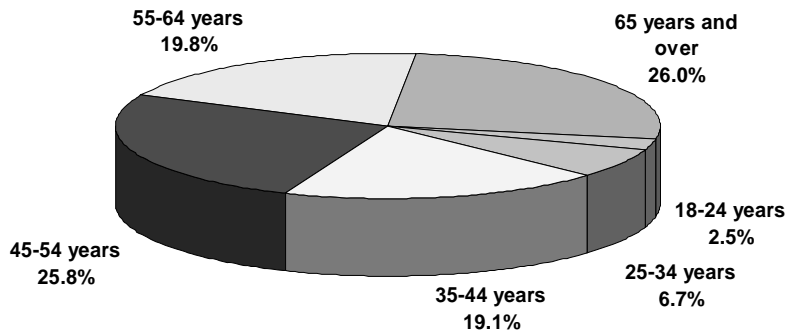
Gender

Gender	Hunterdon County BRFSS 2005	Hunterdon County Census*
Male	30.6%	49.1%
Female	69.4%	50.9%

*Per the 2000 U.S. Census

5

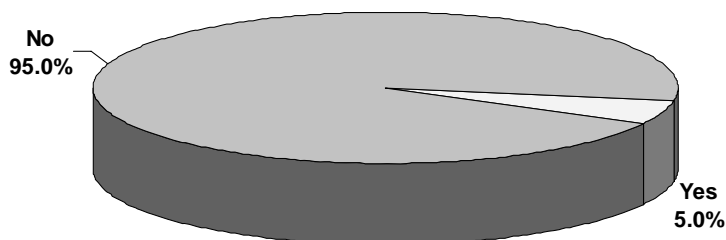
Age Range



N=1,104

6

Are you of Spanish or Hispanic Origin?



N=1097

7

Race

Race*	Hunterdon County BRFSS 2005	Hunterdon County Census [^]
White	93.3%	93.9%
Black or African American	1.1%	2.2%
Asian, Pacific Islander	1.0%	1.9%
American Indian or Alaska Native	.1%	0.1%
Other	4.5%	0.8%
Hispanic or Latino**	5.0%	2.8%

*Note: Race alone or in combination with one or more other races.

**Note: Can be of any race.

[^]Per the 2000 U.S. Census

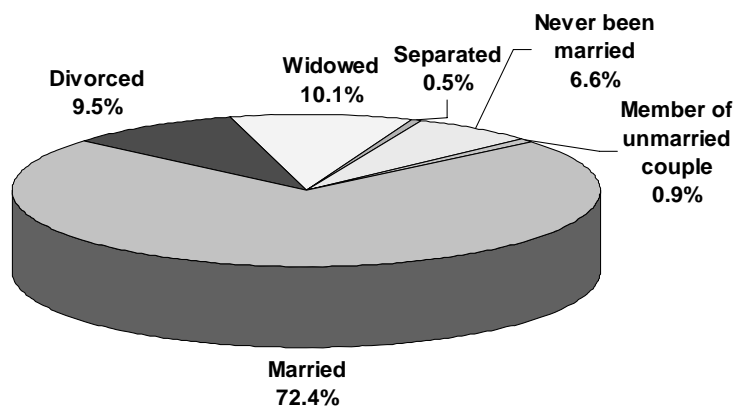
8

“Other” Race

Race	Mentions
Brazilian	1
Colombian	1
Costa Rican	3
Dominican	1
Egyptian	2
French Canadian	1
Guatemalan	4
Hispanic	2
Honduran	2
Italian	1
Lithuanian	1
Mexican	23
Native American	1
Saxon	1
Total	44

9

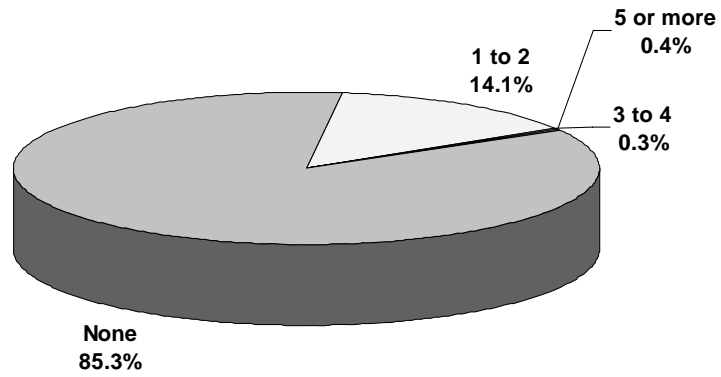
Marital Status



N=1104

10

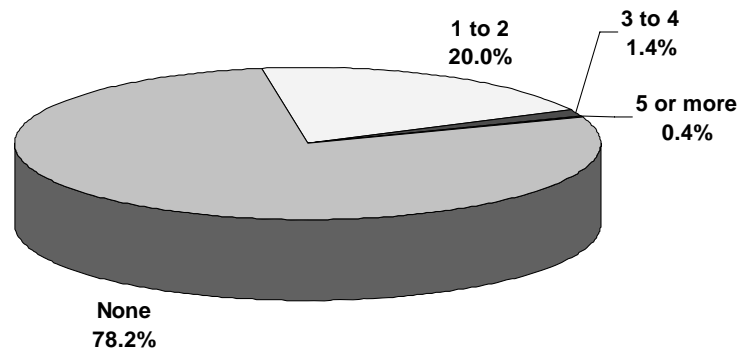
Number of children in household who are less than 5 years old



N=1109

11

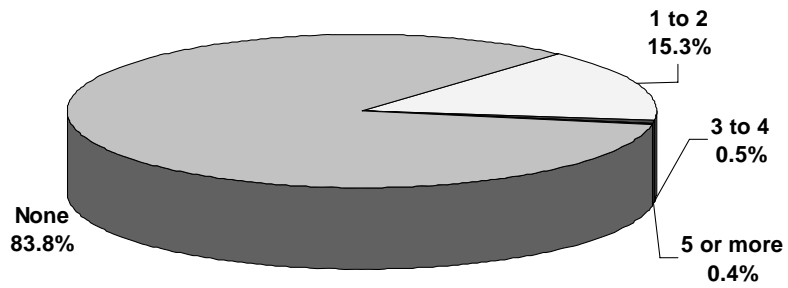
Number of children in household who are 5 to 12 years old



N=1108

12

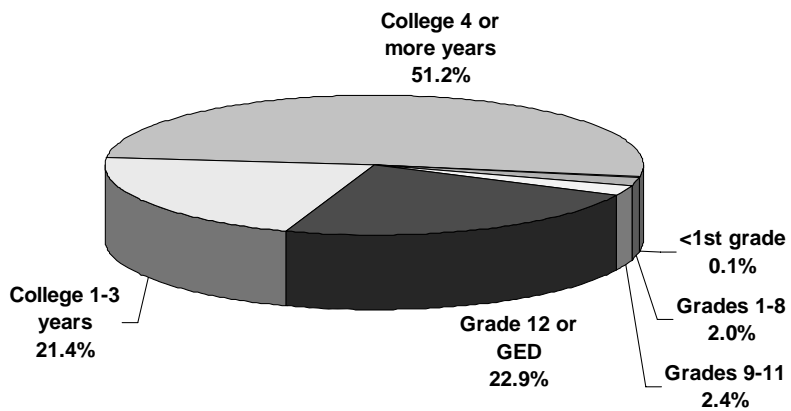
Number of children in household who are 13 to 17 years old



N=1107

13

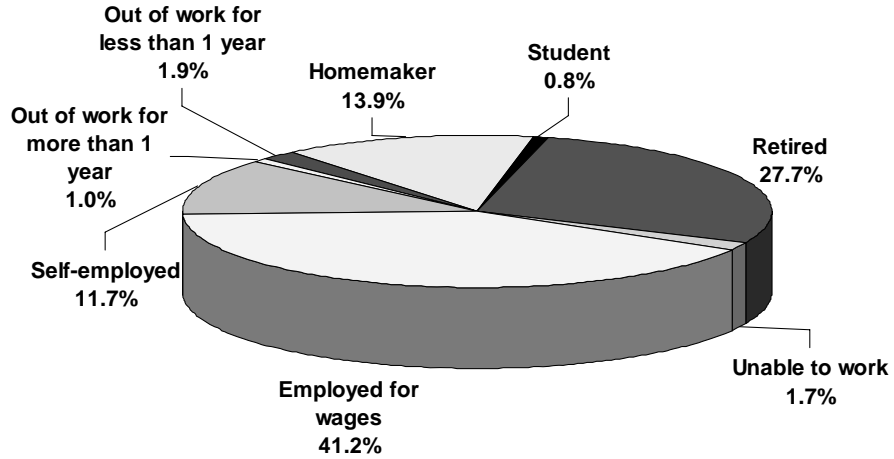
Highest grade or year of school completed



N=1105

14

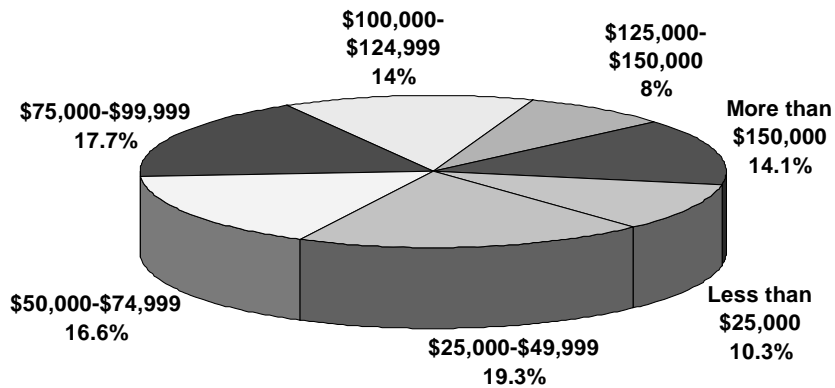
Employment Status



N=1108

15

Annual household income from all sources

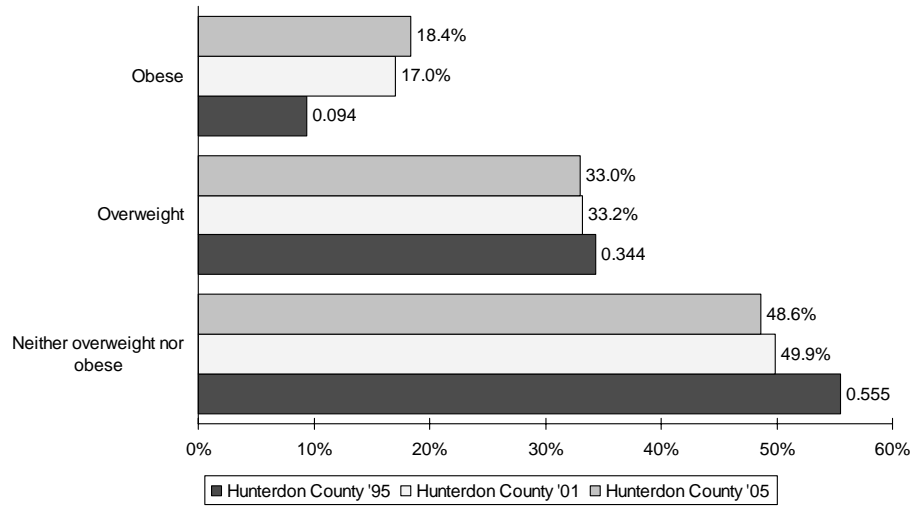


N=905

16

Body Mass Index (BMI)

Frequency of Responses



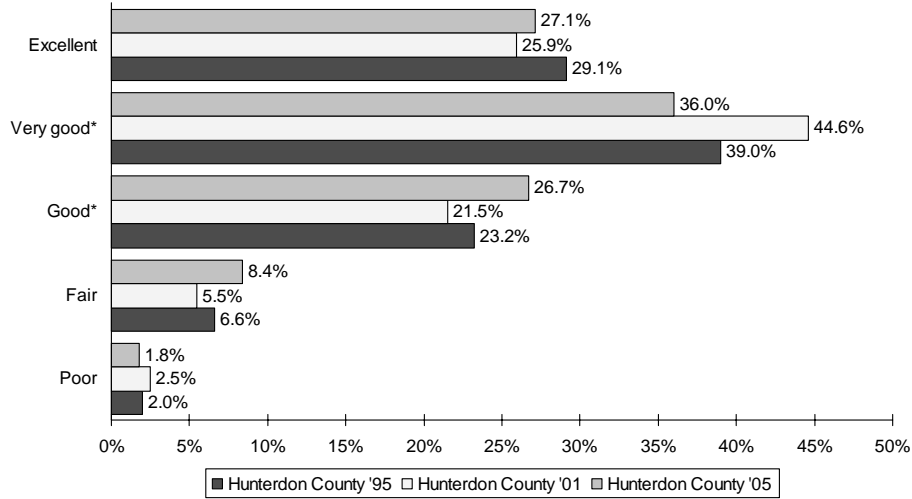
17

Health Status

18

Would you say in general that your health is...?

Frequency of Responses

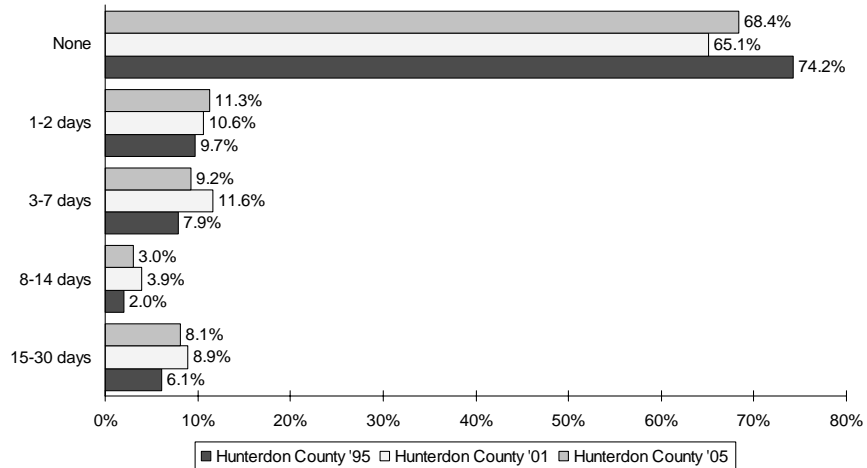


*Significantly different from 2001

19

Now thinking about your physical health, for how many days during the past 30 days was your physical health not good?

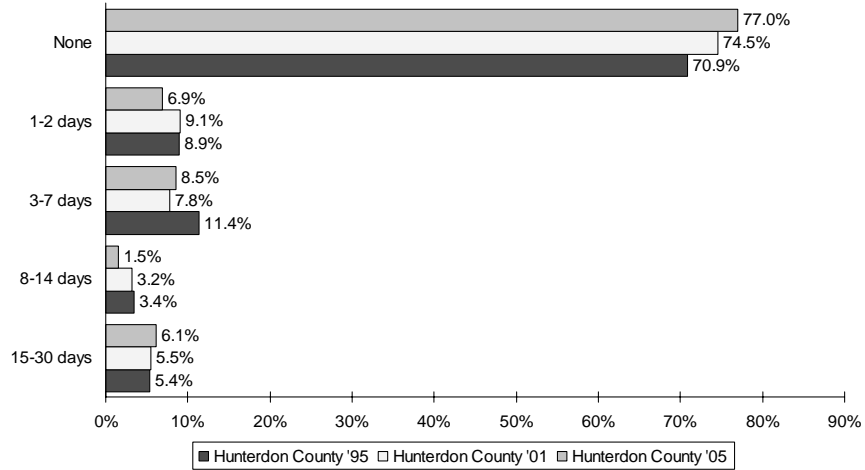
Frequency of Responses



20

Now thinking about your mental health, for how many days during the past 30 days was your mental health not good?

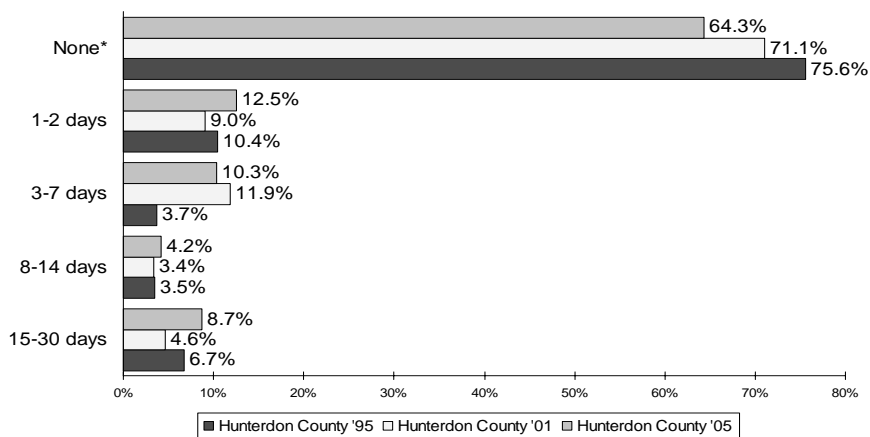
Frequency of Responses



21

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities?

Respondents with at least 1 day of poor physical/mental health in the past month



*Significantly different from 2001.

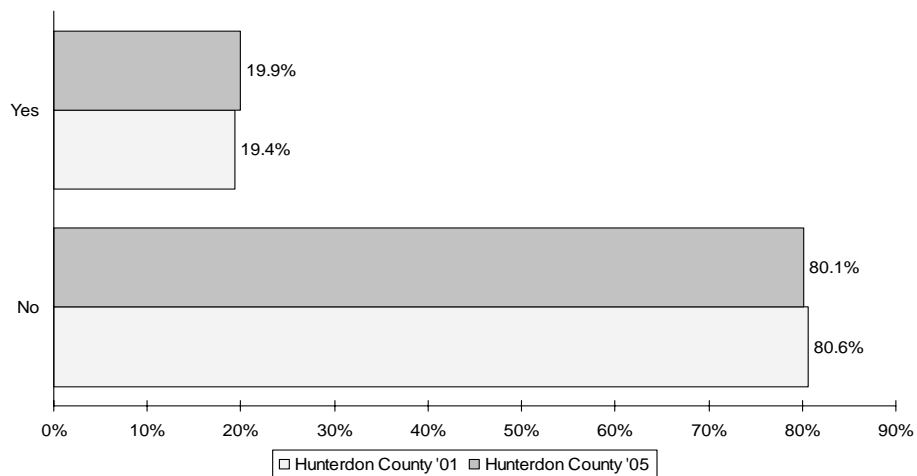
22

Quality of Life and Care Giving

23

Are you limited in any way in any activities because of any impairment or health problem?

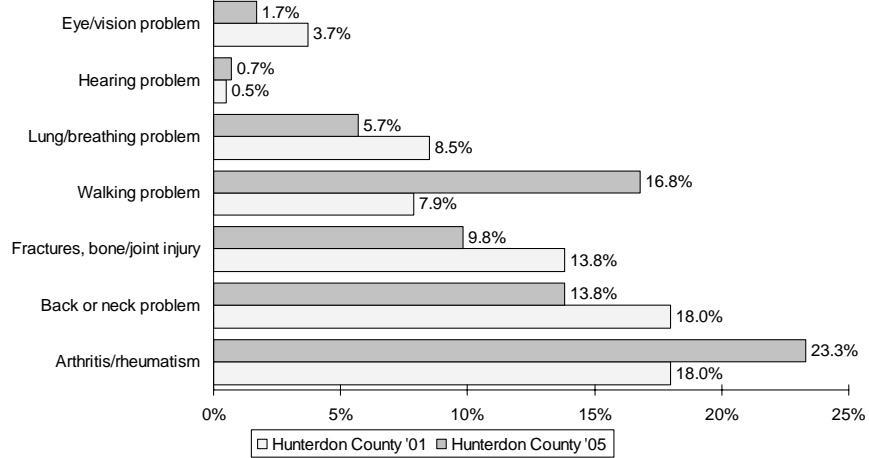
Frequency of Responses



24

What is the major impairment or health problem that limits your activities?

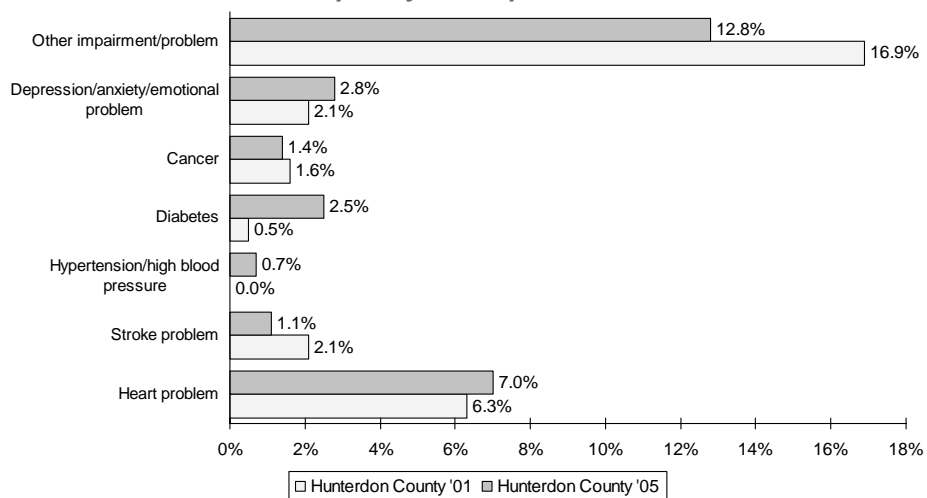
Respondents with an impairment or health problem
Frequency of Responses



25

What is the major impairment or health problem that limits your activities? (cont'd)

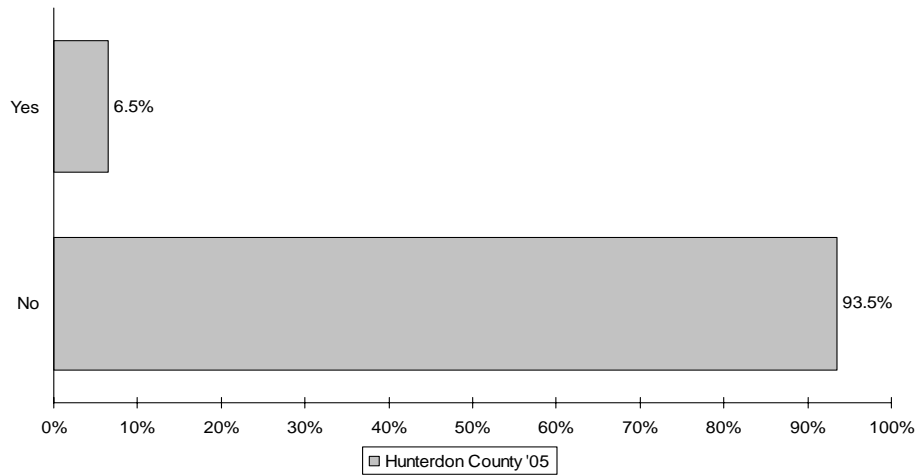
Respondents with an impairment or health problem
Frequency of Responses



26

Have you, or has anyone in your household, experienced problems with memory that has caused concern or affected your ability to perform usual activities?

Frequency of Responses



Note: This question was not asked in 2001.

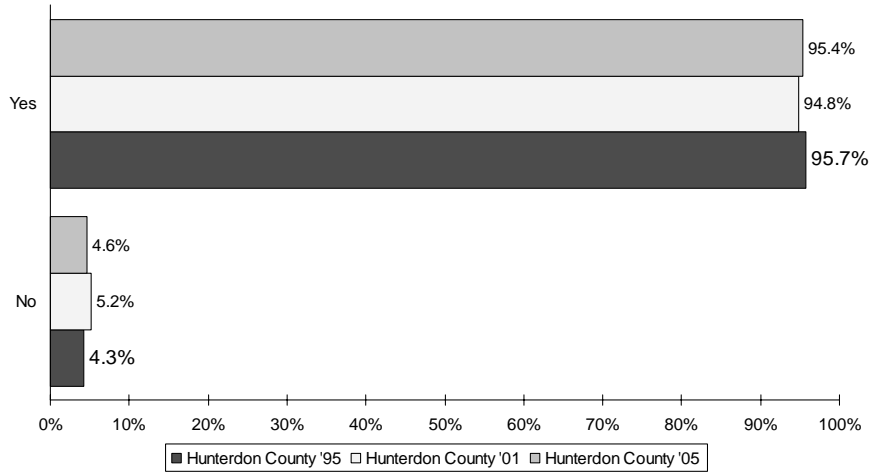
27

Health Care Access

28

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Medicaid?

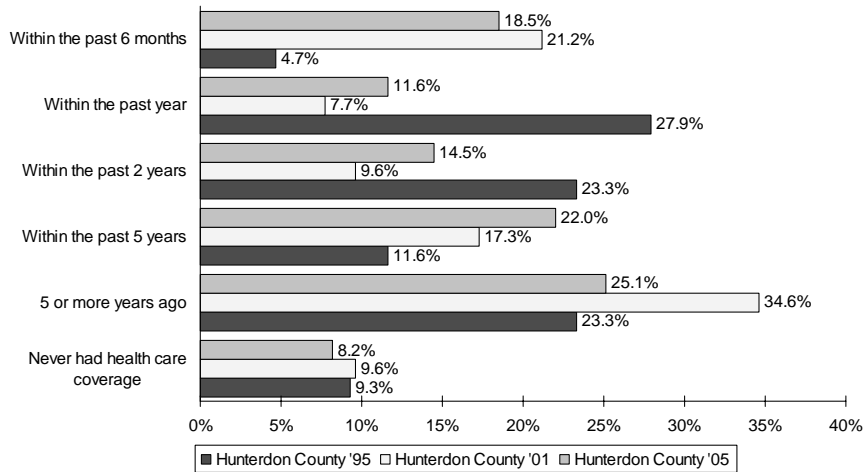
Frequency of Responses



29

About how long has it been since you had health care coverage?

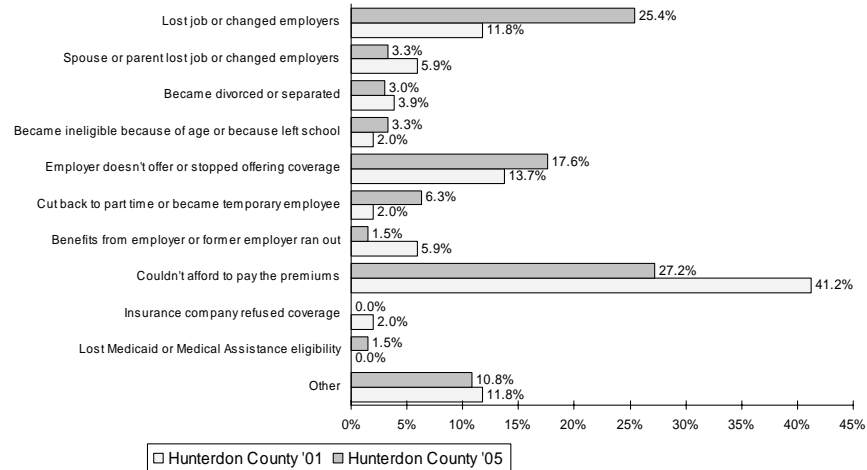
Respondents currently without health care coverage
Frequency of Responses



30

What is the main reason you are without health care coverage?

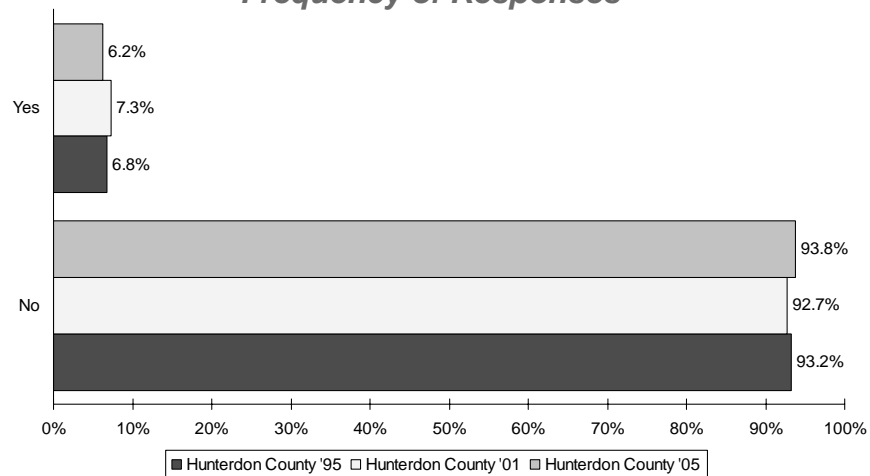
*Respondents currently without health care coverage
Frequency of Responses*



31

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

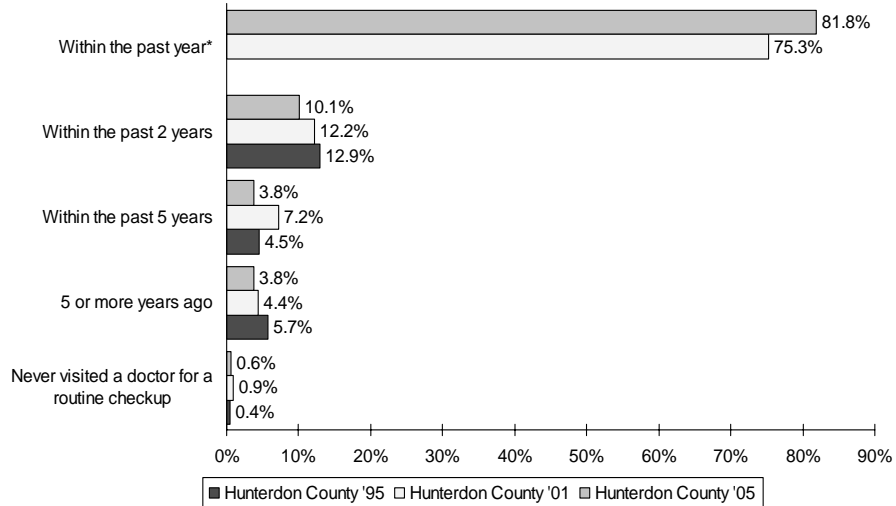
Frequency of Responses



32

About how long has it been since you last visited a doctor for a routine checkup?

Frequency of Responses



*Significantly different from 2001

Note: Categories differed in 1995

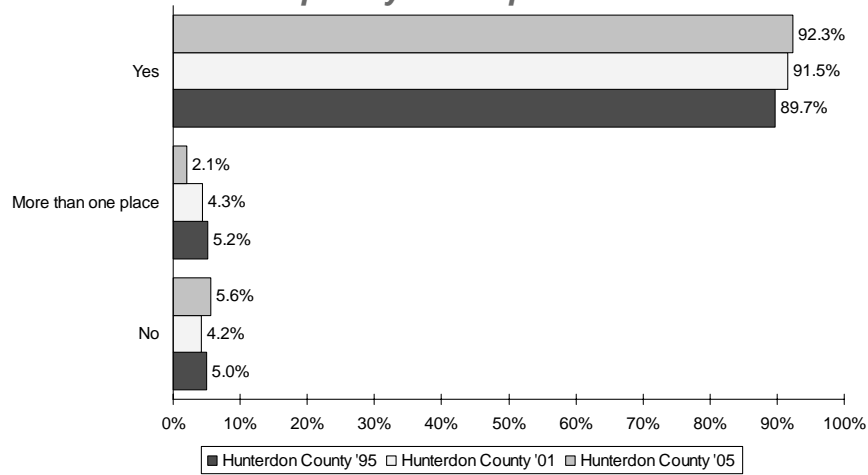
33

Health Care Coverage and Utilization

34

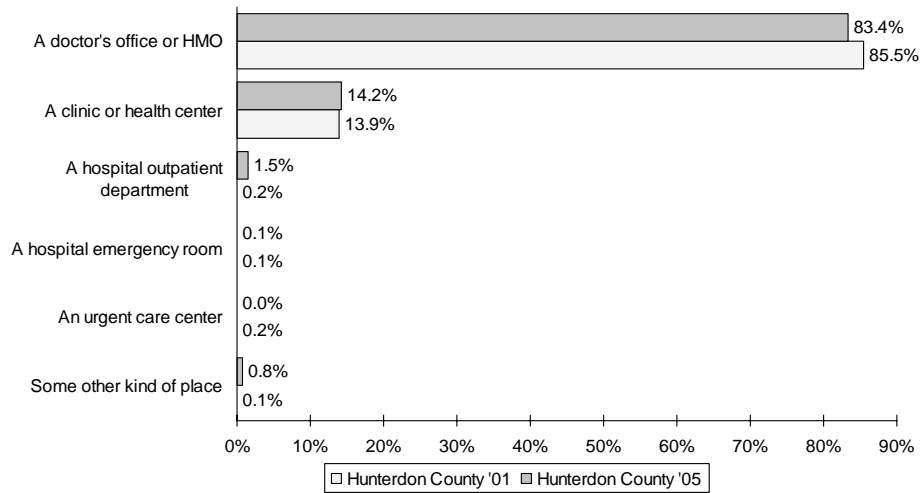
Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?

Frequency of Responses



What kind of place is it that you go to if you are sick or need advice about your health?

Respondents with one or more place they typically go for healthcare

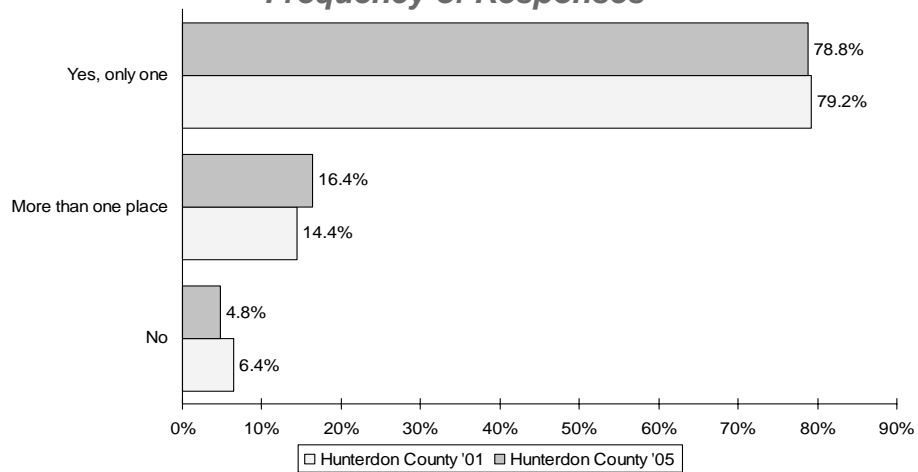


Health Care Satisfaction

37

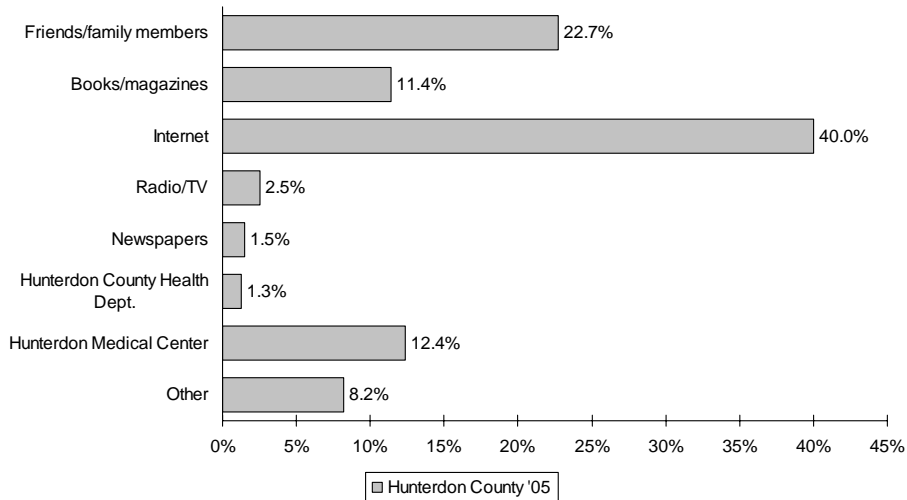
Do you have one person or physician practice that you think of as your personal doctor or health care provider?

Frequency of Responses



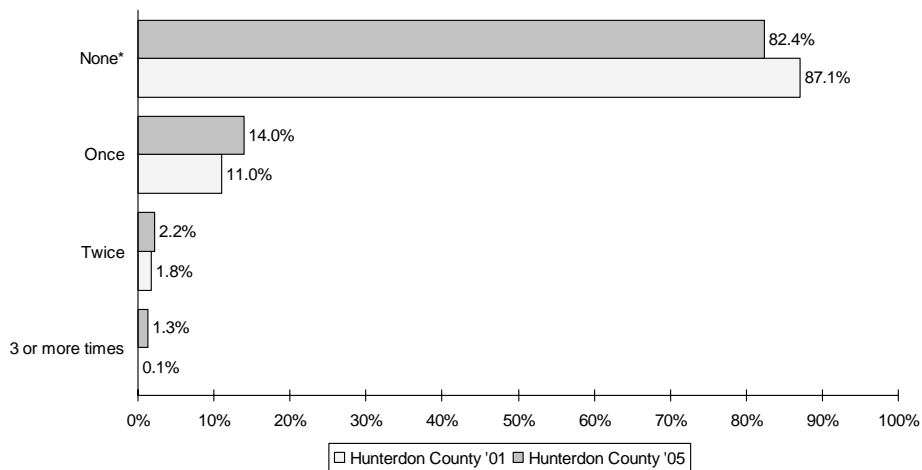
38

Other than your doctor, where would you most likely seek general health information?
Frequency of Responses



39

In the last 12 months, how many times did you go to an emergency room to get care for yourself? (not including stand alone urgent care centers)
Frequency of Responses

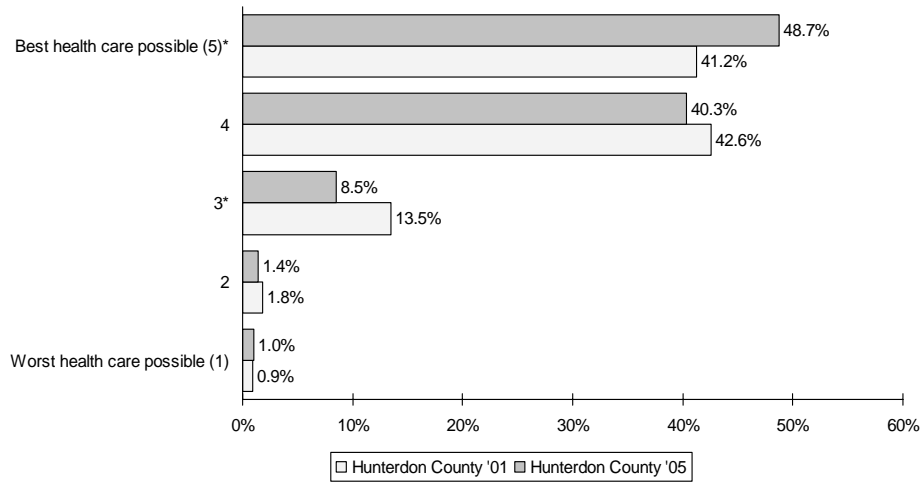


*Significantly different from 2001

40

How would you rate your health care overall in the last 12 months from all doctors and other health providers?

Frequency of Responses



*Significantly different from 2001

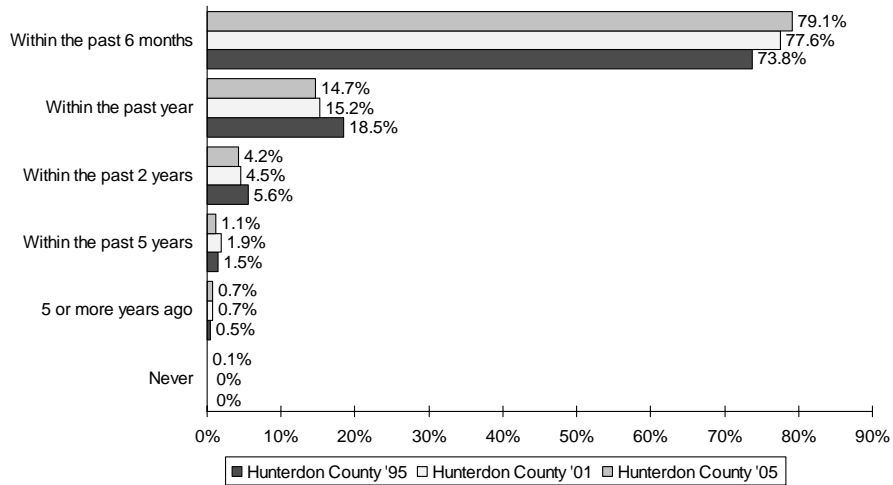
41

Hypertension Awareness

42

About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

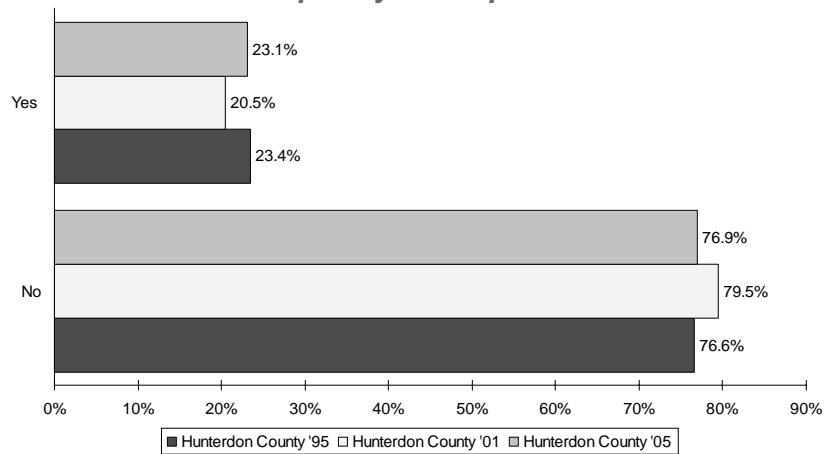
Frequency of Responses



43

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

*Respondents who have ever had their blood pressure taken
Frequency of Responses*



*No respondents for "Yes, during pregnancy"

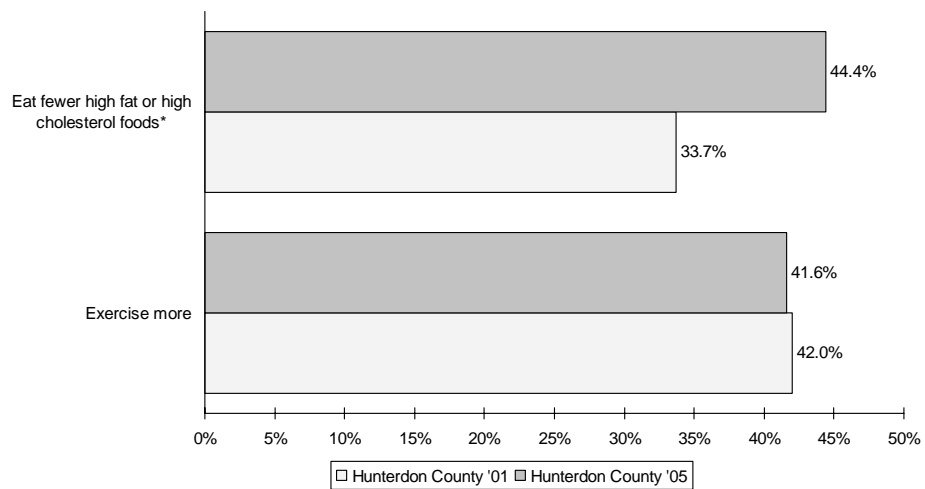
44

Cardiovascular Disease

45

To lower your risk of developing heart disease or stroke, has a doctor advised you to...?

Frequency of Responses

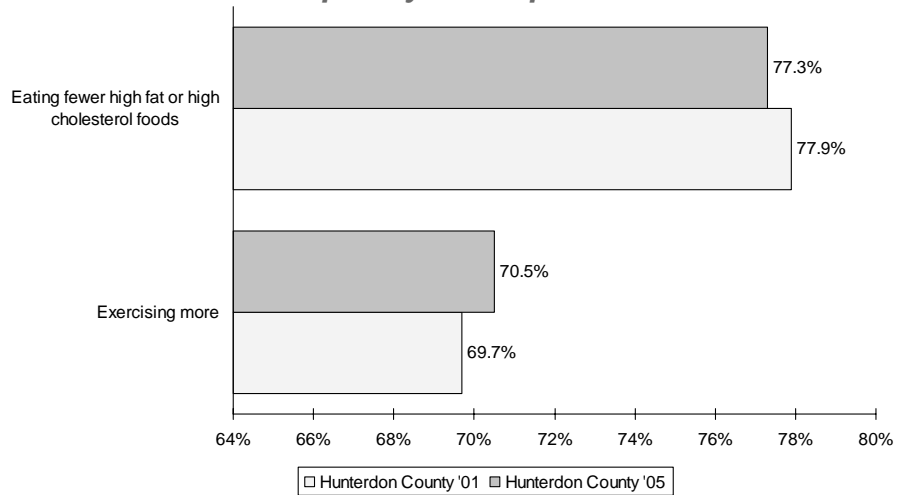


*Significantly different from 2001

46

To lower your risk of developing heart disease or stroke, are you...?

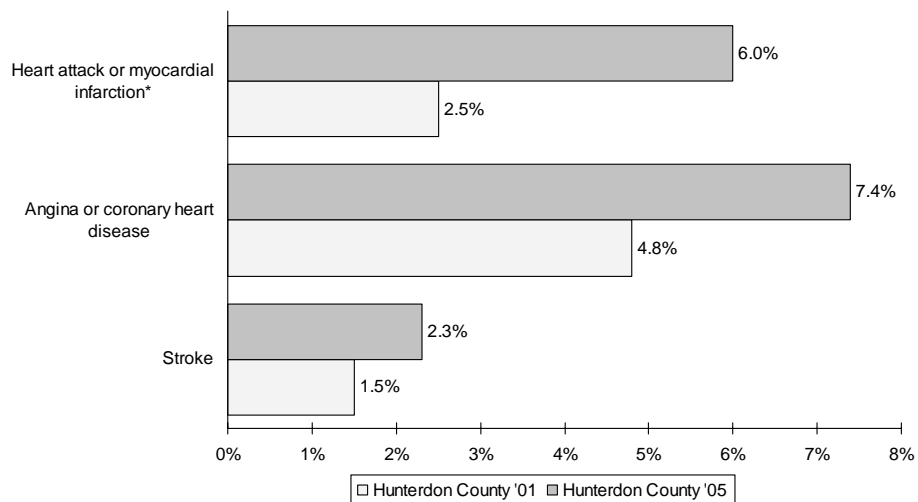
Frequency of Responses



47

Has a doctor ever told you that you had...?

Frequency of Responses

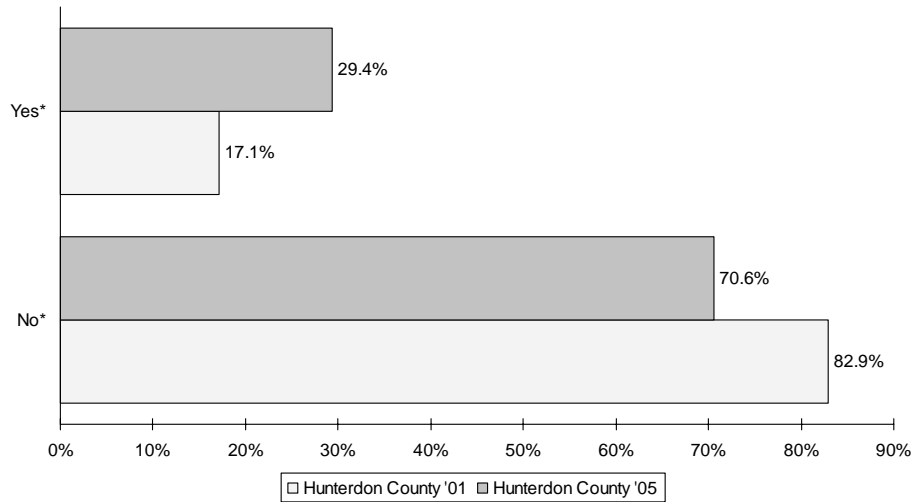


*Significantly different from 2001

48

Do you take aspirin daily or every other day for prevention of a heart attack?

Frequency of Responses



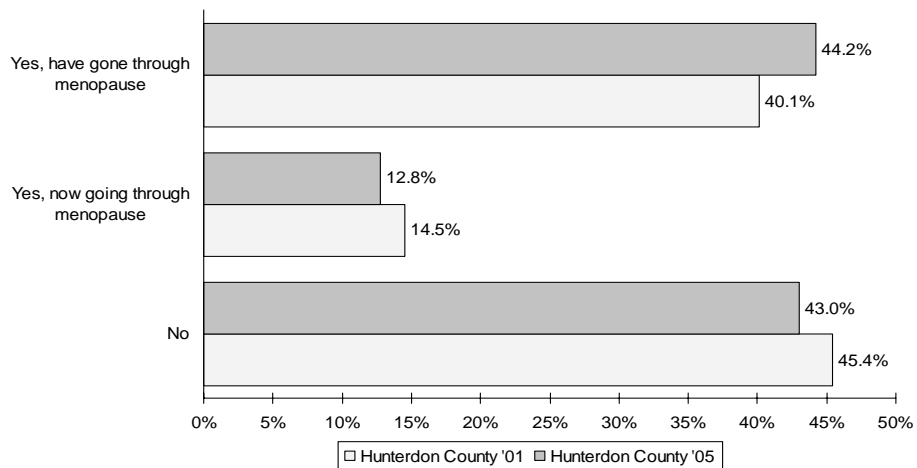
*Significantly different from 2001

49

Have you gone through or are you now going through menopause?

Asked only of Females

Frequency of Responses

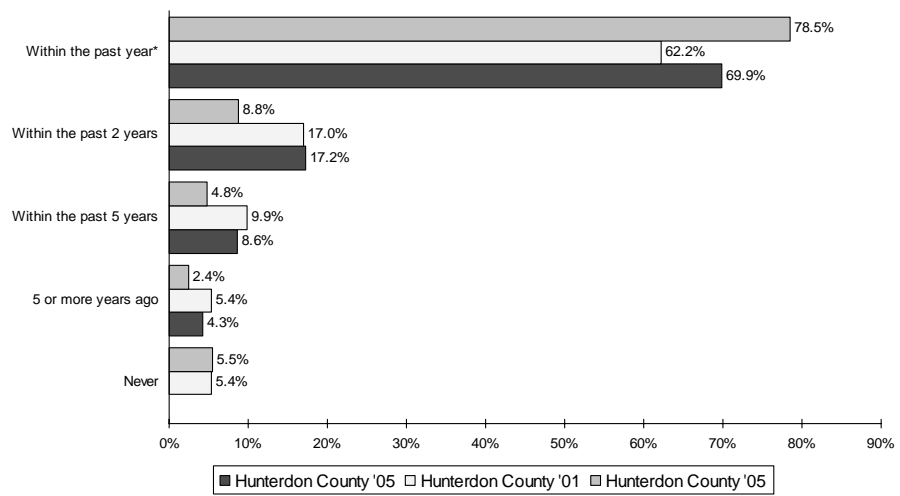


50

Cholesterol Awareness

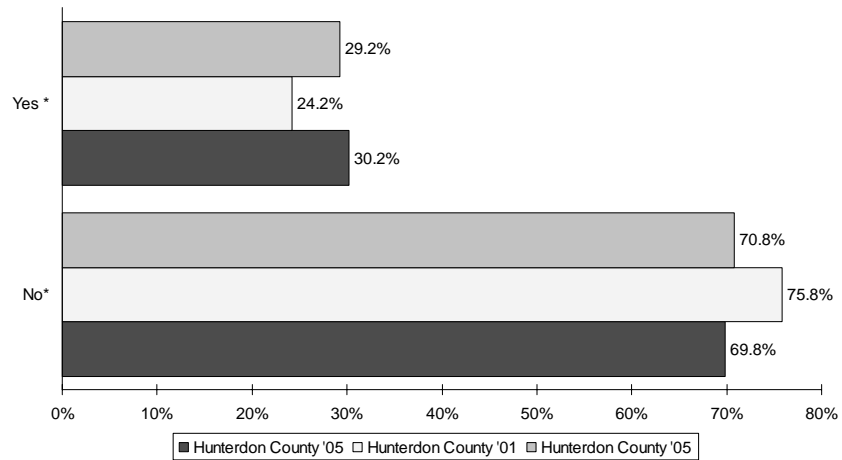
About how long has it been since you last had your blood cholesterol checked?

Frequency of Responses



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

Respondents who have ever had their blood cholesterol tested
Frequency of Responses



*Significantly different from 2001

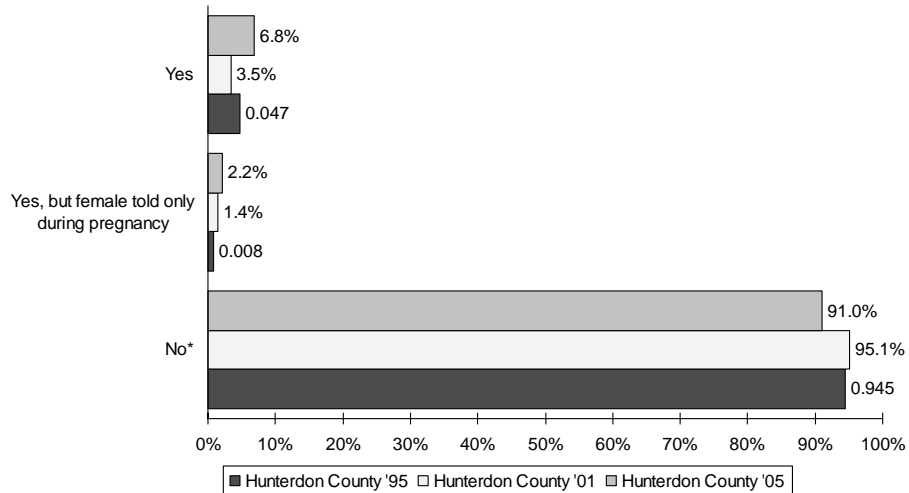
53

Diabetes

54

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

Frequency of Responses

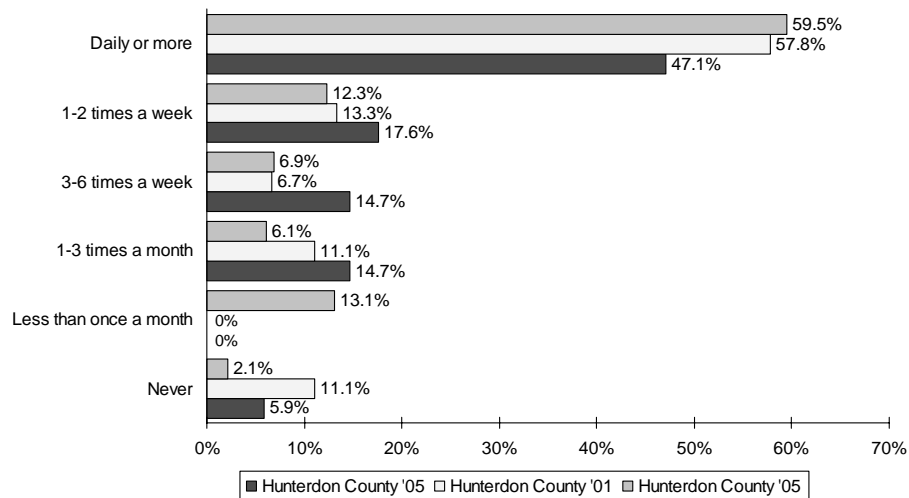


*Significantly different from 2001

55

How often do you check your blood for glucose or sugar?

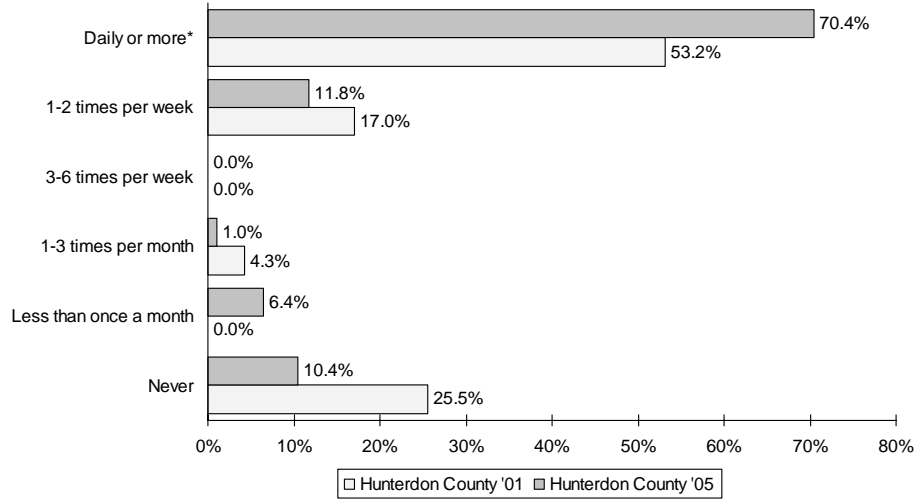
Respondents with diabetes



56

How often do you check your feet for sores or irritations?

Respondents with diabetes

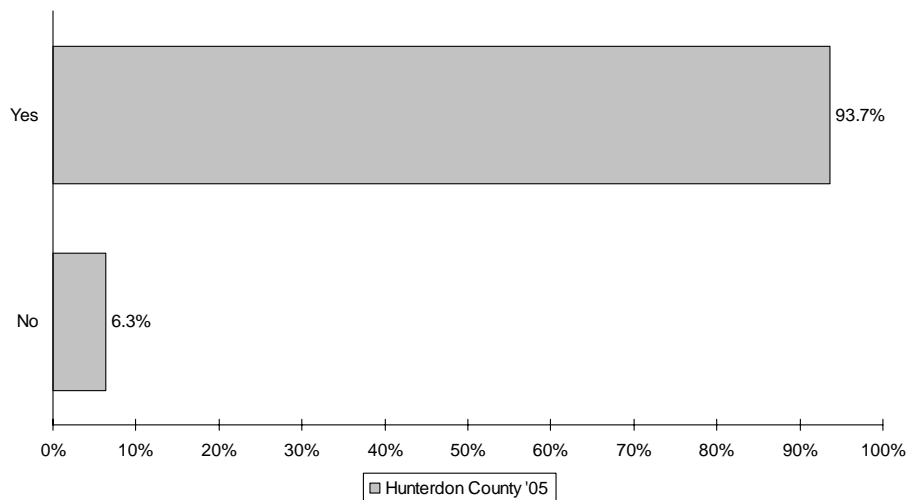


*Significantly different from 2001

57

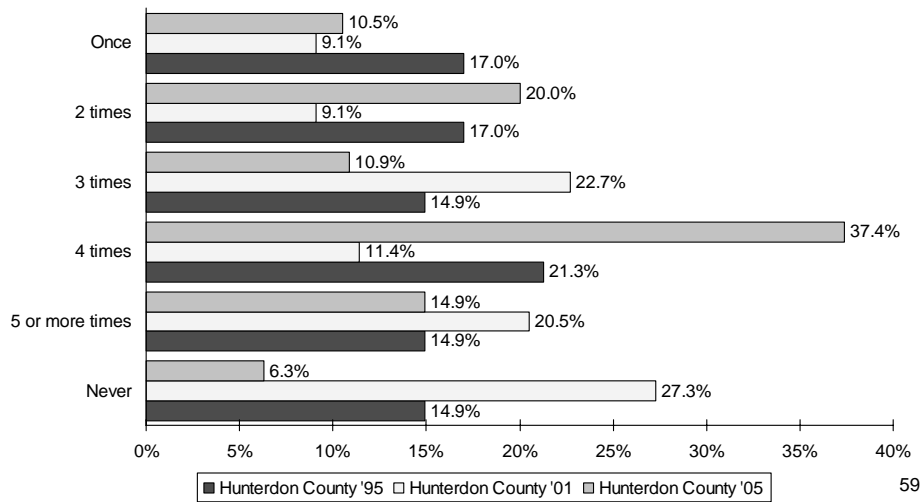
Are your blood sugar levels between 90-160 most of the time?

Respondents with diabetes

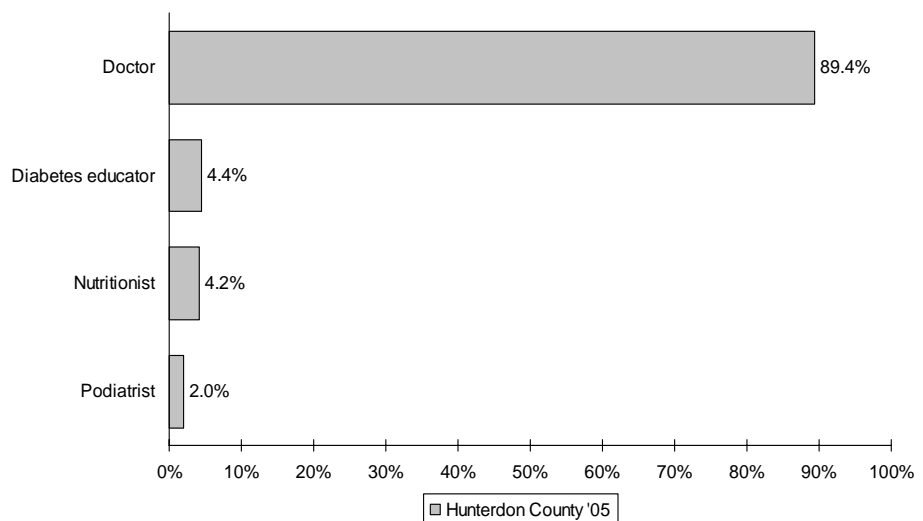


58

How many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?
Respondents with diabetes

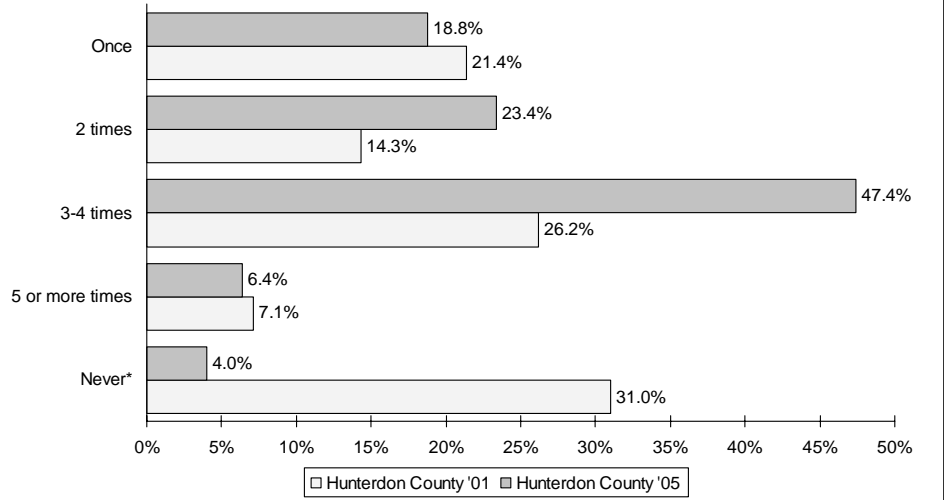


What health professional did you visit most often in the last 12 months regarding your diabetes?
Respondents with diabetes



How many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin “A one C”?

Respondents with diabetes

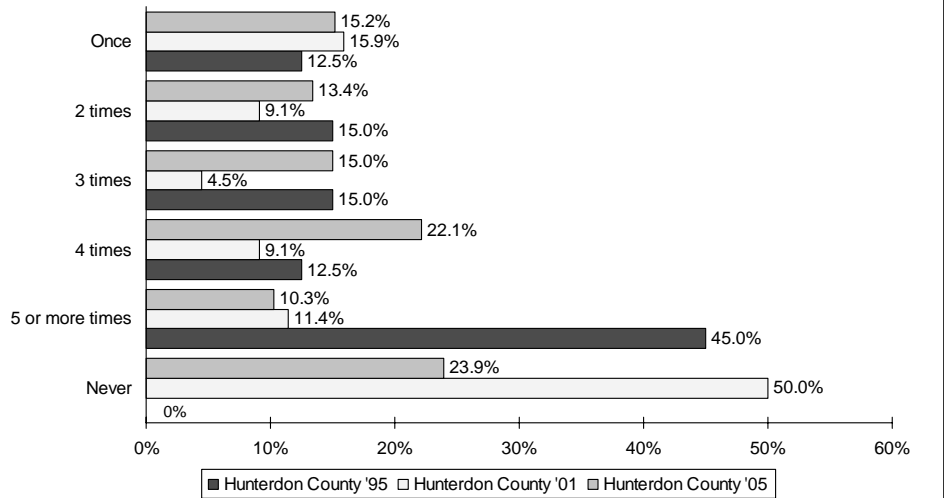


*Significantly different from 2001

61

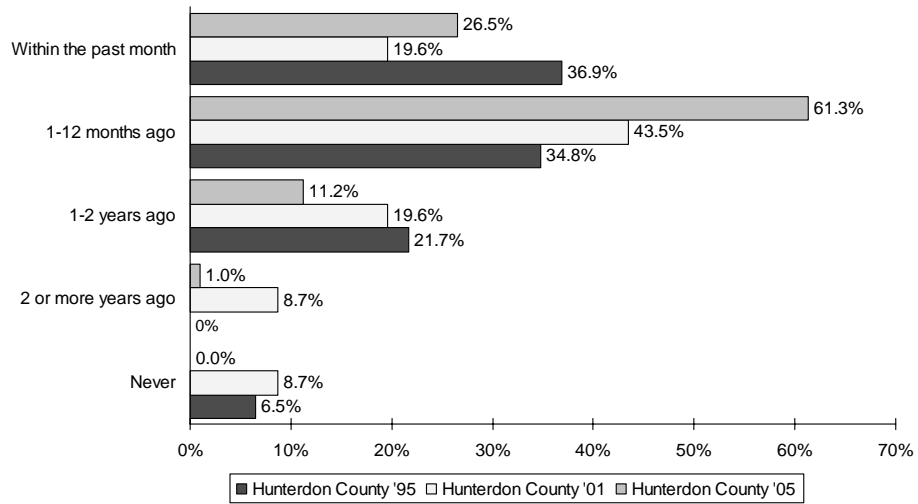
How many times in the past 12 months has a health professional checked your feet for sores or irritations?

Respondents with diabetes and feet



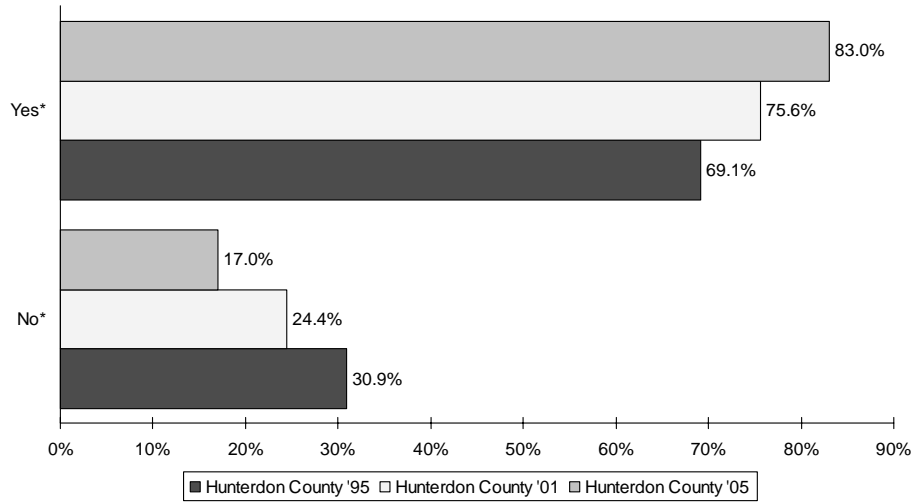
62

When was the last time you had an eye exam in which the pupils were dilated?
Respondents with diabetes



Women's Health
Asked only of Females

Have you ever had a mammogram?

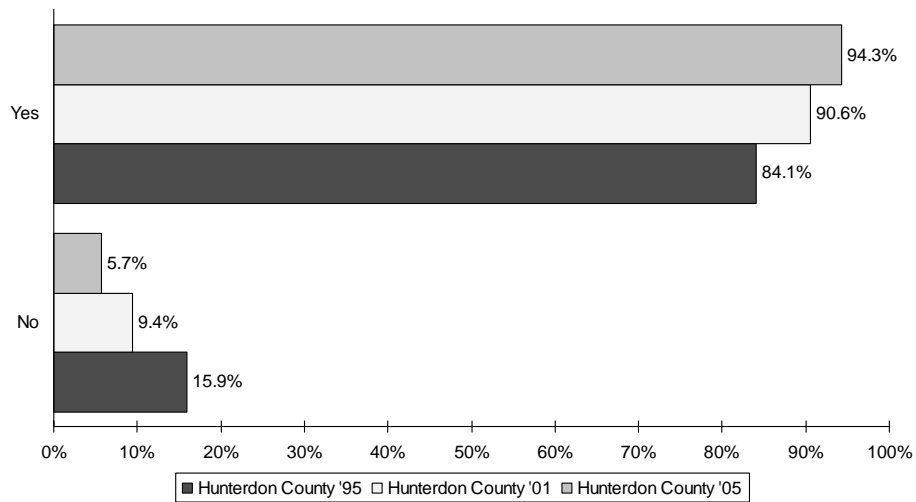


*Significantly different from 2001

65

Have you ever had a mammogram?

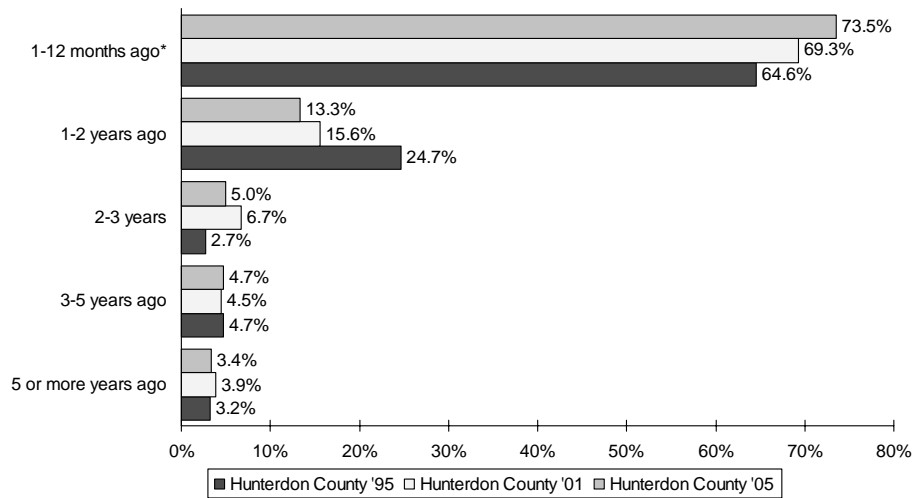
Females 40 and over



66

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

Females who have had a mammogram

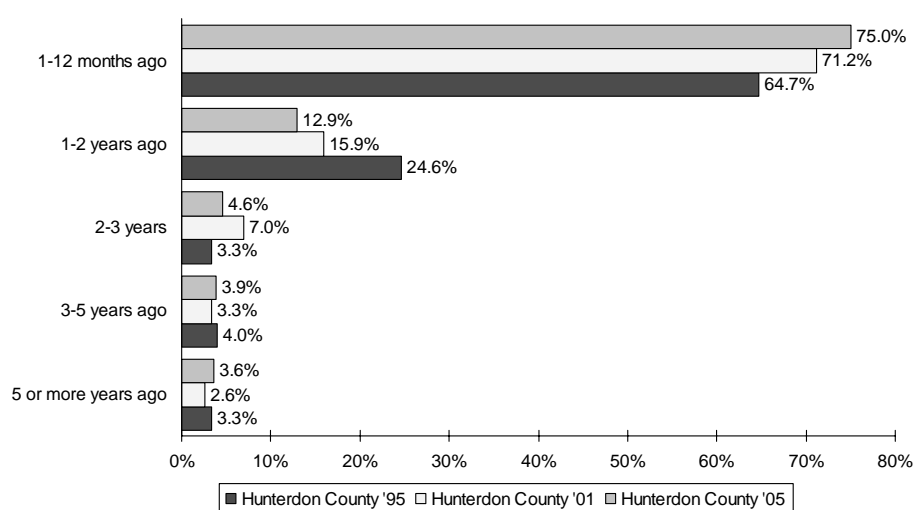


*Significantly different from 2001

67

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

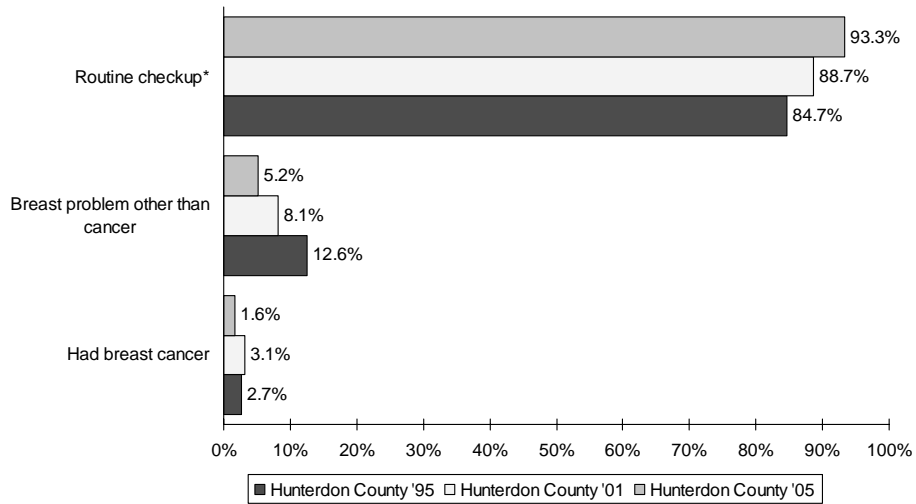
Females, 40 and over, who have had a mammogram



68

Why did you have your last mammogram?

Females who have had a mammogram

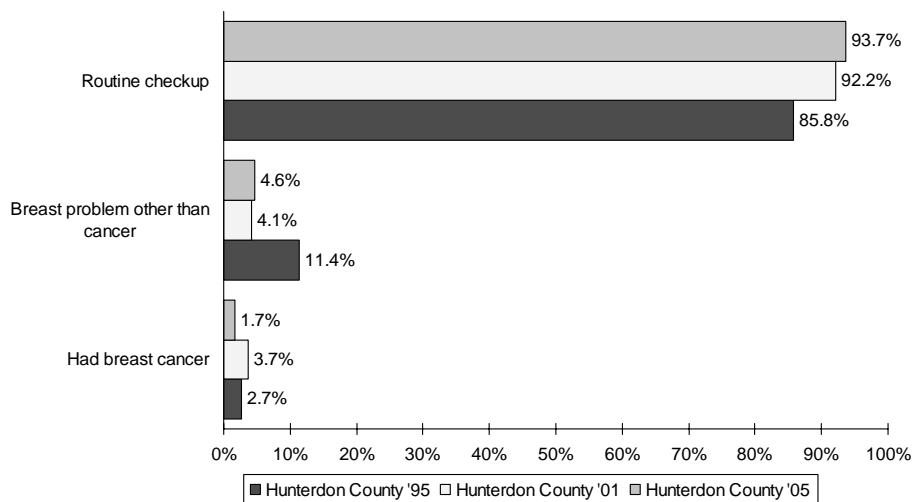


*Significantly different from 2001

69

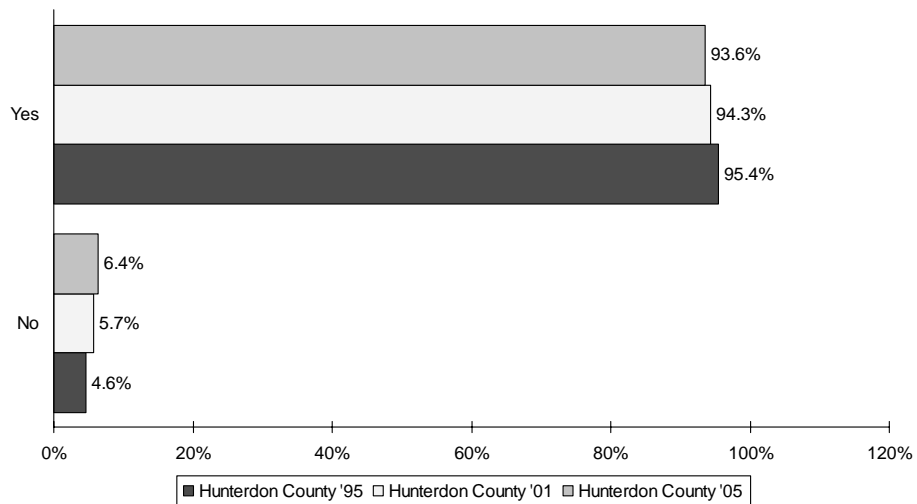
Why did you have your last mammogram?

Females, 40 and over, who have had a mammogram



70

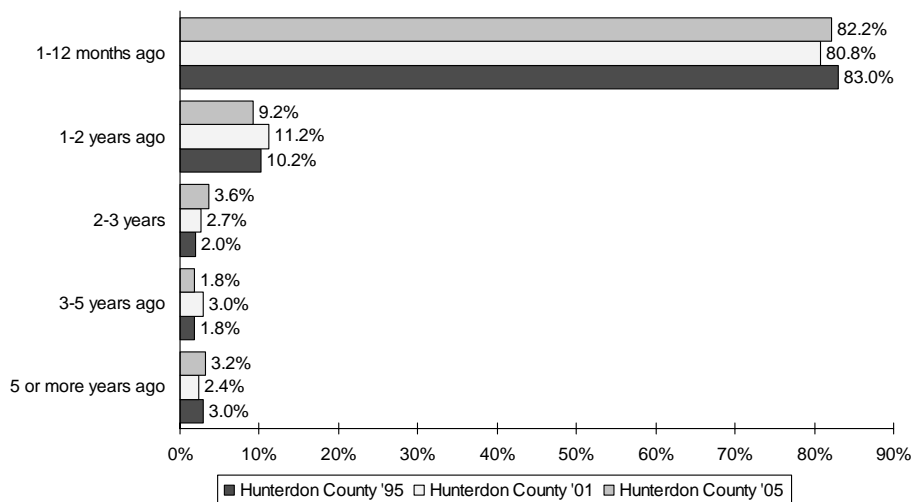
Have you ever had a clinical breast exam?



71

How long has it been since you had your last clinical breast exam?

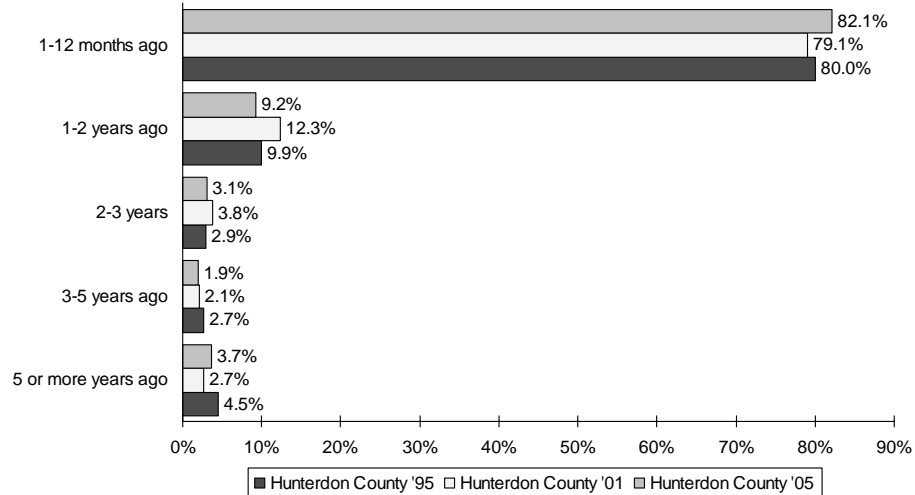
Females who have had a clinical breast exam



72

How long has it been since you had your last clinical breast exam?

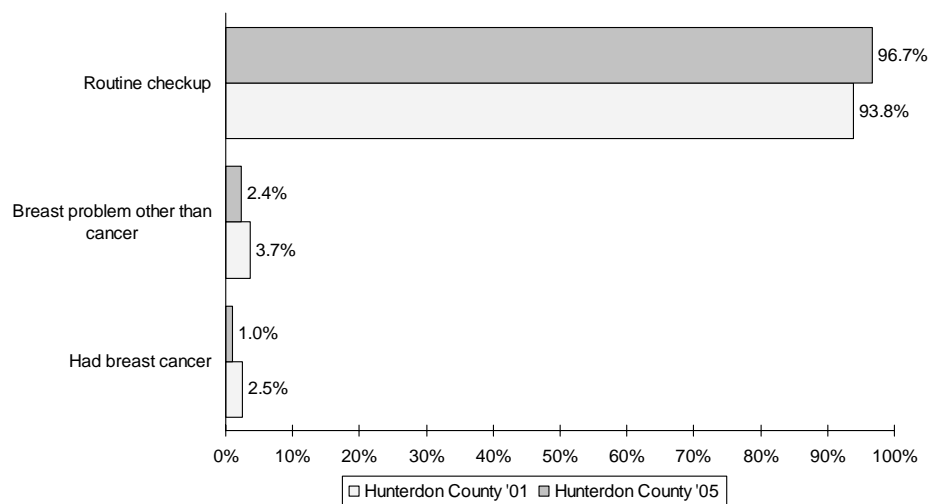
Females, 40 and over, who have had a clinical breast exam



73

Why did you have your last clinical breast exam?

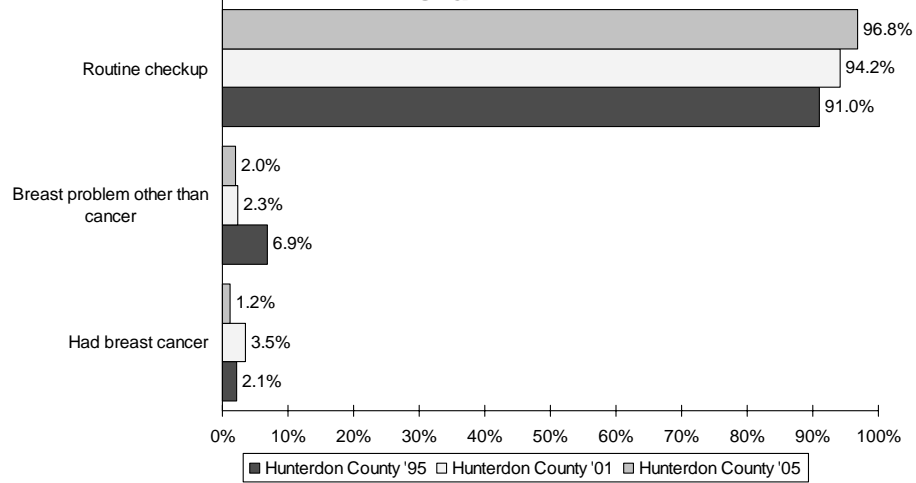
Females who have had a clinical breast exam



74

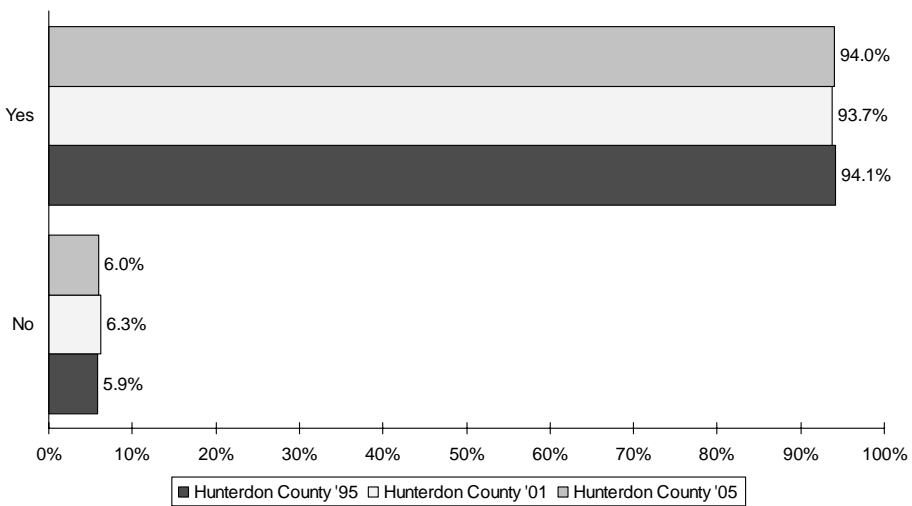
Why did you have your last clinical breast exam?

Females, 40 and over, who have had a clinical breast exam



75

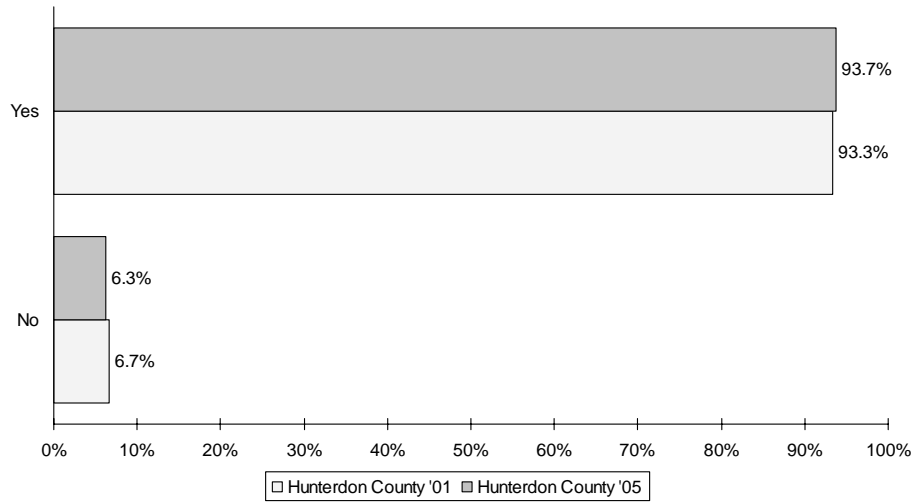
Were you ever taught to do a breast self exam?



76

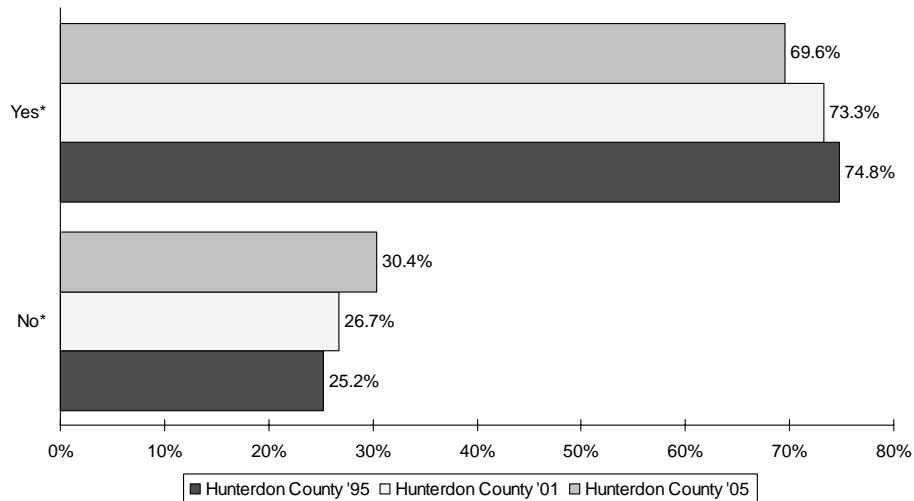
Were you ever taught to do a breast self exam?

Females 40 and over



77

Do you practice breast self examination?

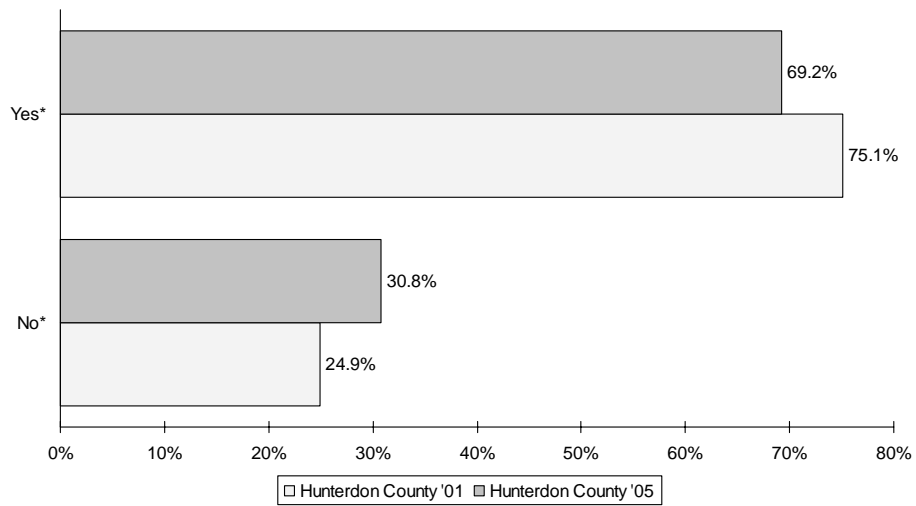


*Significantly different from 2001

78

Do you practice breast self examination?

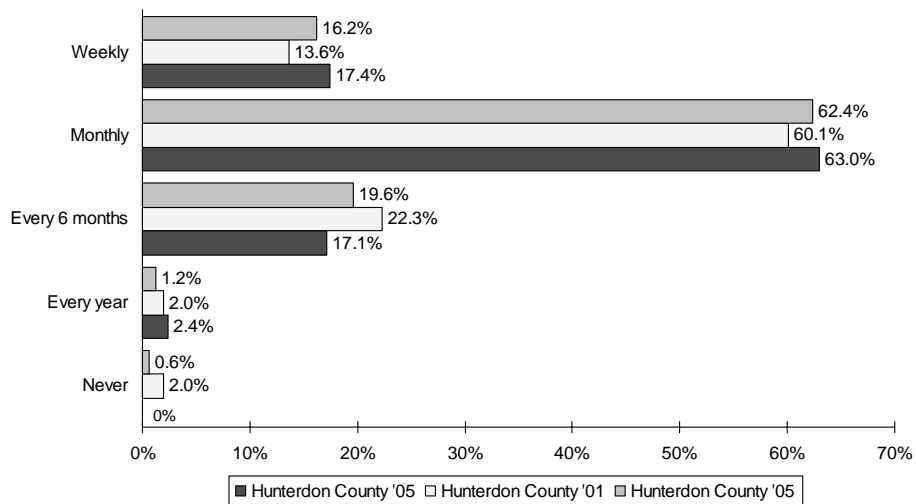
Females 40 and over



*Significantly different from 2001

79

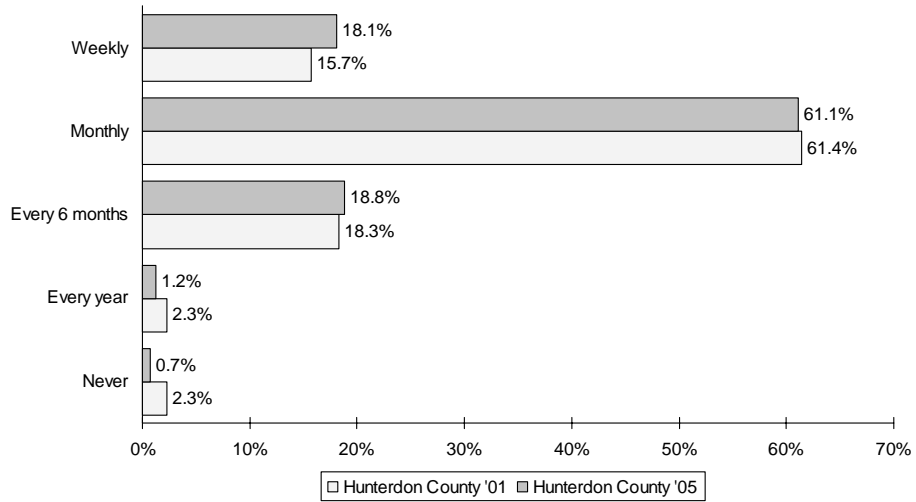
How often do you examine your breasts for lumps?



80

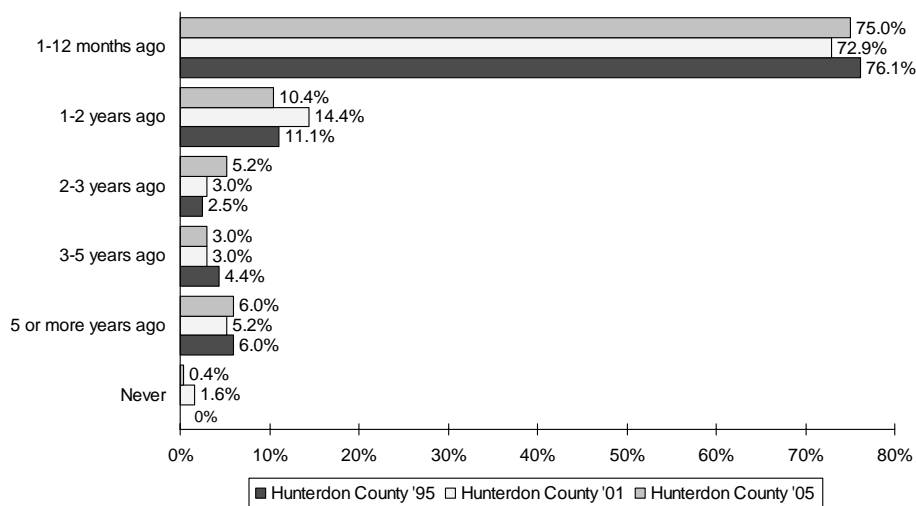
How often do you examine your breasts for lumps?

Females 40 and over



81

How long has it been since you had your last pap smear?



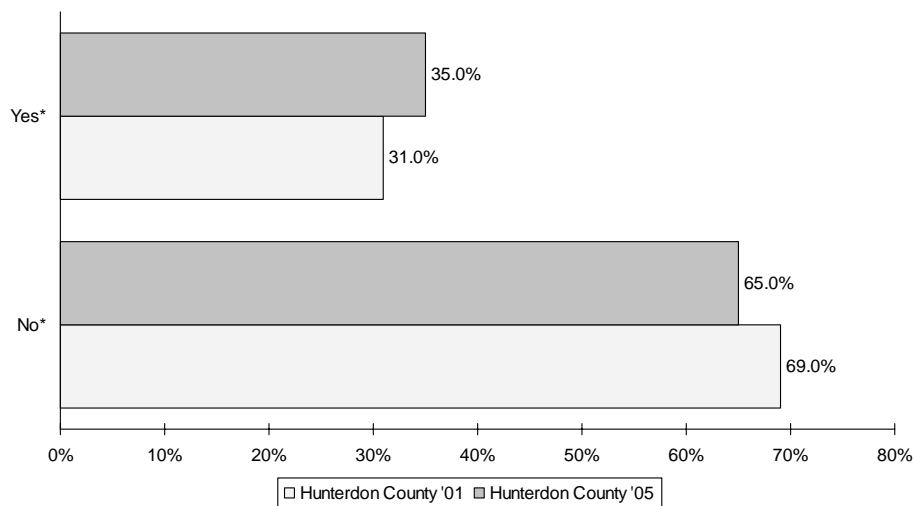
82

Osteoporosis

Asked only of Females

83

Are you aware of any history in your family of osteoporosis?

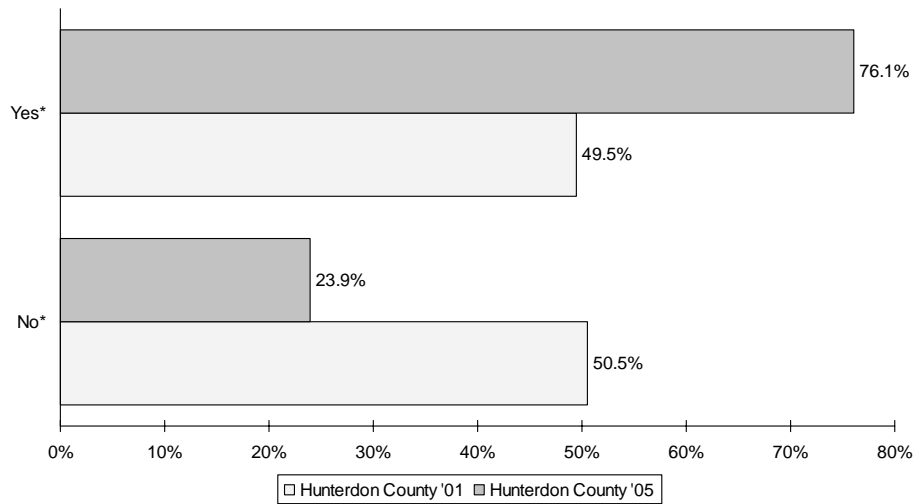


*Significantly different from 2001

84

Have you had a Dexascan?

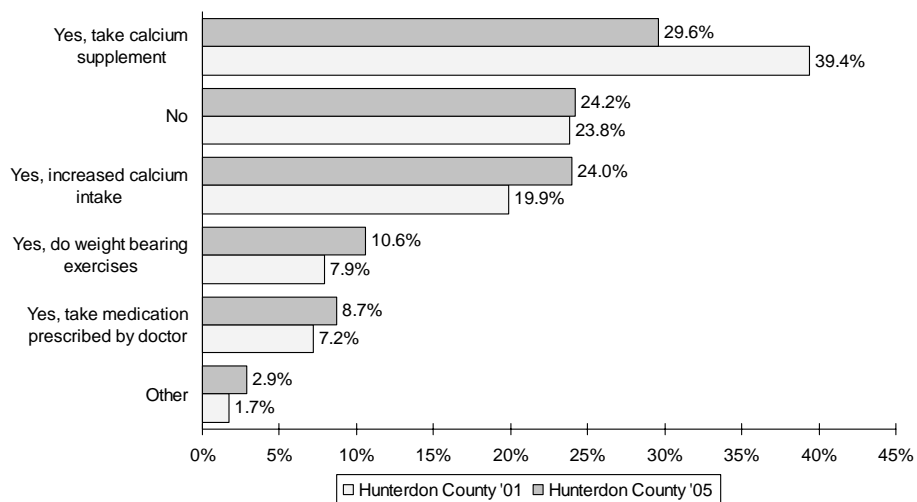
Females over 50



*Significantly different from 2001

85

Are you currently doing anything to reduce your risk of developing osteoporosis?



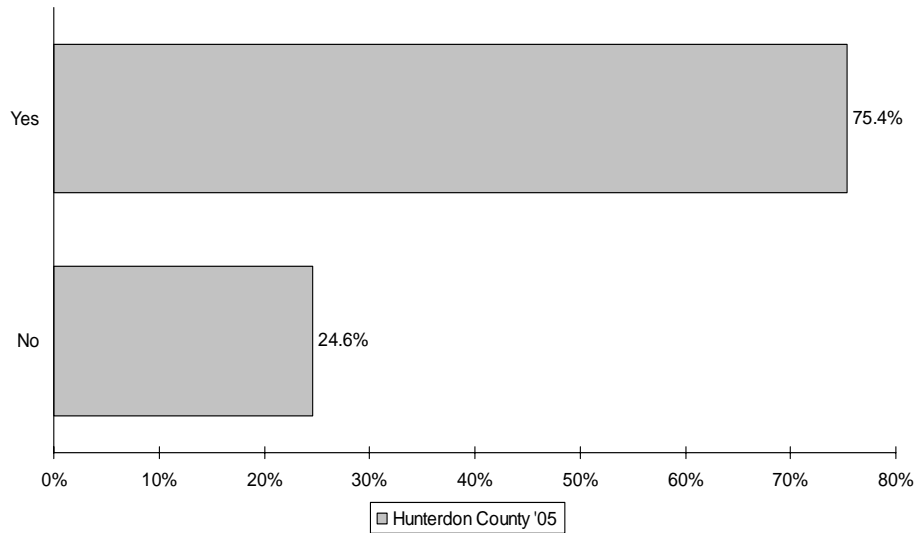
86

Prostate Cancer Screening

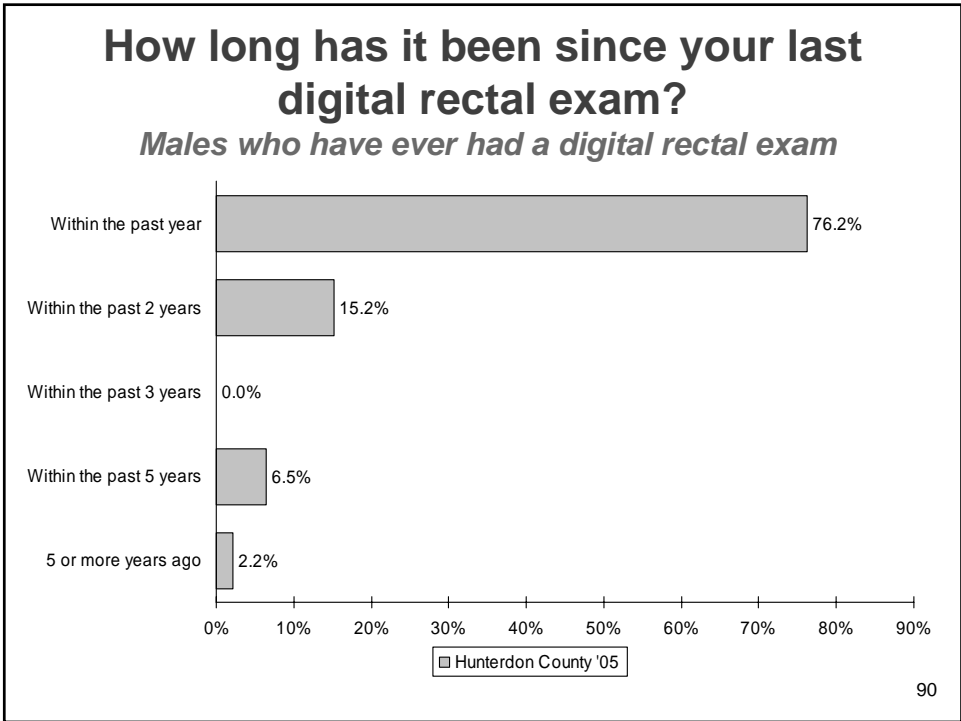
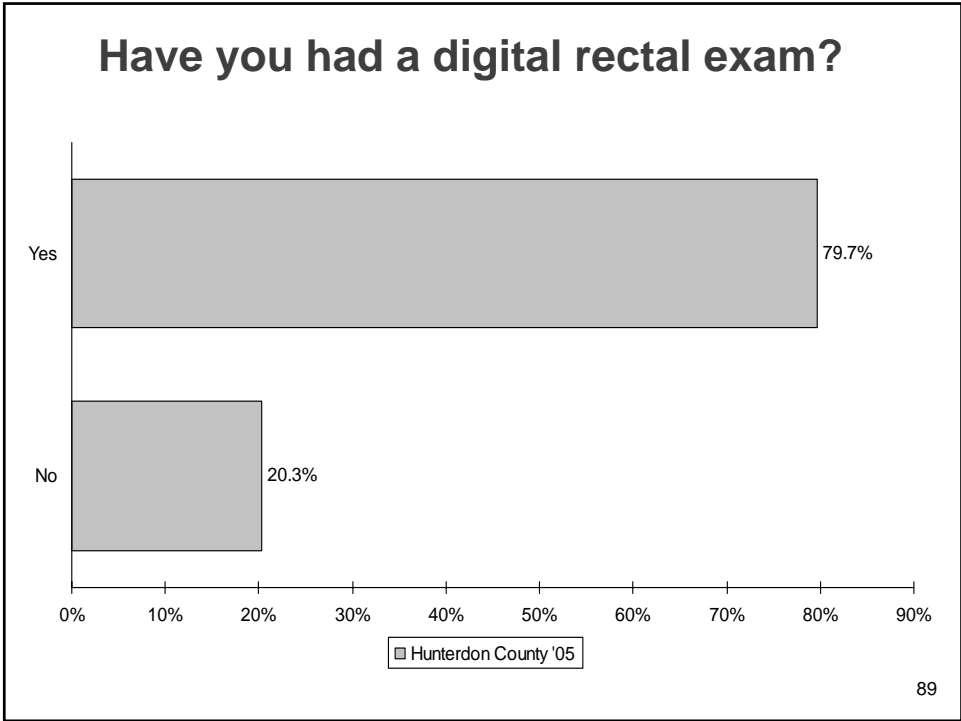
Asked only of Males Age 40 and Over

87

Have you had a Prostate-Specific Antigen (PSA) test?



88

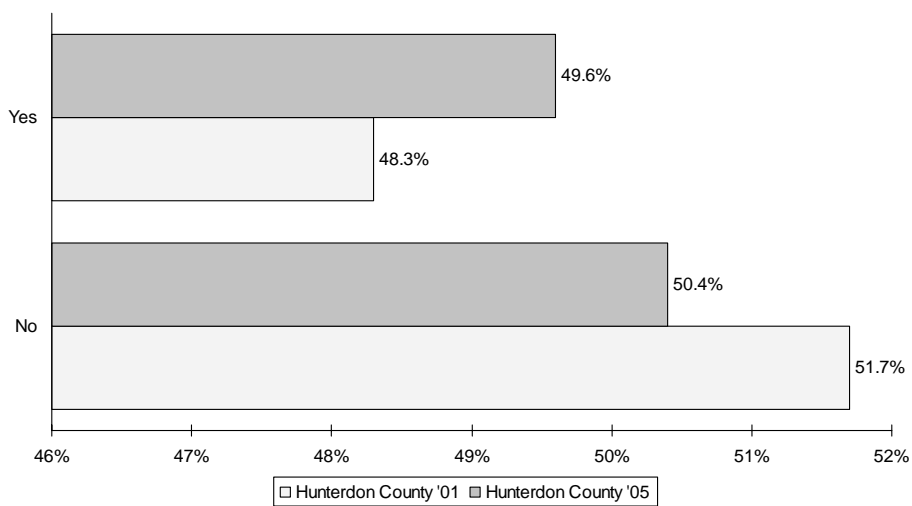


Colorectal Cancer Screening

Only asked of respondents 50 years of age or older

91

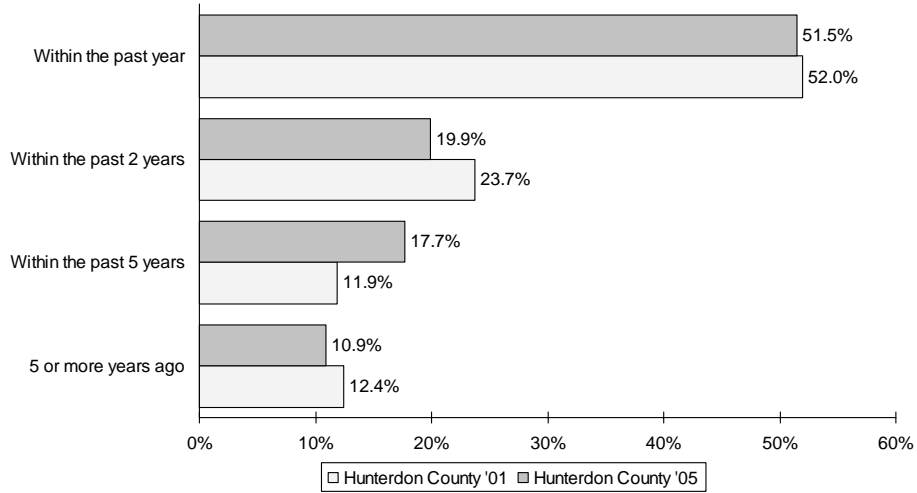
Have you ever had a blood stool test using a home kit?



92

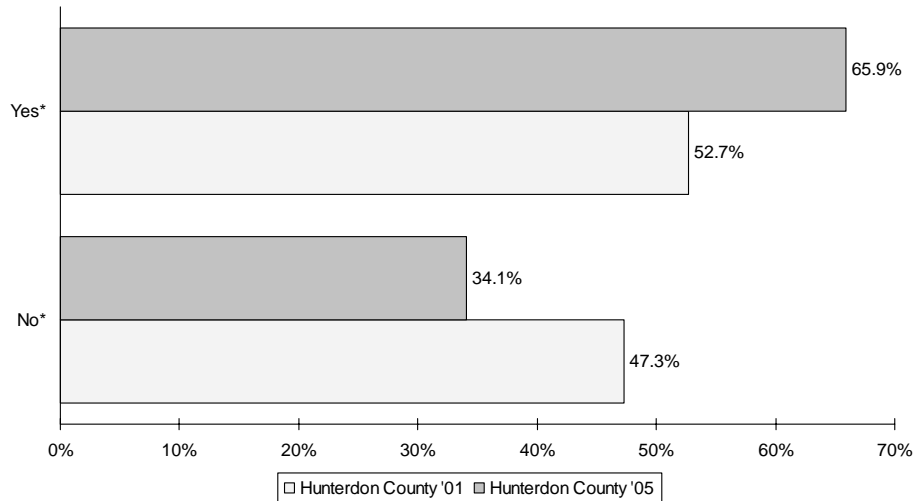
How long has it been since your last blood stool test using a home kit?

Respondents who have ever had a blood stool test



93

Have you ever had a sigmoidoscopy or colonoscopy?

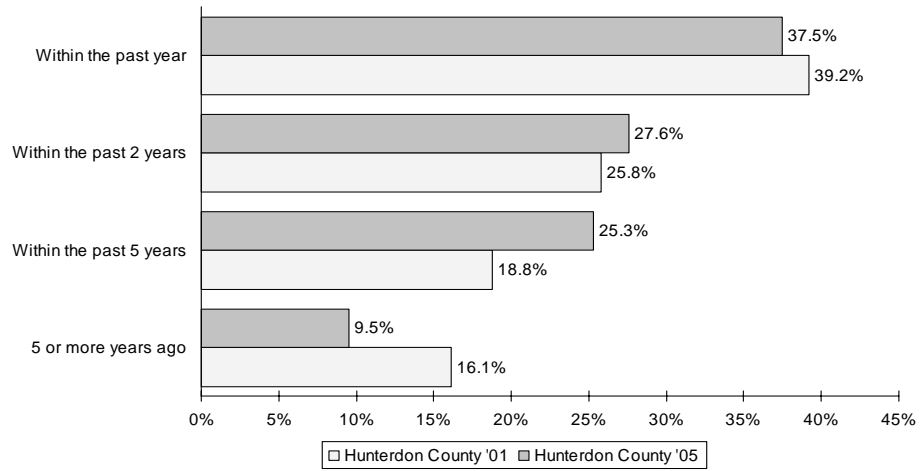


*Significantly different from 2001

94

How long has it been since your last sigmoidoscopy or colonoscopy?

Respondents who have ever had a sigmoidoscopy or colonoscopy



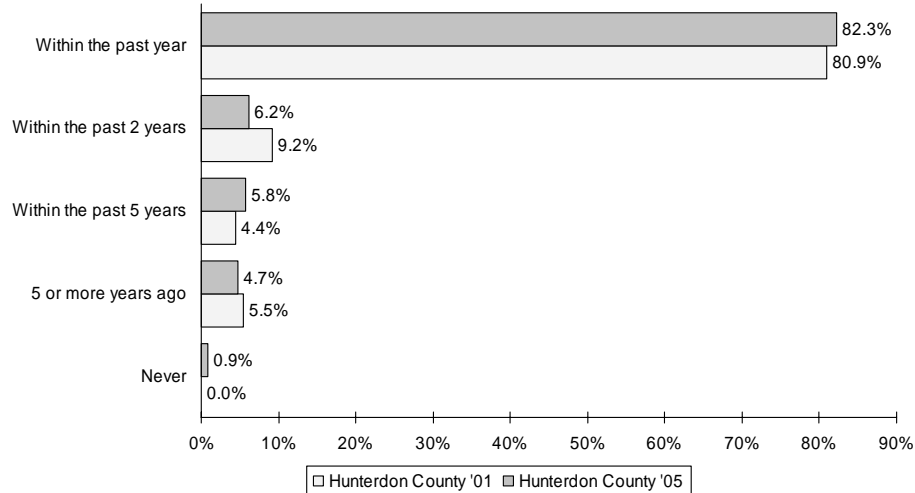
95

Oral Health

96

How long has it been since you last visited a dentist or dental clinic?

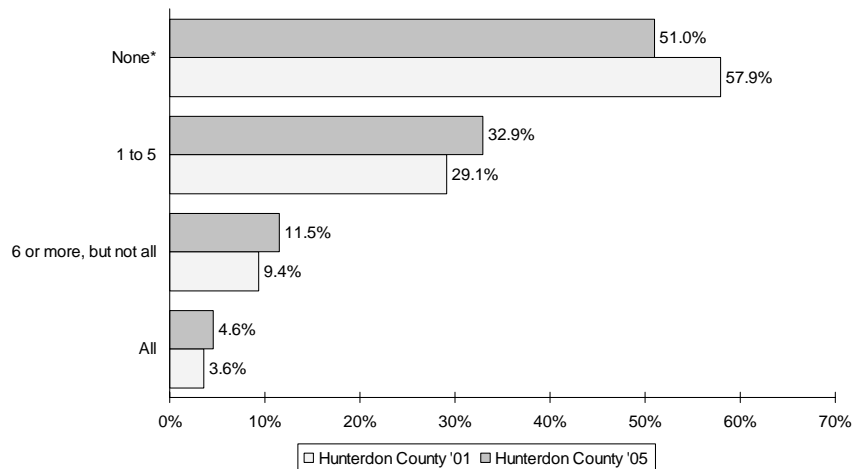
Frequency of responses



97

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

Frequency of responses

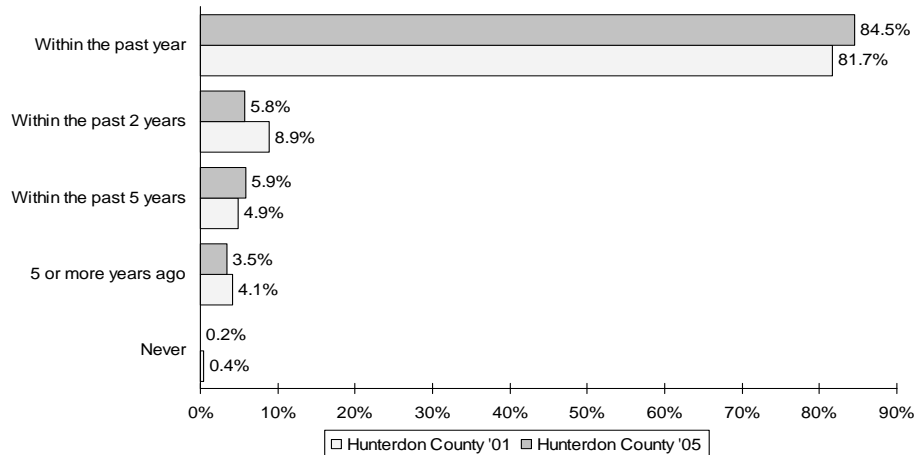


*Significantly different from 2001

98

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

Frequency of responses

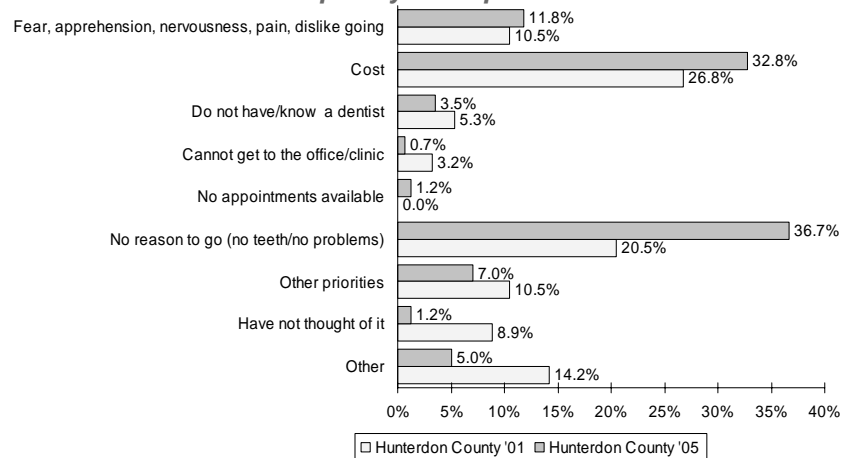


99

What is the main reason for not visiting a dentist in the past year?

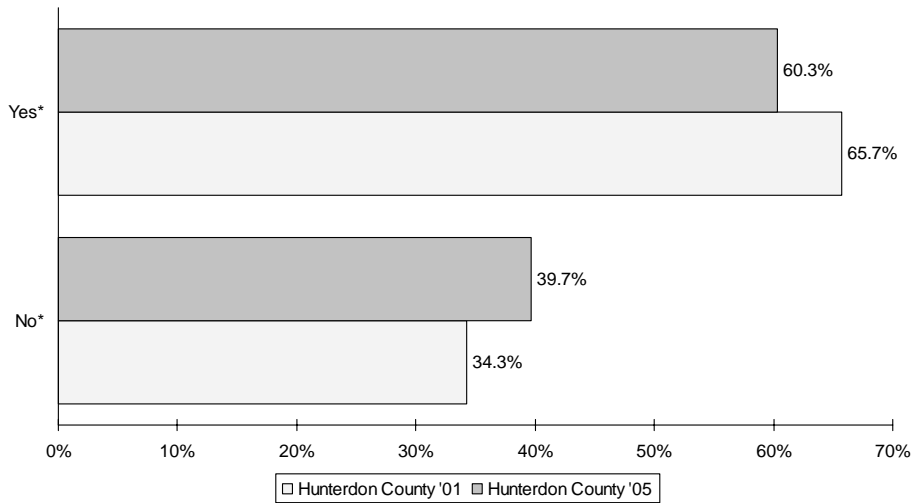
Respondents who have not visited a dentist or had their teeth cleaned within the past year

Frequency of responses



100

Do you have any kind of insurance coverage that pays for some or all of your routine dental care?



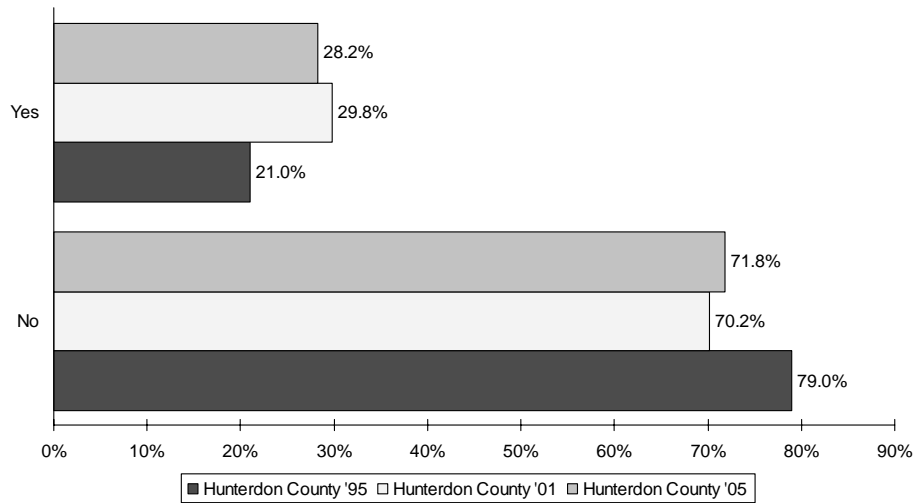
*Significantly different from 2001

101

Immunization

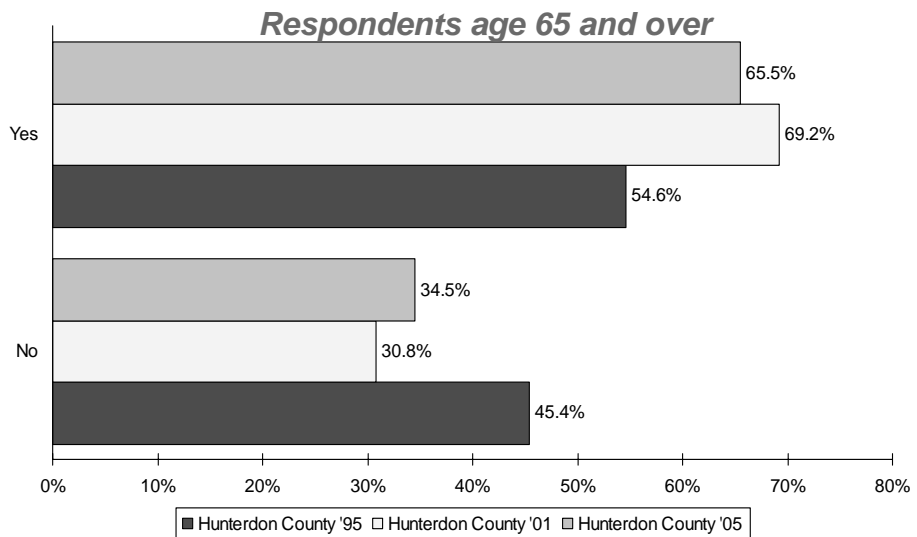
102

During the past 12 months, have you had a flu shot?

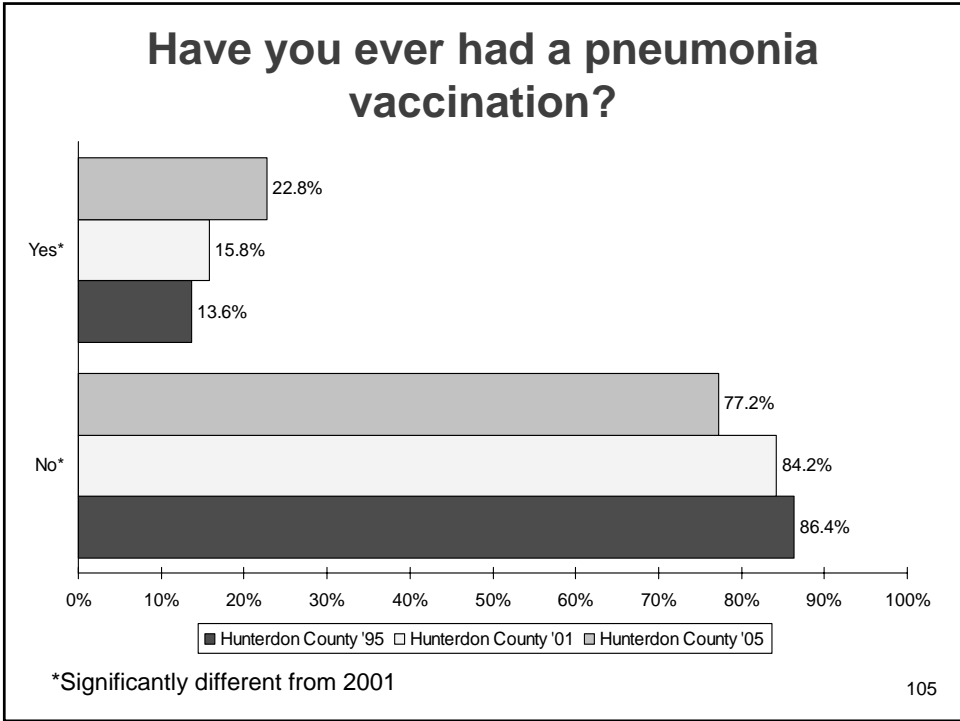


103

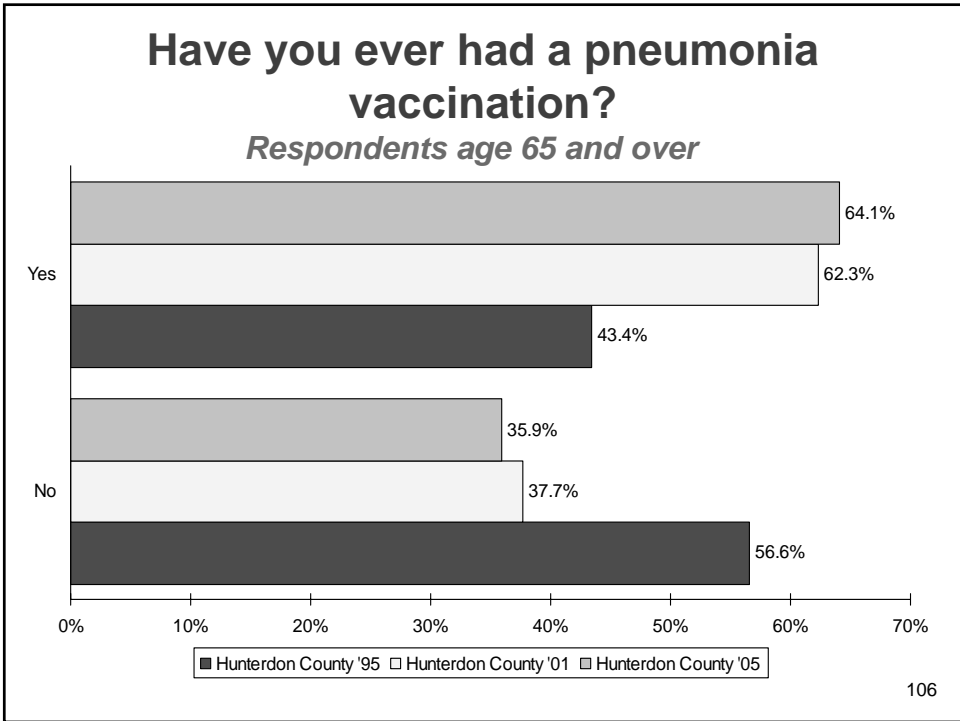
During the past 12 months, have you had a flu shot?



104



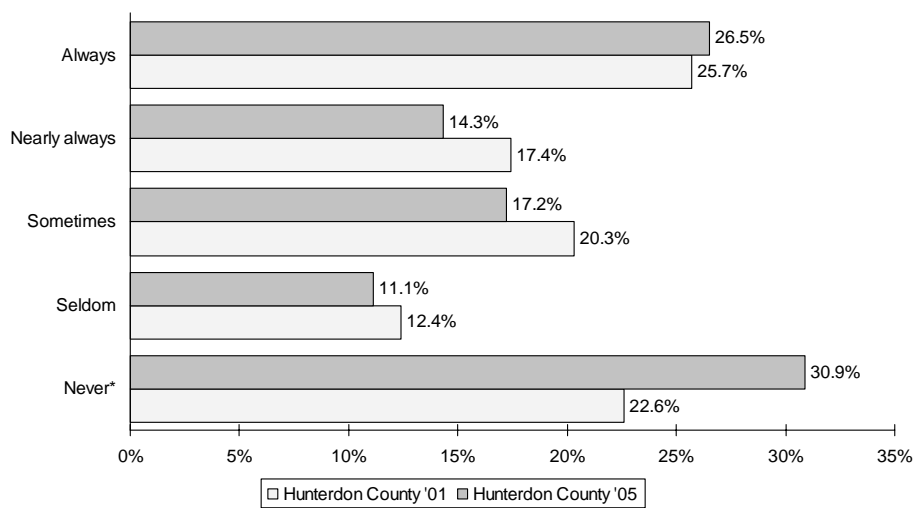
105



106

Skin Cancer

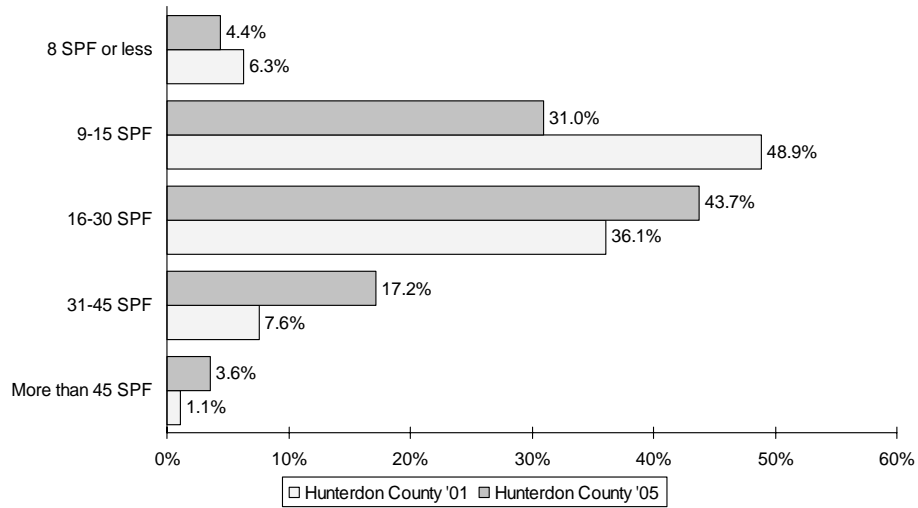
When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock?



*Significantly different from 2001

What is the Sun Protection Factor (SPF) of the sunscreen you use most often?

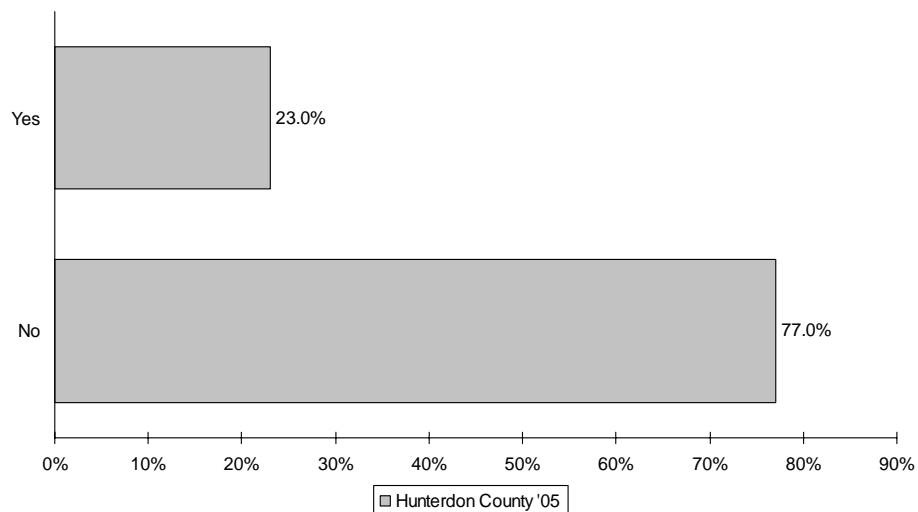
Respondents who use sunscreen



109

Have you had a sunburn within the past 12 months?

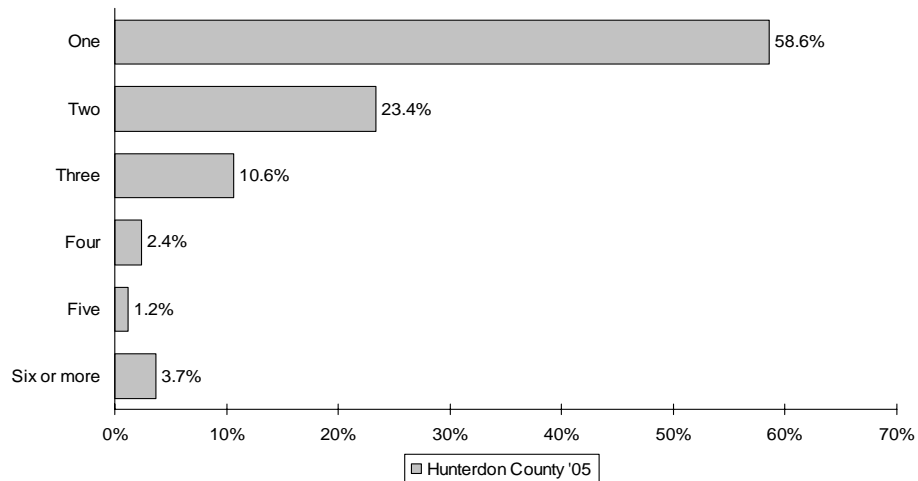
Frequency of responses



110

How many sunburns have you had within the past 12 months?

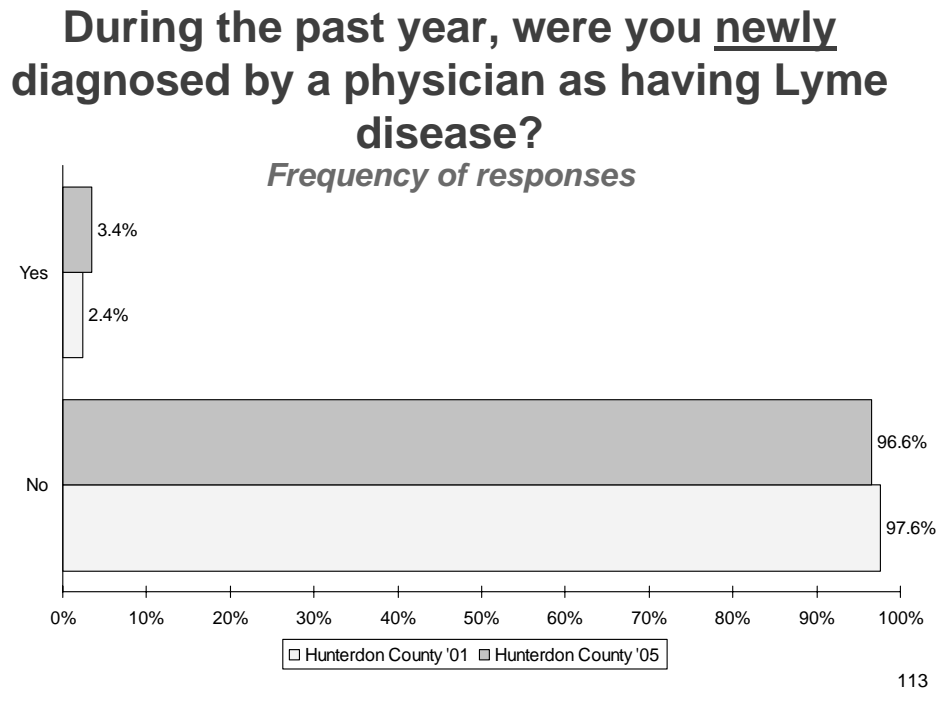
Respondents indicating they had a sunburn within the past 12 months



111

Lyme Disease

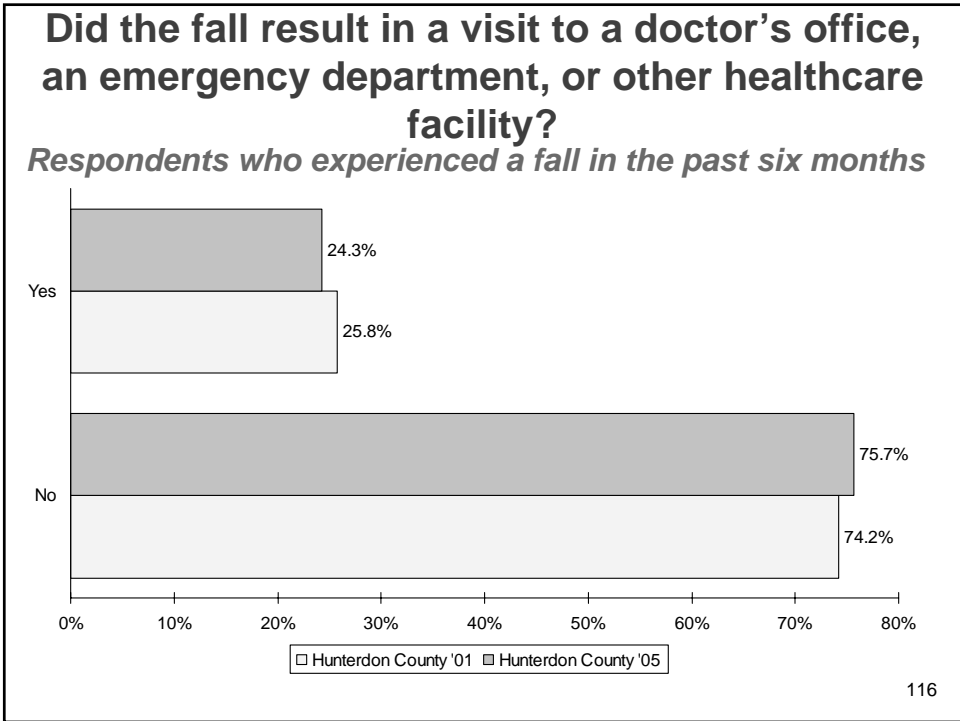
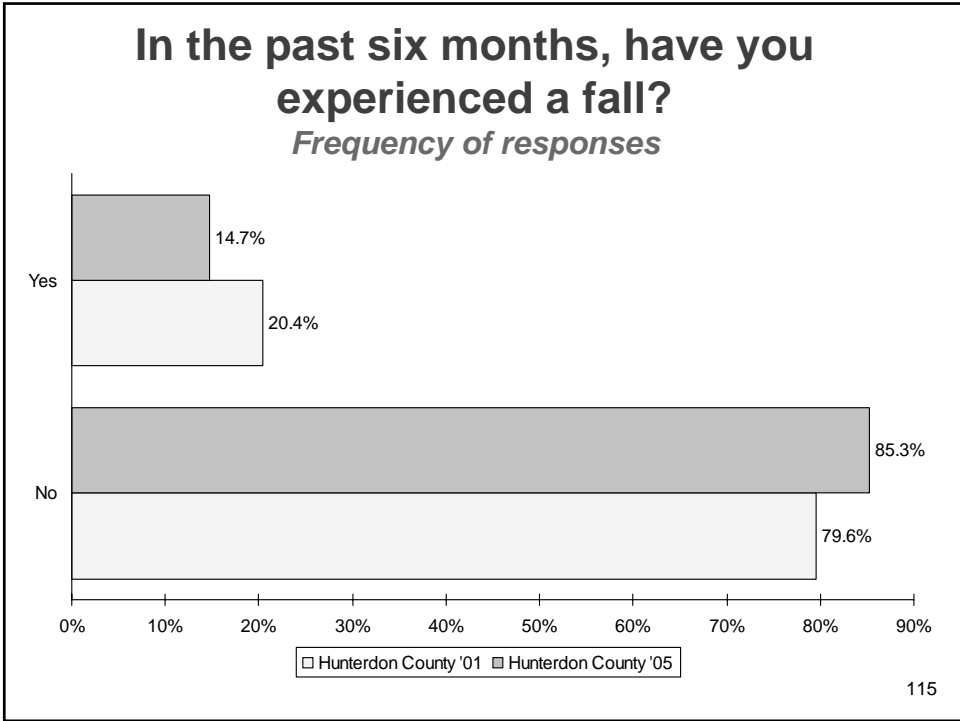
112



Falls and Injuries

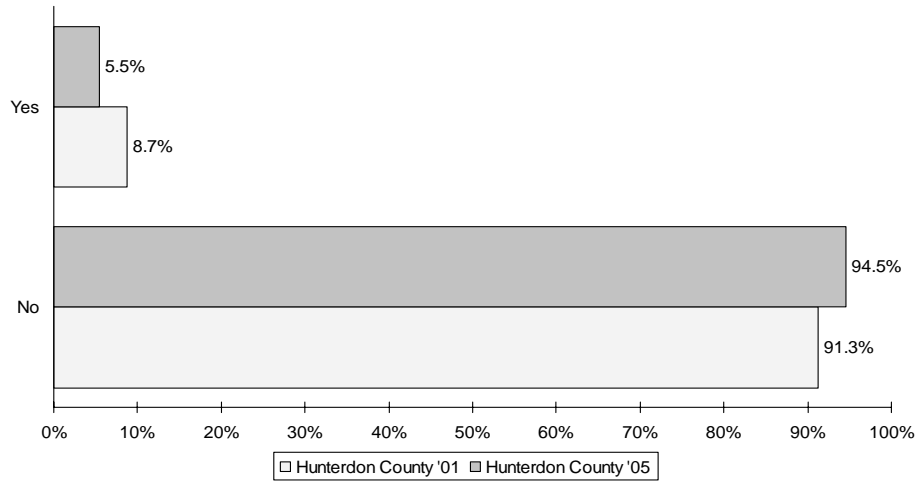
Respondents older than 65 years of age

114



Did the fall result in any fractures, such as a broken wrist, arm, hip, or break to other areas of your body?

Respondents who experienced a fall in the past six months



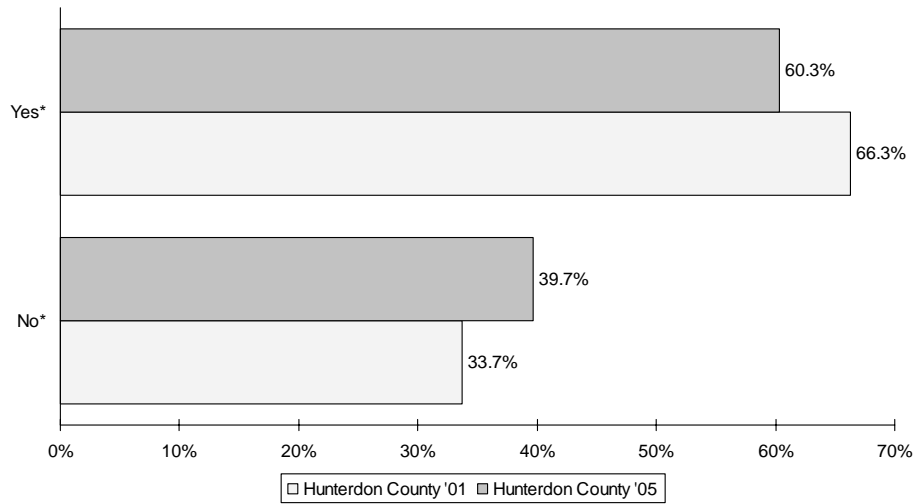
117

Radon

118

Has your household air been tested for the presence of radon gas?

Frequency of responses



*Significantly different from 2001

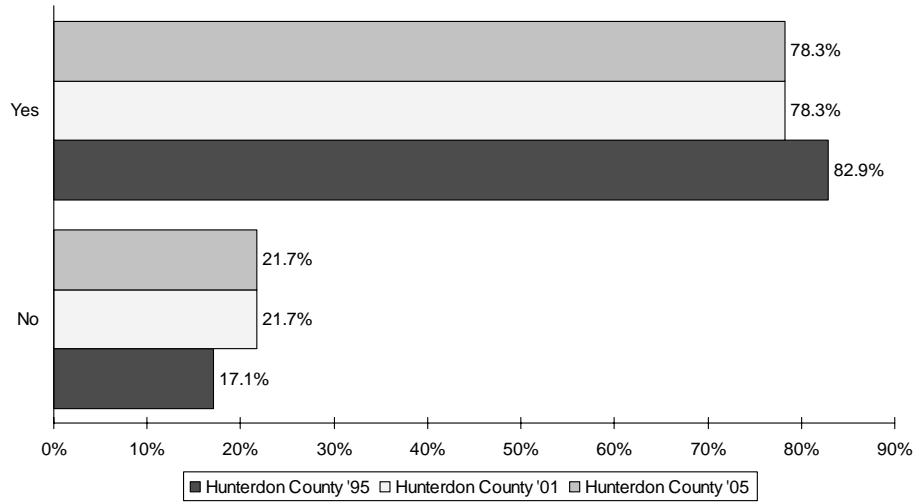
119

Exercise

120

During the past month, did you participate in any physical activities or exercises?

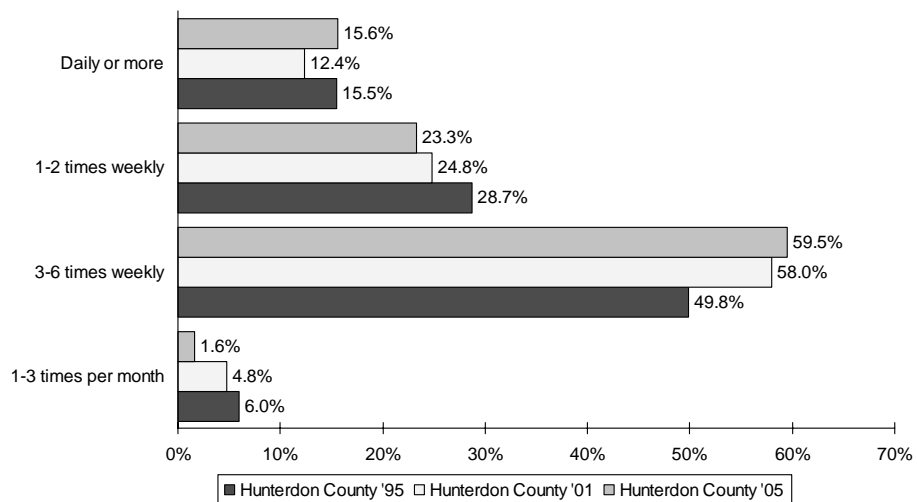
Frequency of responses



121

During the past month, how many times per week or month did you take part in this activity?

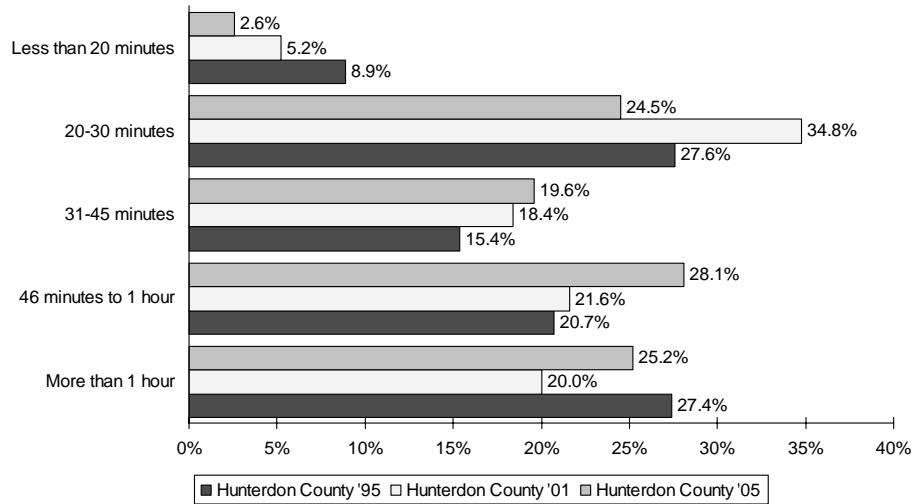
Respondents who have participated in a physical activity



122

When you took part in this activity, how long did you usually keep at it?

Respondents who have participated in a physical activity



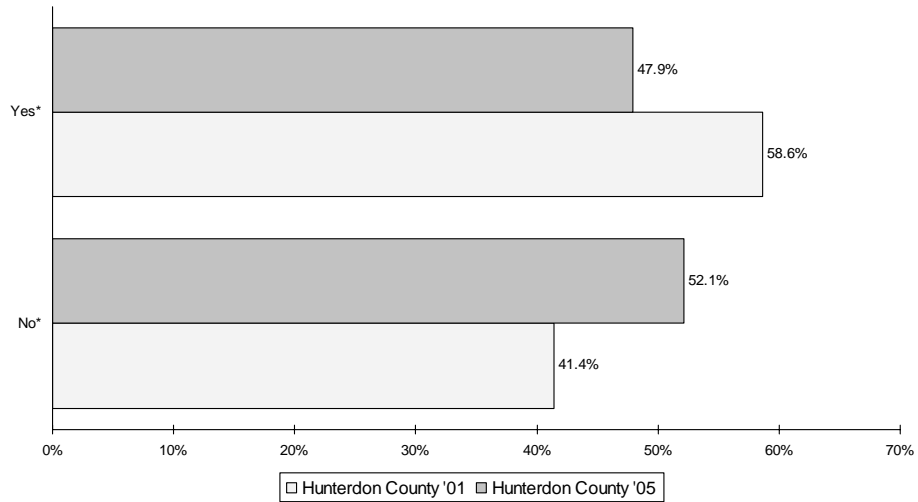
123

Weight Control

124

Are you now trying to lose weight?

Frequency of responses

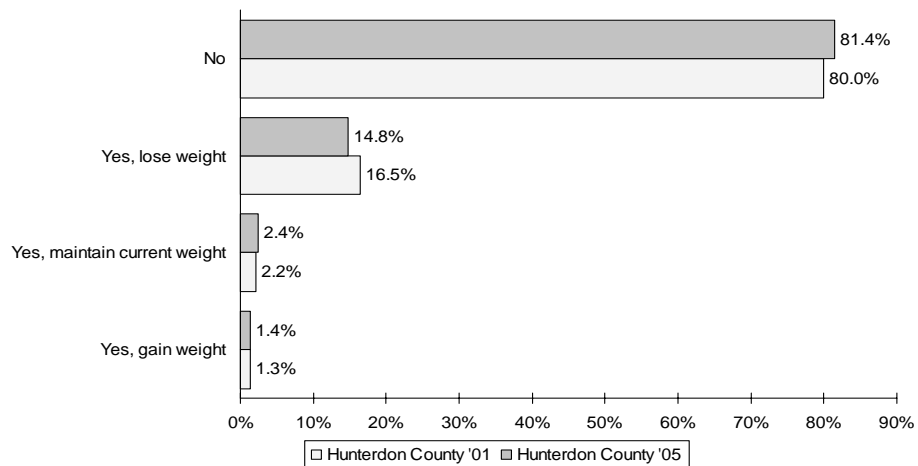


*Significantly different from 2001

125

In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?

Frequency of responses

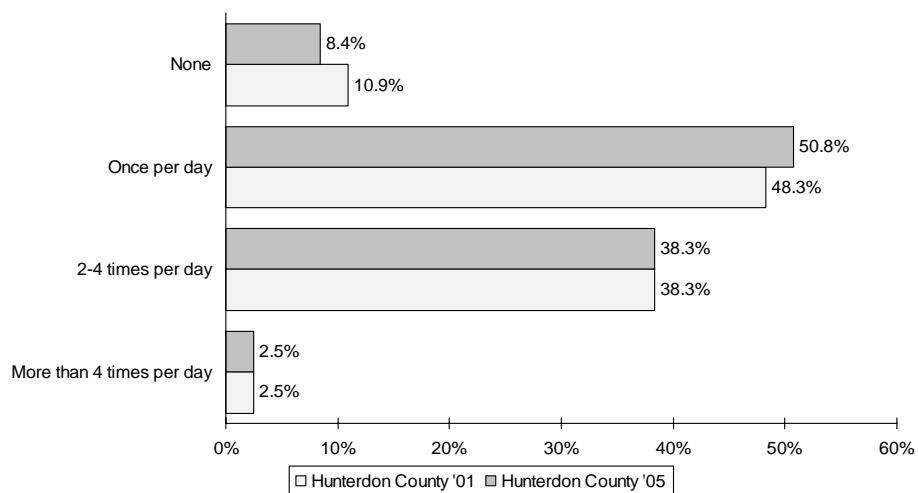


126

Healthy Diet

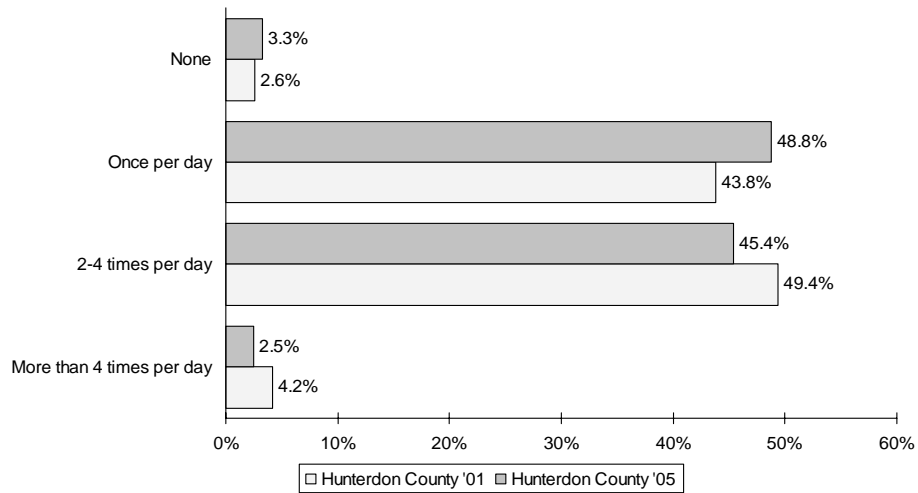
In an average day, how often do you eat fresh, canned, or frozen fruit?

Frequency of responses



In an average day, how often do you eat fresh, canned, or frozen vegetables?

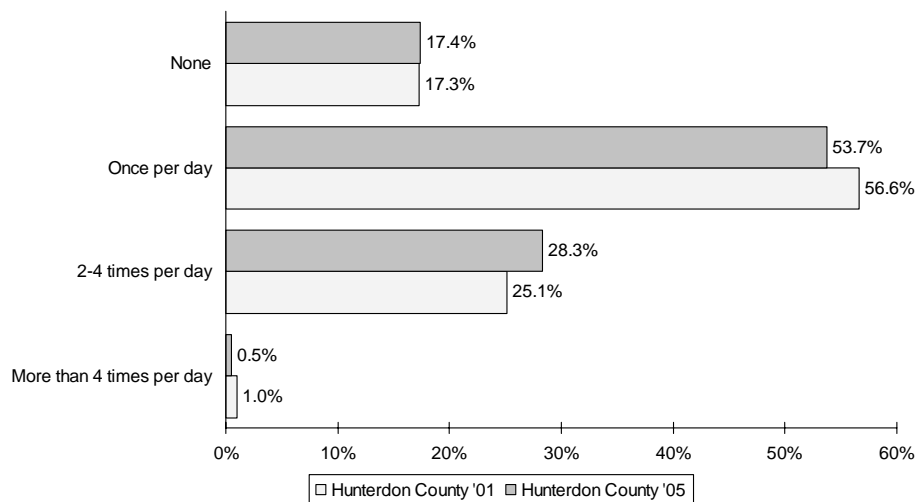
Frequency of responses



129

In an average day, how often do you eat fiber cereal or dark bread?

Frequency of responses



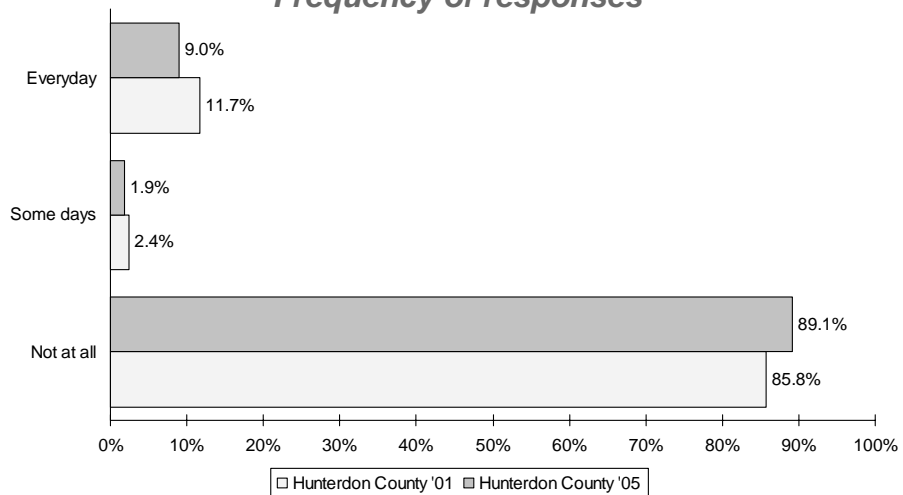
130

Tobacco Use

131

Do you now smoke cigarettes everyday, some days, or not at all?

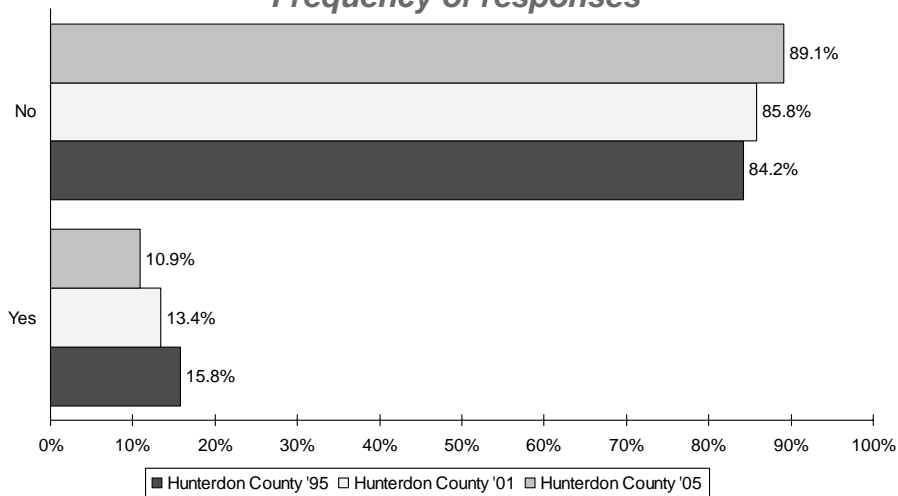
Frequency of responses



132

Do you currently smoke cigarettes?

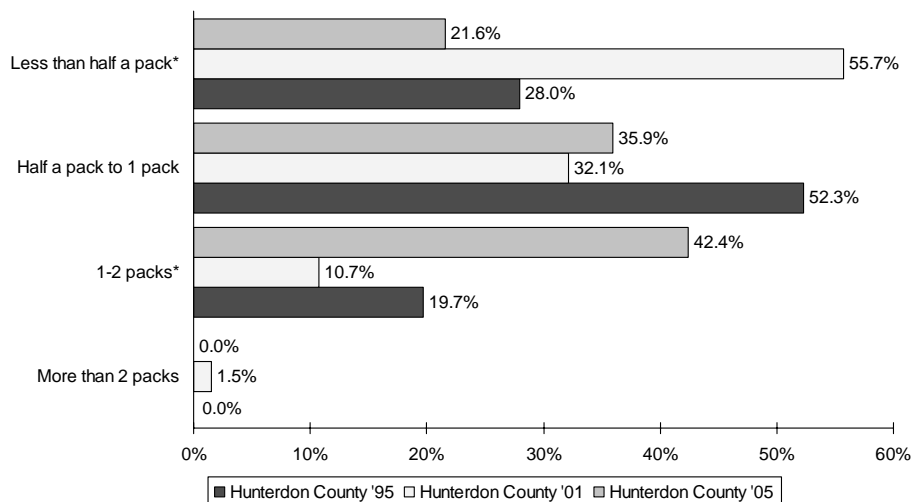
Frequency of responses



133

When you smoked during the past 30 days, how many cigarettes did you smoke per day?

Respondents who smoke some days or everyday

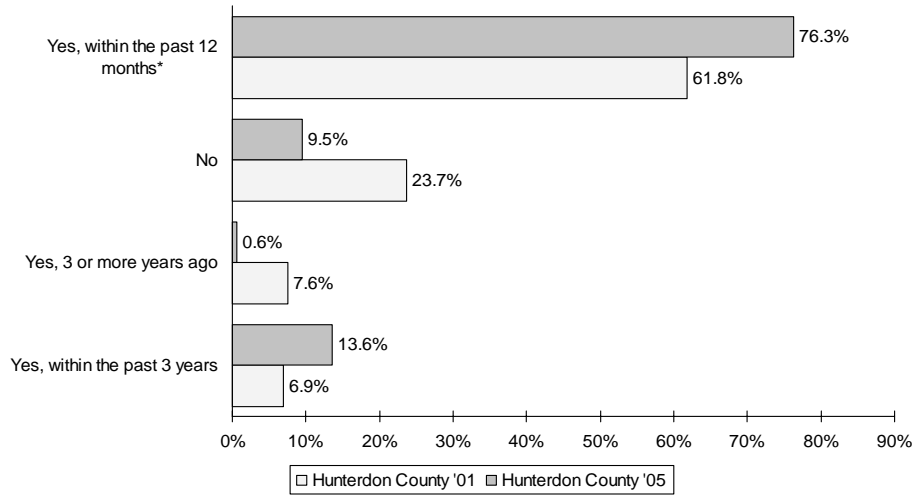


*Significantly different from 2001

134

Has a doctor or other health professional ever advised you to quit smoking?

Respondents who smoke some days or everyday

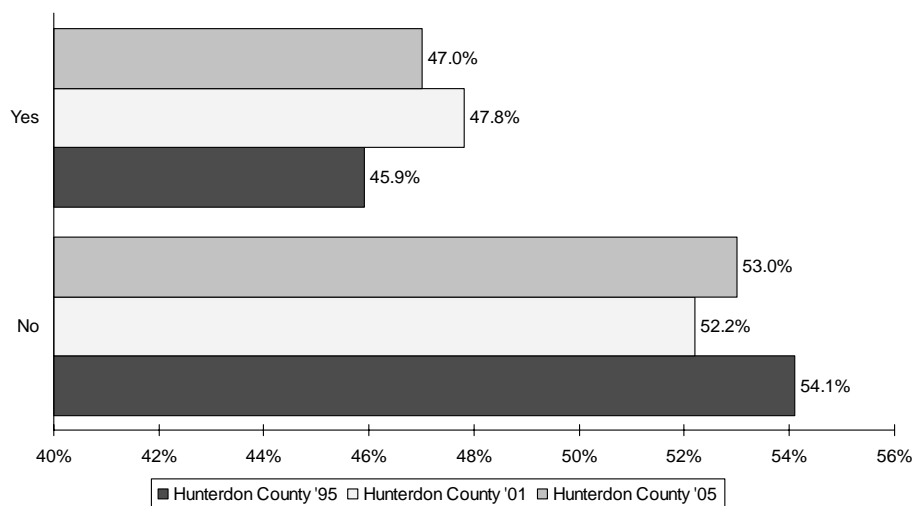


*Significantly different from 2001

135

During the past 12 months, have you quit smoking for one day or longer?

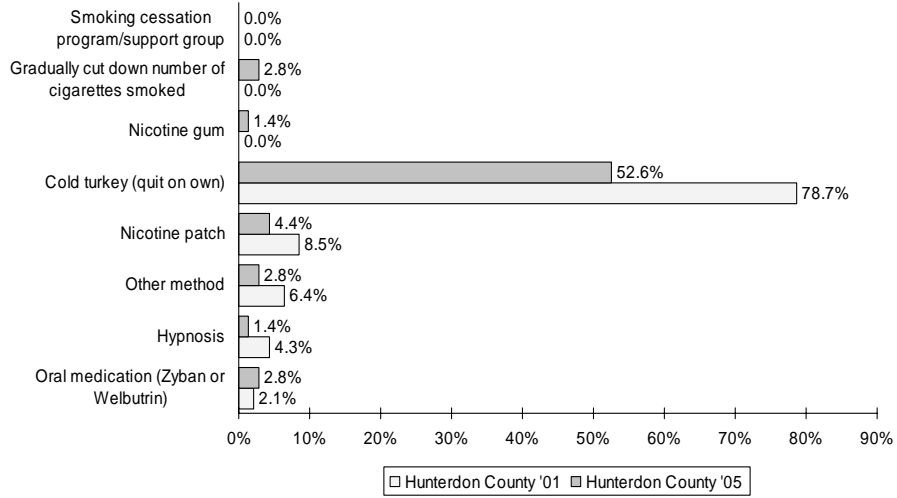
Respondents who smoke some days or everyday



136

If you have quit smoking for at least three months, what method of smoking cessation did you use?

Respondents who quit smoking for at least three months



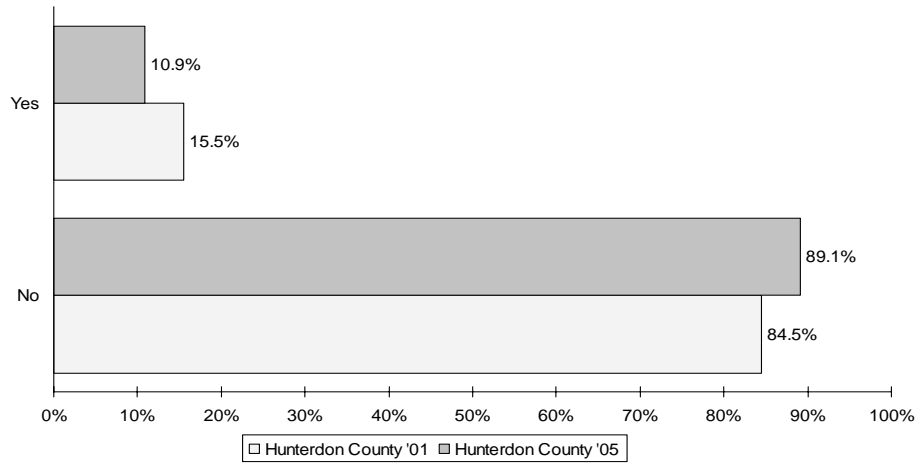
137

Tobacco Use Prevention

138

In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

Respondents who smoke some days or everyday



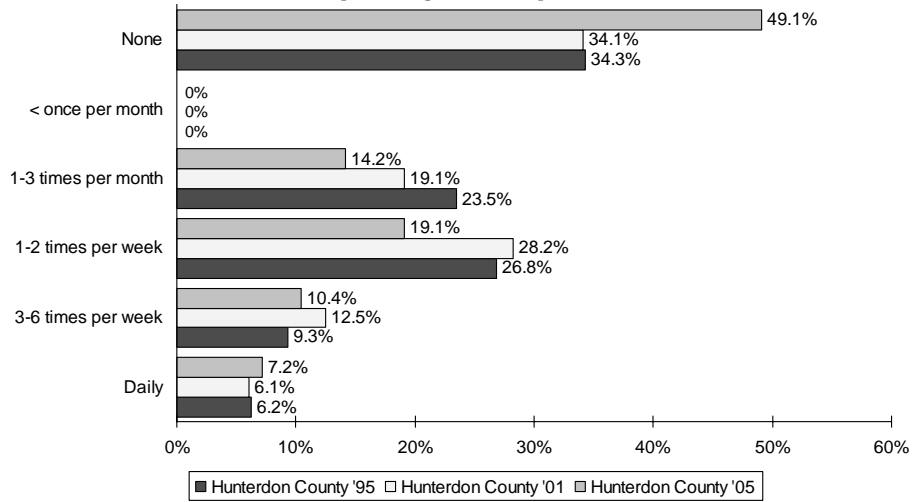
139

Alcohol Consumption

140

During the past month, how often did you drink any alcoholic beverages?

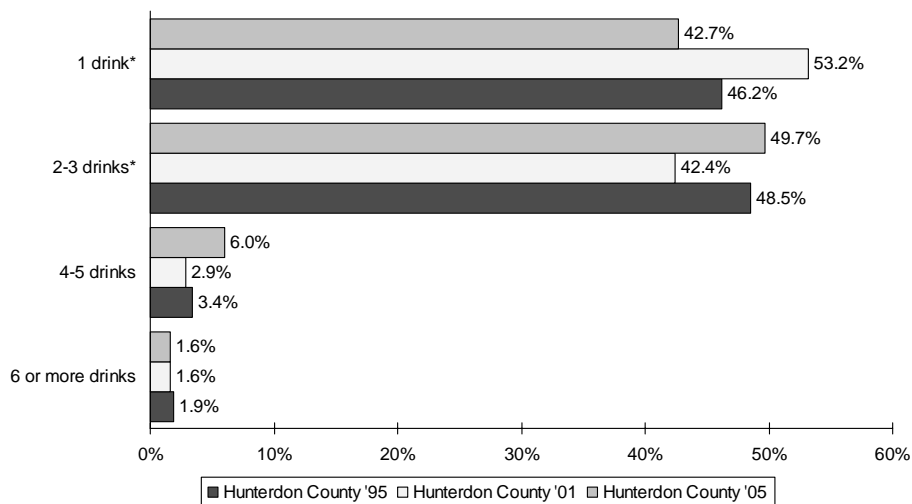
Frequency of responses



141

On the days you drank, about how many drinks did you have?

Respondents who drank an alcoholic beverage

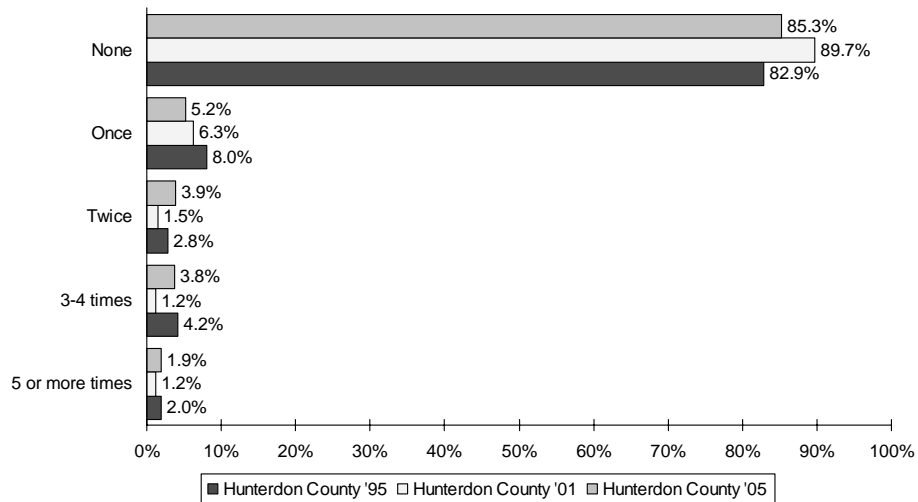


*Significantly different from 2001

142

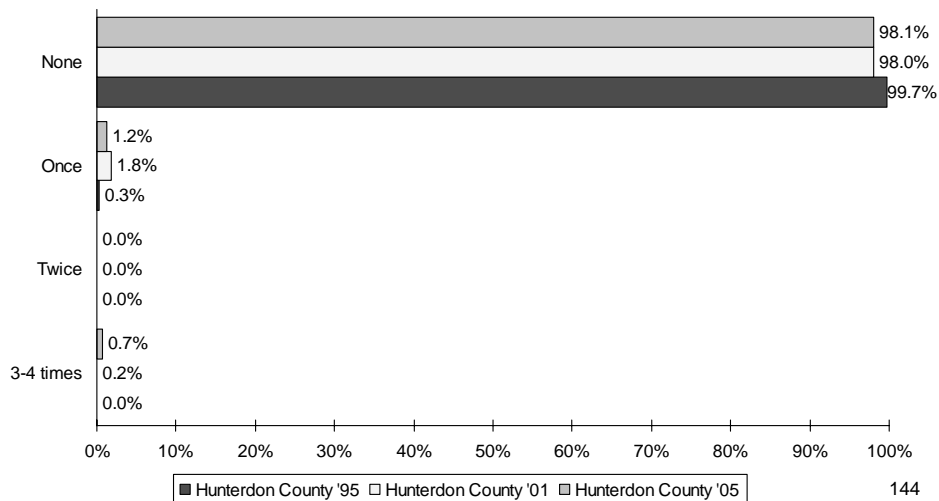
During the past month, how many times did you have five or more drinks on one occasion?

Respondents who drank an alcoholic beverage



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

Respondents who drank an alcoholic beverage



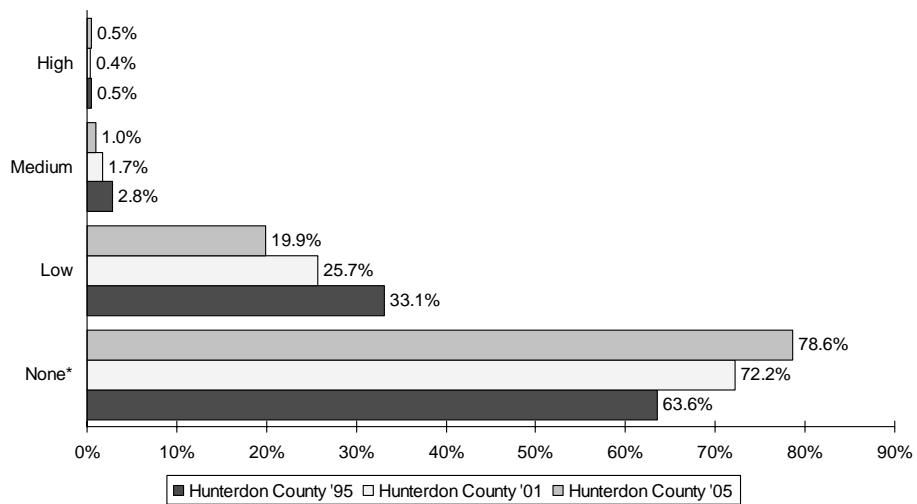
HIV/AIDS

Respondents 64 and younger

145

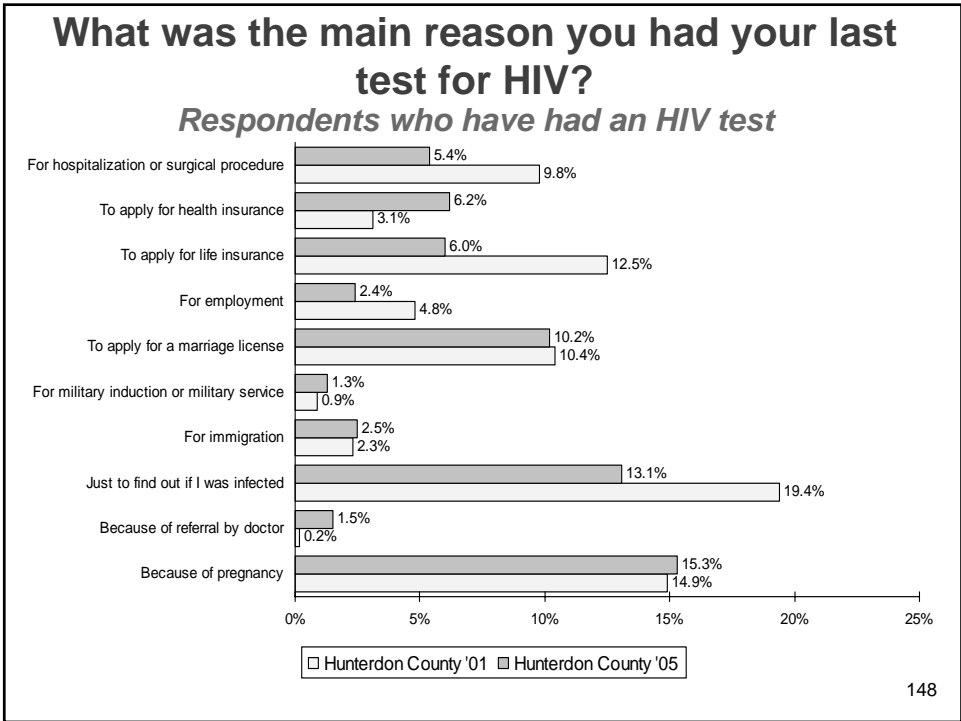
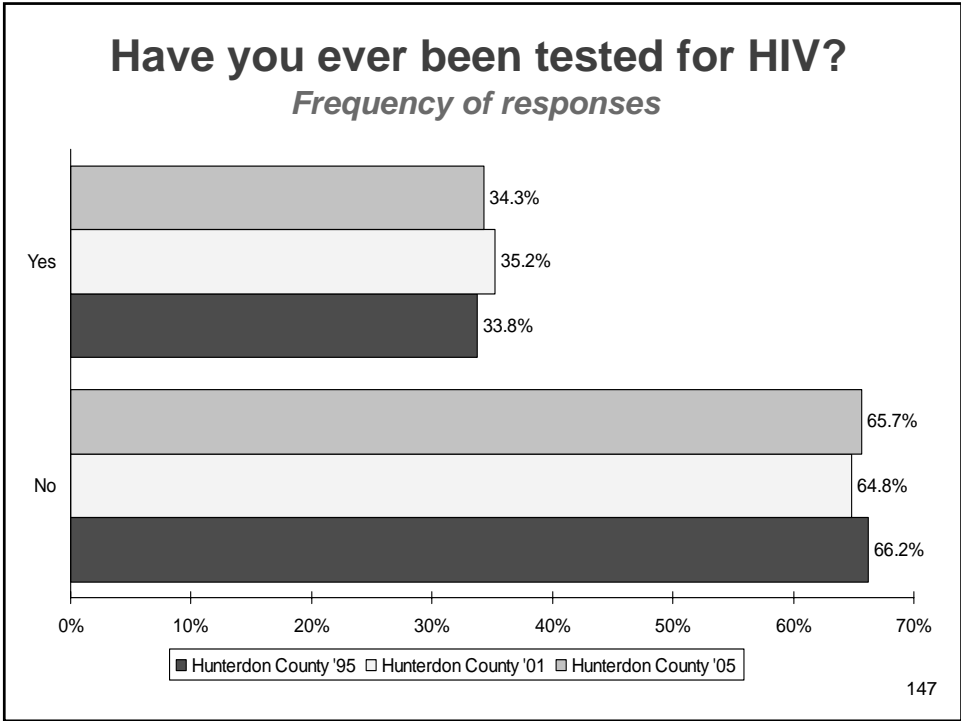
What are your chances of getting infected with HIV?

Frequency of responses



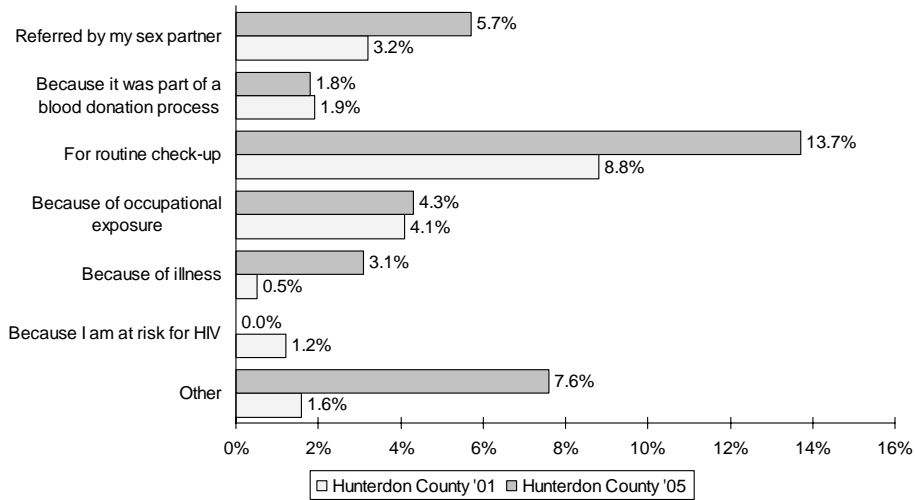
*Significantly different from 2001

146



What was the main reason you had your last test for HIV? (con't.)

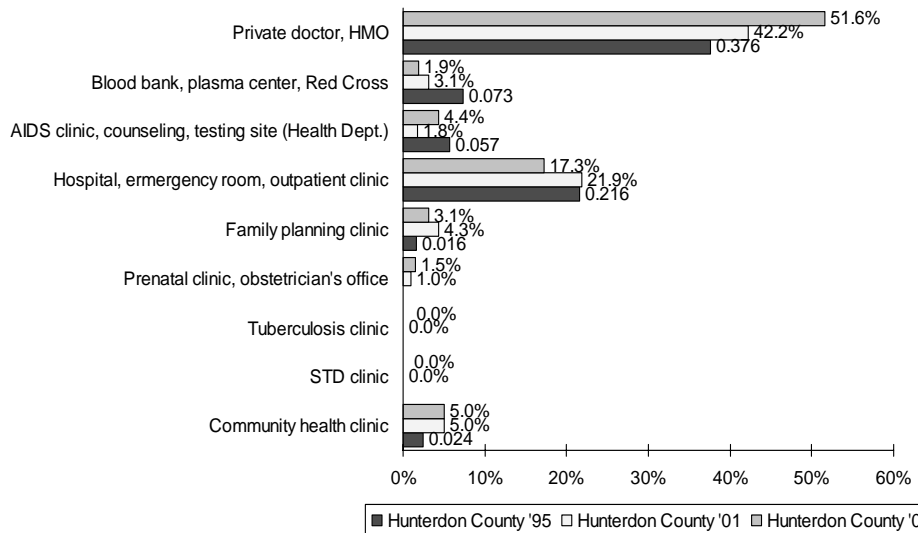
Respondents who have had an HIV test



149

Where did you have your last test for HIV?

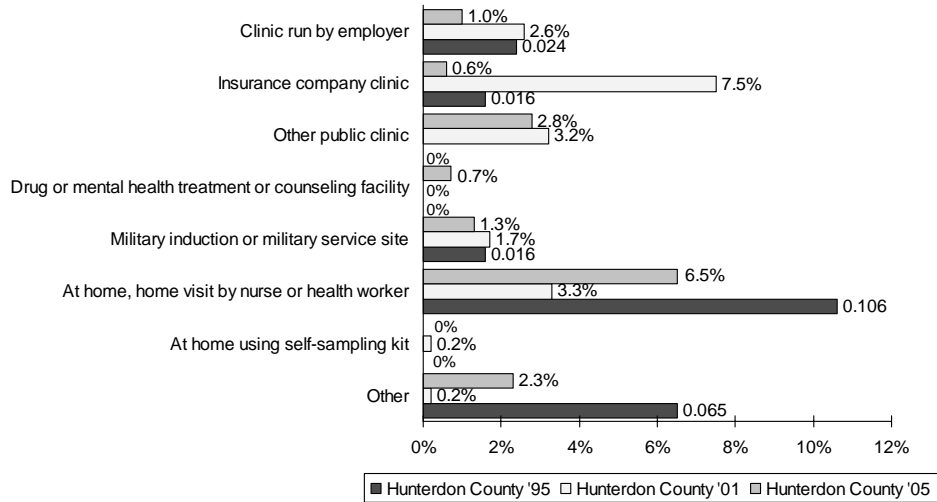
Respondents who have had an HIV test



150

Where did you have your last test for HIV? (cont'd)

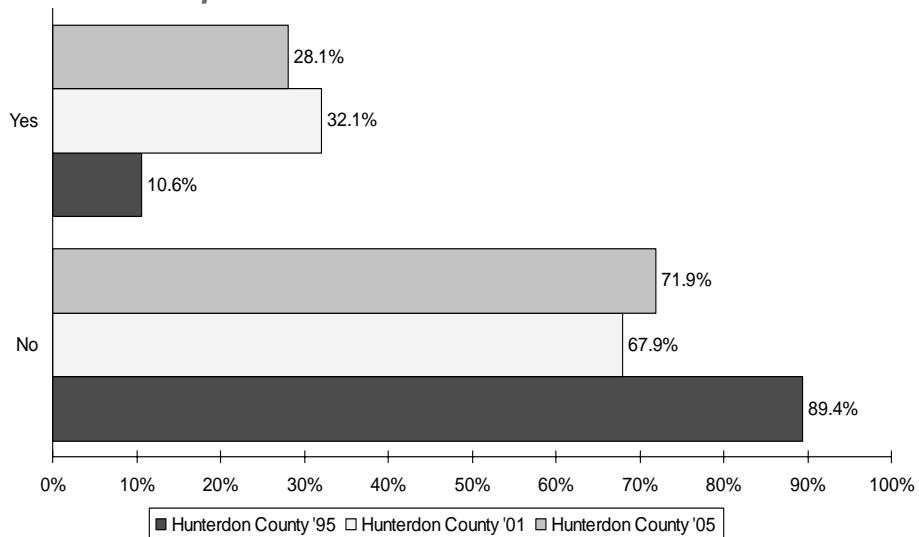
Respondents who have had an HIV test



151

Did you receive counseling or talk with a health care professional about the results of your test?

Respondents who have had an HIV test



152

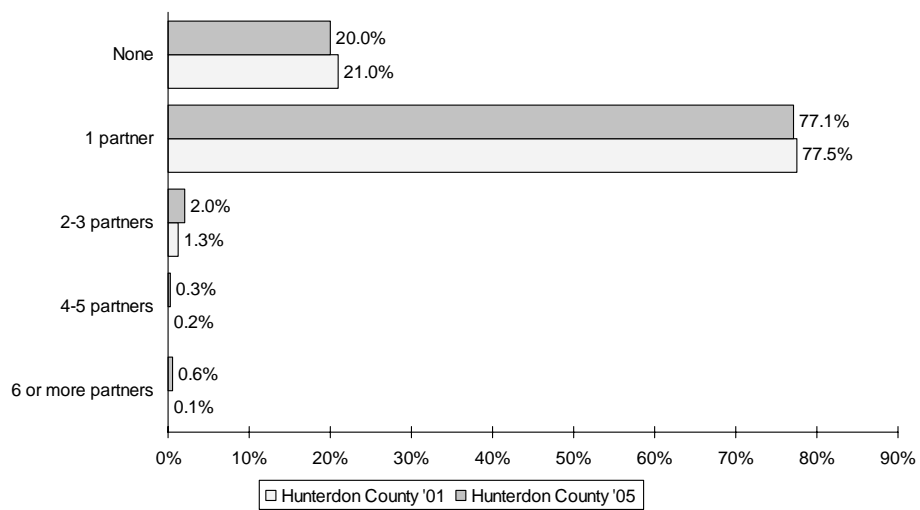
Sexual Behavior

Asked of all age groups

153

During the past 12 months, with how many people have you had sexual intercourse?

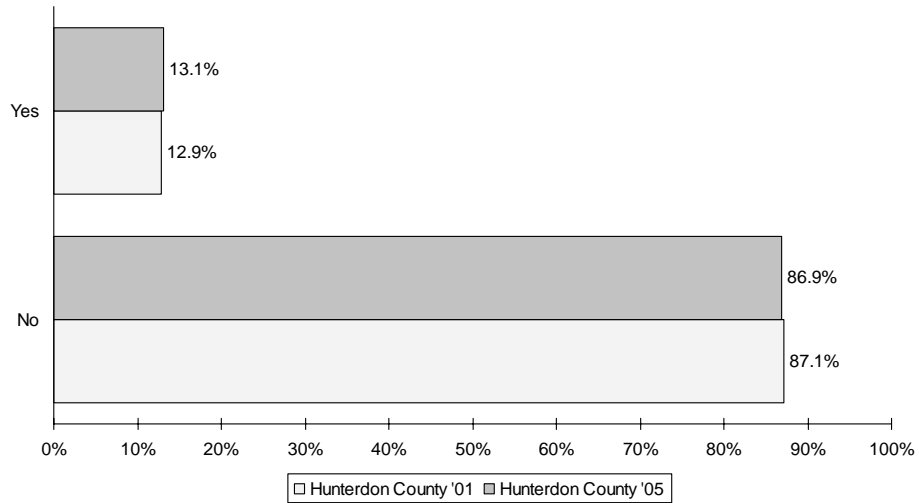
Frequency of responses



154

Was a condom used the last time you had sexual intercourse?

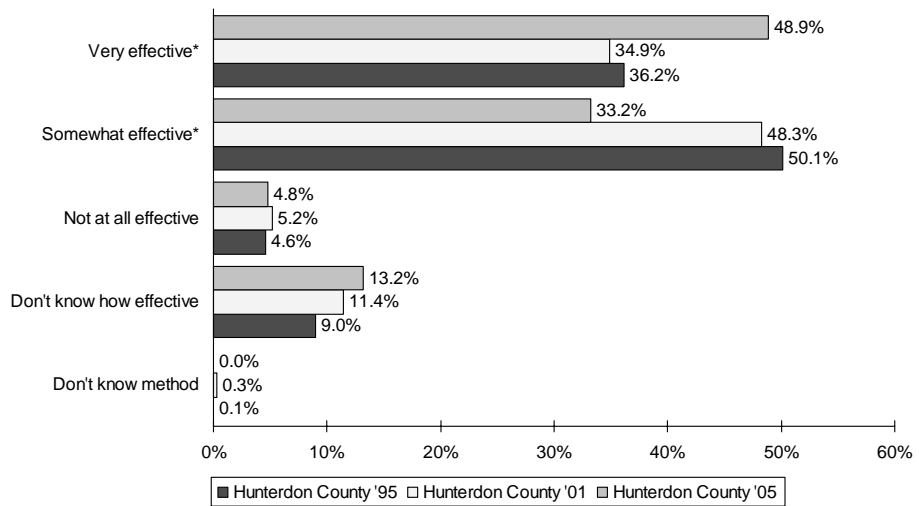
Respondents who have had sexual intercourse in past year



155

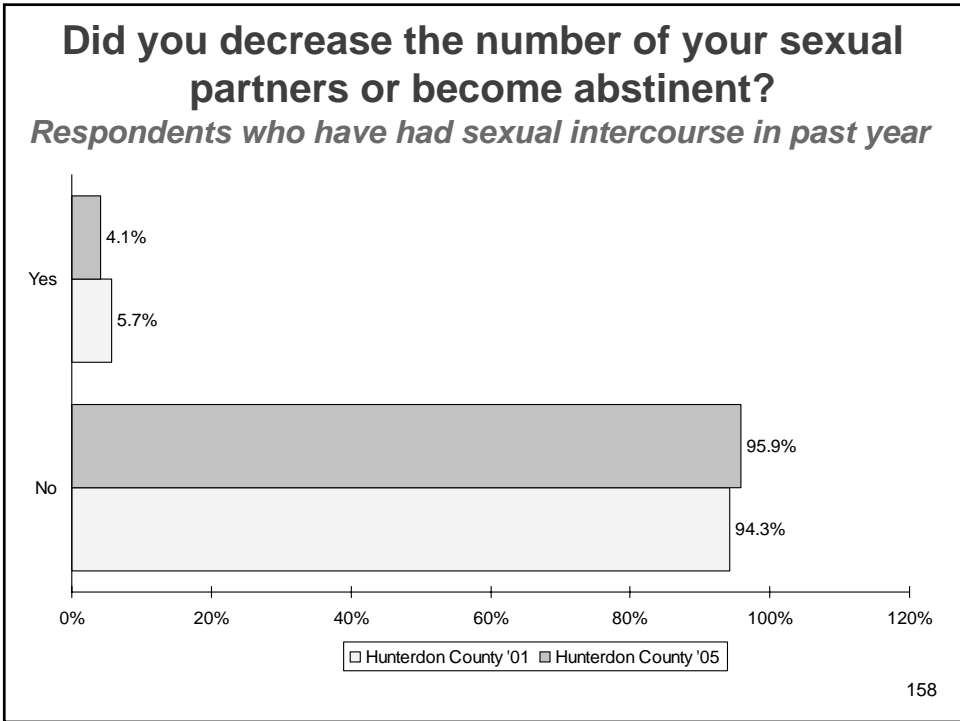
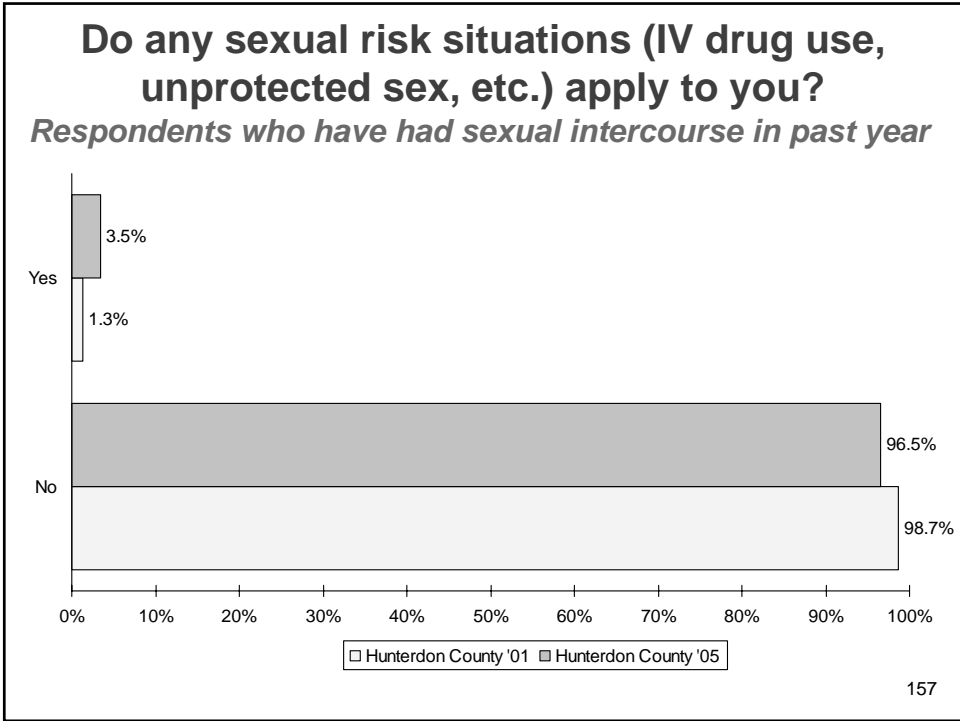
How effective do you think a condom is to prevent infection of HIV?

Respondents who have had sexual intercourse in past year



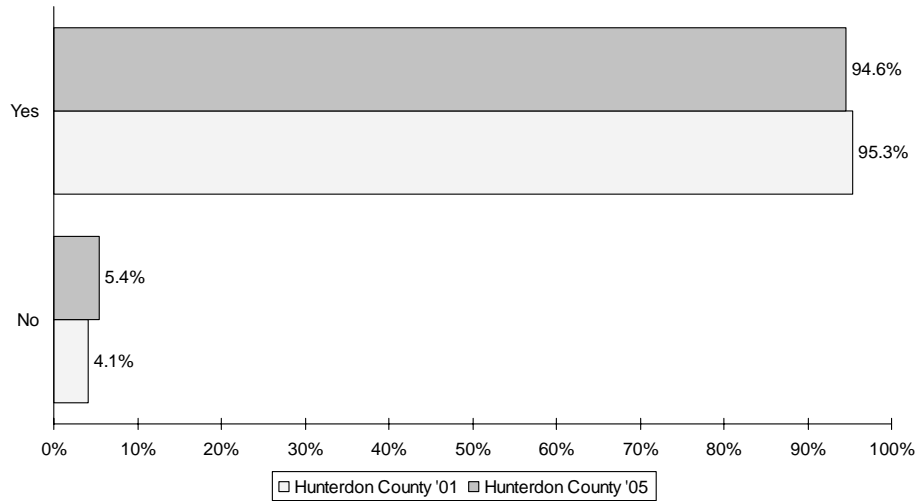
*Significantly different from 2001

156



Do you now have sexual intercourse with only the same partner?

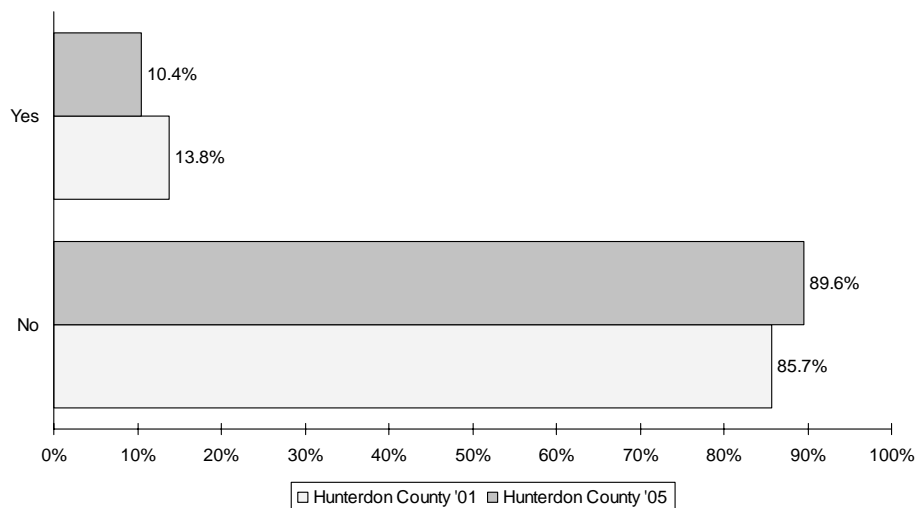
Respondents who have had sexual intercourse in past year



159

Do you now always use condoms for protection?

Respondents who have had sexual intercourse in past year



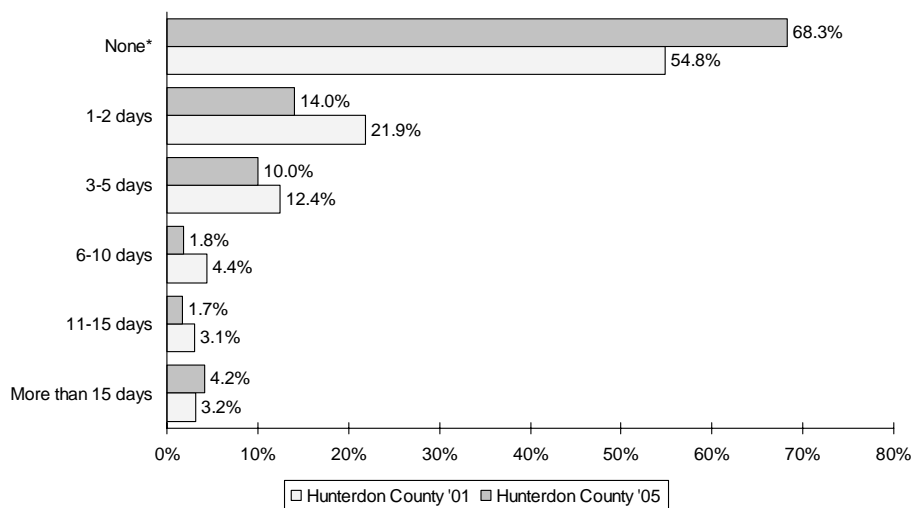
160

Suicide/Seeking Help

161

During the past 30 days, how many days have you felt sad, blue, or depressed?

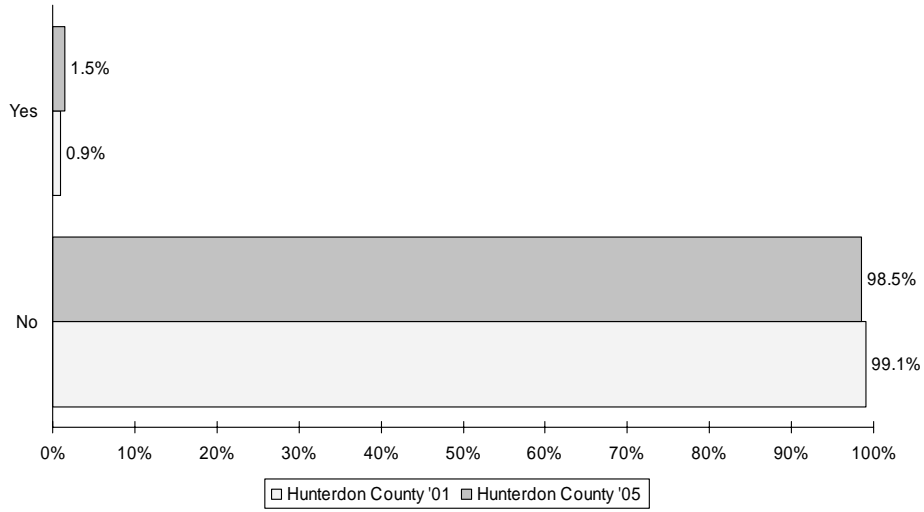
Frequency of responses



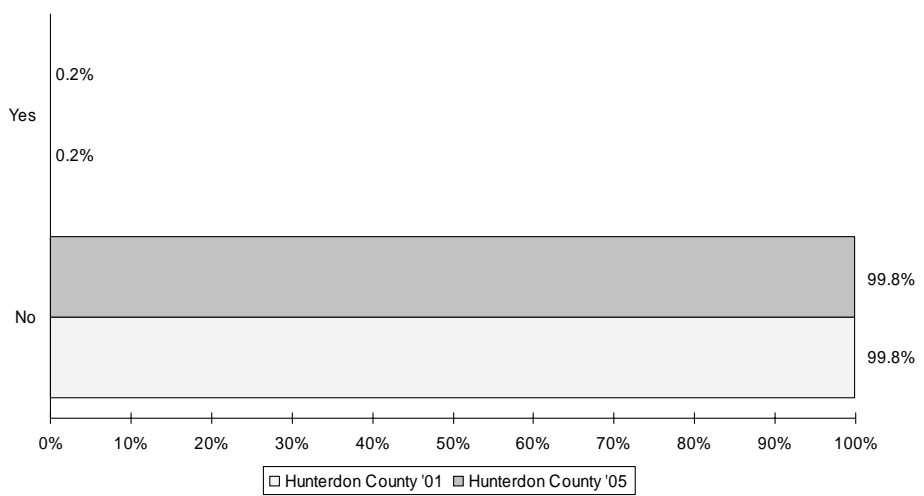
*Significantly different from 2001

162

During the past 12 months, did you ever seriously consider attempting suicide?
Frequency of responses

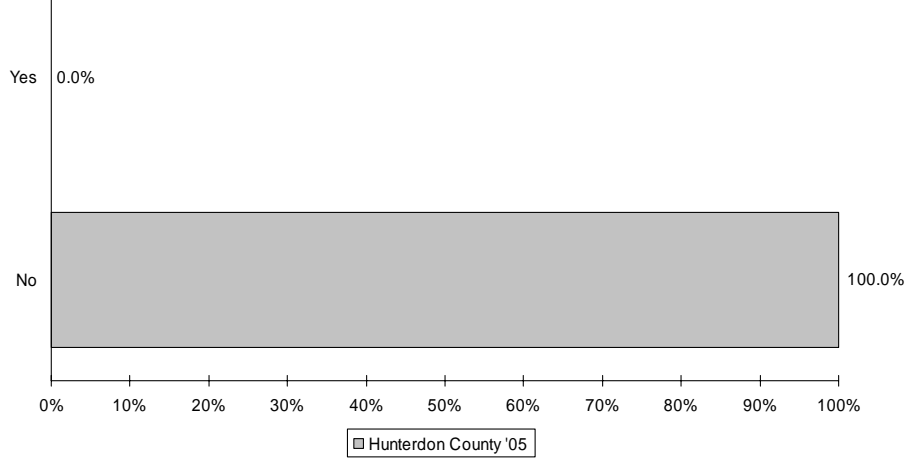


During the past 12 months, have you taken any action to end your life?
Frequency of responses



Did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

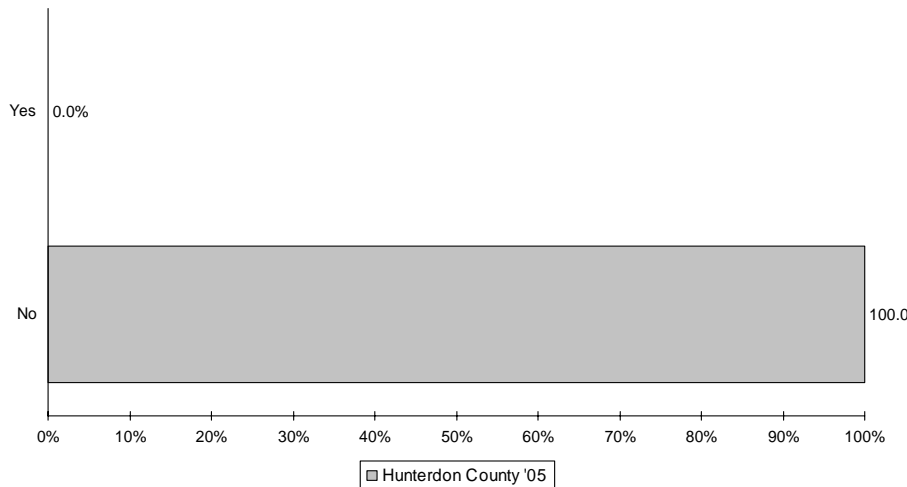
Respondents who have taken action to end their life



165

Have you sought any help, such as counseling to help address the concerns that led to a suicide attempt?

Respondents who have taken action to end their life



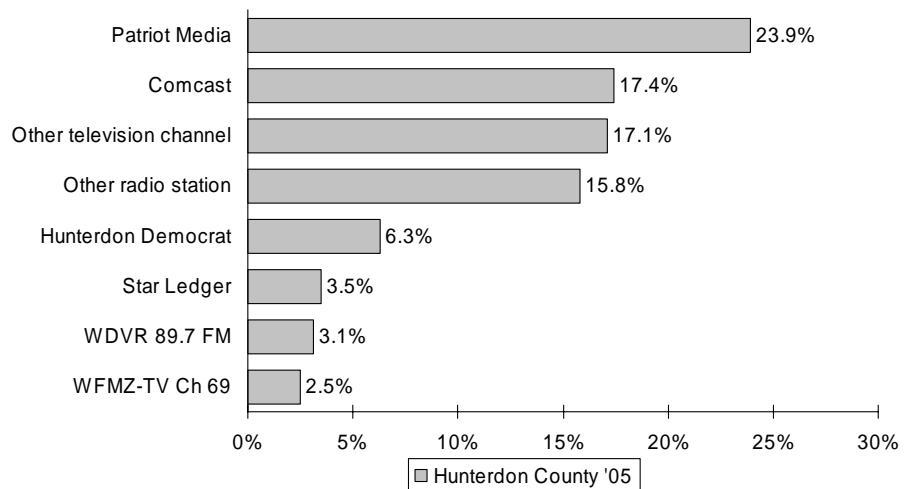
166

Public Health Emergency Preparedness

167

What media source would you depend on for LOCAL health information during an emergency in Hunterdon County?

Frequency of responses

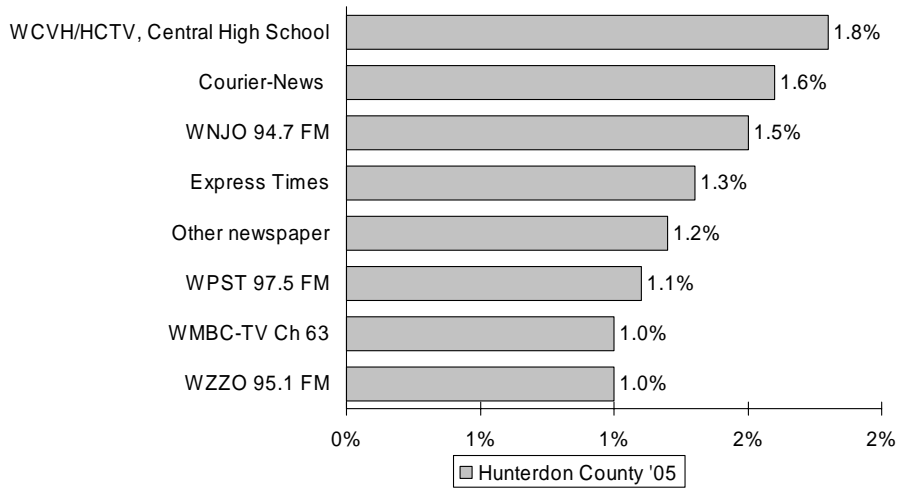


This question was not asked in 2001.

168

What media source would you depend on for LOCAL health information during an emergency in Hunterdon County?
(cont'd)

Frequency of responses



This question was not asked in 2001.

169

2005
Interview Script/Survey Instrument

Appendix A

Appendix A

Section 1: Health Status

1. Would you say that in general your health is:

Please Read

- a. Excellent
- b. Very good
- c. Good
- d. Fair
- e. Poor

Do not read these responses

- f. Don't know/Not Sure
- g. Refused

2. 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?

- a. Number of days _____
- b. None
- c. Don't know/Not sure
- d. Refused

3. 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?

- a. Number of days _____
- b. None **If Q2 also "None," go to Module 15 (below)**
- c. Don't know/Not sure
- d. Refused

4.. 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?

- a. Number of days _____
- b. None
- c. Don't know/Not sure
- d. Refused

Module 15: Quality of Life and Care Giving

These next questions are about physical, mental, or emotional problems or limitations you may have in your daily life.

5. Are you limited in any way in any activities because of any impairment or health problem?

- a. Yes
- b. No **Go to Q6B**
- c. Don't know/Not sure **Go to Q6B**
- d. Refused **Go to Q6B**

6.A. What is the major impairment or health problem that limits your activities?

Read Only if Necessary

- a. Arthritis/rheumatism
- b. Back or neck problem
- c. Fractures, bone/joint injury
- d. Walking problem
- e. Lung/breathing problem

- f. Hearing problem
- g. Eye/vision problem
- h. Heart problem
- i. Stroke problem
- j. Hypertension/high blood pressure
- k. Diabetes
- l. Cancer
- m. Depression/anxiety/emotional problem
- n. Other impairment/problem
- o. Don't know/Not sure
- p. Refused

6.B. Have you, or has anyone in your household, experienced problems with memory that has caused concern or affected your ability to perform usual activities?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Section 2: Health Care Access

7. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Medicaid?

- a. Yes **Go to Q10**
- b. No
- c. Don't know/Not sure **Go to Q10**
- d. Refused **Go to Q10**

8. About how long has it been since you had health care coverage?

Read Only if Necessary

- a. Within the past 6 months (1 to 6 months ago)
- b. Within the past year (6 to 12 months ago)
- c. Within the past 2 years (1 to 2 years ago)
- d. Within the past 5 years (2 to 5 years ago)
- e. 5 or more years ago
- f. Don't know/Not sure
- g. Never
- h. Refused

9. What is the main reason you are without health care coverage?

Read Only if Necessary

- a. Lost job or changed employers
- b. Spouse or parent lost job or changed employers [**includes any person who had been providing insurance prior to job loss or change**]
- c. Became divorced or separated
- d. Spouse or parent died
- e. Became ineligible because of age or because left school
- f. Employer doesn't offer or stopped offering coverage
- g. Cut back to part time or became temporary employee
- h. Benefits from employer or former employer ran out

- i. Couldn't afford to pay the premiums
- j. Insurance company refused coverage
- k. Lost Medicaid or Medical Assistance eligibility
- l. Other
- m. Don't know/Not sure
- n. Refused

10. Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

11. 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.

Read Only if Necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 5 years (2 to 5 years ago)
- d. 5 or more years ago
- e. Don't know/Not sure
- f. Never
- g. Refused

Module 4: Health Care Coverage and Utilization

12. Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?

If "no," ask "Is there more than one or is there no place you usually go to?"

- a. Yes
- b. More than one place (Ask, "Is there one place you go most frequently?")
- c. No **Go to Q 16**
- d. Don't know/Not sure **Go to Q 16**
- e. Refused **Go to Q 16**

13. What kind of place is it?

Would you say: **Please Read**

- a. A doctor's office or HMO
- b. A clinic or health center
- c. A hospital outpatient department
- d. A hospital emergency room
- e. An urgent care center

or

- f. Some other kind of place

Do not read these responses

- g. Don't know/Not sure
- h. Refused

Module 5: Health Care Satisfaction

14.A. Do you have one person or physician practice that you think of as your personal doctor or health care provider?

If "no," ask "Is there more than one or is there no usual doctor who you go to?"

- a. Yes, only one
- b. More than one
- c. No
- d. Don't know/Not sure
- e. Refused

14.B. What doctor do you typically see for your preventive care, such as physicals, immunizations, or cancer screenings?

Insert list of 200 doctors from excel spreadsheet

15. Other than your doctor, where would you most likely seek general health information?

Choose One

- friends/family members
- books/magazines
- internet
- radio/TV
- newspapers
- Hunterdon County Health Department
- Hunterdon Medical Center
- other
- Don't know/Not sure
- Refused

16. In the last 12 months, how many times did you go to an emergency room to get care for yourself?

Do not include stand alone urgent care centers.

- a. Number of times _____
- b. None
- c. Don't know/Not sure
- d. Refused

17. We want to know an overall rating of all your health care for the last 12 months from all doctors and other health providers. Use any number from 1 to 5 where 1 is the worst health care possible, and 5 the best health care possible. How would you rate your health care overall?

- a. 1 Worst health care possible
- b. 2
- c. 3
- d. 4
- e. 5 Best health care possible
- f. Don't know/Not Sure
- g. Refused

Module 6: Oral Health

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

Read only if necessary

Include visits to a dental specialist, such as orthodontist.

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 5 years (2 to 5 years ago)
- d. d. 5 or more years ago
- e. Don't know/Not sure
- f. Never
- g. Refused

19. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.

Include teeth lost due to "infection."

- a. 1 to 5
- b. 6 or more but not all
- c. All
- d. None
- e. Don't know/Not sure
- f. Refused

If "never" to Q 18 or "all" to Q 19 go to Q 21

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

Read only if necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 5 years (2 to 5 years ago)
- d. 5 or more years ago
- e. Don't know/Not sure
- f. Never
- g. Refused

If "within the past year" to Q 18 or Q 20 go to Q 22

21. What is the main reason you have not visited the dentist in the last year?

Read Only if Necessary

- a. Fear, apprehension, nervousness, pain, dislike going
- b. Cost
- c. Do not have/know a dentist
- d. Cannot get to the office/clinic (too far away, no transportation)
- e. No appointments available
- f. No reason to go (no problems)
- g. No reason to go (no teeth)
- h. Other priorities
- i. Have not thought of it
- j. Other
- k. Don't know/Not sure
- l. Refused

22. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Section 4: Diabetes

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

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

- a. Yes
- b. Yes, but female told only during pregnancy **Go to Q31**
- c. No **Go to Q31**
- d. Don't know/Not sure **Go to Q31**
- e. Refused **Go to Q31**

Questions from Diabetes module

Module 1: Diabetes

24. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- a. Times per day
- b. Times per week
- c. Times per month
- d. Times per year
- e. Never
- f. Refused

25. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional

- a. Times per day
- b. Times per week
- c. Times per month
- d. Times per year
- e. Never
- f. No feet
- g. Don't know/Not sure
- h. Refused

26. Are your blood sugar levels between 90 – 160 most of the time?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

27.A. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

- a. Number of times XX
- b. None
- c. Don't know/Not sure

d. Refused

27.B. What health professional did you visit most often in the last 12 months regarding your diabetes?

- a. Doctor
- b. Diabetes educator
- c. Nutritionist
- d. Podiatrist
- e. Ophthalmologist
- f. Don't know/Not sure
- g. Refused

28. A test for hemoglobin "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?

- a. Number of times
- b. None
- c. Never heard of hemoglobin "A one C" test
- d. Don't know/Not sure
- e. Refused

If "no feet" to Q25 Go to Q30

29. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

- a. Number of times
- b. None
- c. Don't know/Not sure
- d. Refused

30. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

Read Only if Necessary

- a. Within the past month (0 to 1 month ago)
- b. Within the past year (1 to 12 months ago)
- c. Within the past 2 years (1 to 2 years ago)
- d. 2 or more years ago
- e. Never
- f. Don't know/Not sure
- g. Refused

Section 6: Exercise

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

31. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

- a. Yes
- b. No **Go to Q35**

- c. Don't know/Not sure **Go to Q35**
- d. Refused **Go to Q35**

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

- a. Activity [specify]: _____
- b. Refused **Go to Q35**

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

- a. Times per week _____
- b. Times per month _____
- c. Don't know/Not sure
- d. Refused

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

- a. Hours and minutes: _____
- b. Don't know/Not sure
- c. Refused

Section 7: Tobacco Use

35. Do you now smoke cigarettes everyday, some days, or not at all?

- a. Everyday
- b. Some days
- c. Not at all **Go to Module 18**
- a. Refused **Go to Module 18**

36. On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

1 pack = 20 cigarettes

- a. Number of cigarettes _____
- b. Don't know/Not sure
- c. Refused

37. Has a doctor or other health professional ever advised you to quit smoking?

If yes, ask "About how long ago was it?"

- a. Yes, within the past 12 months (1 to 12 months ago)
- b. Yes, within the past 3 years (1 to 3 years ago)
- c. Yes, 3 or more years ago
- d. No
- e. Don't know/Not sure
- f. Refused

38. During the past 12 months, have you quit smoking for 1 day or longer?

- a. Yes
- b. No **Go Module 18**
- c. Don't know/Not sure **Go Module 18**
- d. Refused **Go to Module 18**

39. If you have quit smoking for at least 3 months, what method of smoking cessation did you use?
- Cold turkey (just quit on your own)
 - Nicotine patch
 - Nicotine gum
 - Oral medication, such as Zyban or Welbutrin
 - Gradually cut down number of cigarettes smoked
 - Smoking cessation program/support group
 - Hypnosis
 - Other method
 - Have not quit in past 3 months
 - Don't know/Not sure
 - Refused

Module 18: Tobacco Use Prevention

40. In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?
- Yes
 - No
 - Don't know/Not sure
 - Refused

Section 9: Weight Control

41. Are you now trying to lose weight?
- Yes
 - No
 - Don't know/Not sure
 - Refused

42. In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?

Probe for which

- Yes, lose weight
- Yes, gain weight
- Yes, maintain current weight
- No
- Don't know/Not sure
- Refused

Section 10: Demographics

43. What is your age? _____
- Don't know/Not sure
 - Refused

44. What is your race?

Would you say: **Please Read**

- White
- Black
- Asian, Pacific Islander
- American Indian, Alaska Native

or

e. Other:_____

Do not read these

- f. Don't know/Not sure
- g. Refused

45. Are you of Spanish or Hispanic origin?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

46. Are you:

Please Read

- a. Married
- b. Divorced
- c. Widowed
- d. Separated
- e. Never been married

or

- f. A member of an unmarried couple
- g. Refused

47. How many children live in your household who are...

Please Read

- a. Less than 5 years old?_____
- b. 5 through 12 years old?_____
- c. 13 through 17 years old?_____

48. What is the highest grade or year of school you completed?

Read Only if Necessary

- a. Never attended school or only attended kindergarten
- b. Grades 1 through 8 (Elementary)
- c. Grades 9 through 11 (Some high school)
- d. Grade 12 or GED (High school graduate)
- e. College 1 year to 3 years (Some college or technical school)
- f. College 4 years or more (College graduate)
- g. Refused

49. Are you currently:

Please Read

- a. Employed for wages
- b. Self-employed
- c. Out of work for more than 1 year
- d. Out of work for less than 1 year
- e. Homemaker
- f. Student
- g. Retired

or

- h. Unable to work

- i. Refused

50. Is your annual household income from all sources:

Read as Appropriate

- a. Less than \$25,000
- b. \$25,000 - \$49,999
- c. \$50,000 - \$74,999
- d. \$75,000 - \$99,999
- e. \$100,000 - \$124,999
- f. \$125,000 - \$150,000
- g. More than \$150,000

Do not read these responses

- h. Don't know/Not sure
- i. Refused

51. About how much do you weigh without shoes?

Round fractions up

- a. Weight _____ pounds
- b. Don't know/Not sure
- c. Refused

52. About how tall are you without shoes?

Round fractions down

- a. Height: _____ ft _____ inches
- b. Don't know/Not sure
- c. Refused

53. Indicate sex of respondent. **Ask Only if Necessary**

- a. Male **Go to (next) Section 7 – Hypertension Awareness**
- b. Female

Now I have some questions about other health services you may have received.

Section 11: Women's Health

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

- a. Yes
- b. No **Go to Q57**
- c. Don't know/Not sure **Go to Q57**
- d. Refused **Go to Q57**

55. How long has it been since you had your last mammogram?

Read only if Necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 3 years (2 to 3 years ago)
- d. Within the past 5 years (3 to 5 years ago)
- e. 5 or more years ago
- f. Don't know/Not sure
- g. Refused

56. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

- a. Routine checkup
- b. Breast problem other than cancer
- c. Had breast cancer
- d. Don't know/Not sure
- e. Refused

57. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?

- a. Yes
- b. No **Go to Q63**
- c. Don't know/Not sure **Go to Q63**
- d. Refused **Go to Q63**

58. How long has it been since your last clinical breast exam?

Read Only if Necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 3 years (2 to 3 years ago)
- d. Within the past 5 years (3 to 5 years ago)
- e. 5 or more years ago
- f. Don't know/Not sure
- g. Refused

59. Was your last clinical breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

- a. Routine Checkup
- b. Breast problem other than cancer
- c. Had breast cancer
- d. Don't know/Not sure
- e. Refused

60. Breast self examination is when you feel your breasts for lumps. Were you ever taught how to do a breast self exam?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused (do not ask remainder of BSE questions)

61. Do you practice breast self examination?

- a. Yes
- b. No **Go to Q 63**
- c. Don't know/Not sure
- d. Refused (do not ask remainder of BSE questions)

62. How often do you examine your breasts for lumps? Would you say . . .

- a. Weekly
- b. Monthly
- c. Every 6 months
- d. Every year

- e. Never
- f. Don't know/Not sure
- g. Refused

63. How long has it been since you had your last Pap smear?

Read Only if Necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 3 years (2 to 3 years ago)
- d. Within the past 5 years (3 to 5 years ago)
- e. 5 or more years ago
- f. Never
- g. Don't know/Not sure
- h. Refused

Osteoporosis Questions

64. Are you aware of any history in your family of osteoporosis?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

65. **(If over 50)** A Dexascan is a screening test that measures bone density and can measure a person's risk for osteoporosis. Have you had this test?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

66. Are you currently doing anything to reduce your risks of developing osteoporosis?

- a. Yes
 - ✓ Increased calcium intake
 - ✓ Take calcium supplement
 - ✓ Do weight bearing exercises
 - ✓ Take medication prescribed by my doctor
 - ✓ Other _____
- b. No
- c. Don't know/Not sure
- d. Refused

Module 7: Hypertension Awareness

67. About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

Read Only if Necessary

- a. Within the past 6 months (1 to 6 months ago)
- b. Within the past year (6 to 12 months ago)
- c. Within the past 2 years (1 to 2 years ago)
- d. Within the past 5 years (2 to 5 years ago)

- e. 5 or more years ago
- f. Don't know/Not sure
- g. Never **Go to Q69**
- h. Refused

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

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Module 13: Cardiovascular Disease

69. To lower your risk of developing heart disease or stroke, has a doctor advised you to...

Please Read

Eat fewer high fat or high cholesterol foods

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Exercise more

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

70. To lower your risk of developing heart disease or stroke, are you?

Please Read

Eating fewer high fat or high cholesterol foods?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Exercising more?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

71. Has a doctor ever told you that you had any of the following?

Please Read

Heart attack or myocardial infarction

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Angina or coronary heart disease

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Stroke

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

72. Do you take aspirin daily or every other day for prevention of a heart attack?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

73. **FOR WOMEN ONLY** - Have you gone through or are you now going through menopause?

Probe for which

- a. Yes, have gone through menopause
- b. Yes, now going through menopause
- c. No
- d. Don't know/Not sure
- e. Refused

Module 8: Cholesterol Awareness

74. About how long has it been since you last had your blood cholesterol checked?

Read Only if Necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 5 years (2 to 5 years ago)
- d. 5 or more years ago
- e. Don't know/Not sure
- f. Refused
- g. Never **Go to Module 14**

75. Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Module 14: Prostate Cancer Screening

If respondent is 39 years old or younger, or is female, go to Q17.1.

76. 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?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

77. 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 the prostate gland. Have you ever had a digital rectal exam?

- a. Yes
- b. No **Go to Q79**
- c. Don't know / Not sure **Go to Q 79**
- d. Refused **Go to Q 79**

78. How long has it been since your last digital rectal exam?

Read only if necessary:

- a. Within the past year (anytime less than 12 months ago)
- b. Within the past 2 years (1 year but less than 2 years)
- c. Within the past 3 years (2 years but less than 3 years)
- d. Within the past 5 years (3 years but less than 5 years)
- e. 5 or more years ago
- f. Don't know / Not sure
- g. Refused

Module 9: Colorectal Cancer Screening

If respondent 40 years or older, continue with this module. Otherwise, go to next module.

79. 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?

- a. Yes
- b. No **Go to Q 81**
- c. Don't know/Not sure **Go to Q 81**
- d. Refused **Go to Q 81**

80. When did you have your last blood stool test using a home kit?

Read Only if Necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 5 years (2 to 5 years ago) 3
- d. 5 or more years ago
- e. Don't know/Not sure
- f. Refused

81. A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam?

- a. Yes
- b. No **Go to Next Module**
- c. Don't know/Not sure **Go to Next Module**
- d. Refused **Go to Next Module**

82. When did you have your last sigmoidoscopy or colonoscopy?

Read Only if Necessary

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 5 years (2 to 5 years ago)
- d. 5 or more years ago
- e. Don't know/Not sure
- f. Refused

Module 10: Immunization

83. During the past 12 months, have you had a flu shot?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

84. Have you ever had a pneumonia vaccination?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Module 12: Alcohol Consumption

85. During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?

- a. Days per week _____ (If "0" skip to Module 17)
- b. Days per month _____ (If "0" skip to Module 17)
- c. Don't know/Not sure **Go to Q 87**
- d. Refused **Go to Q 87**

86. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank, about how many drinks did you drink on the average?

- a. Number of drinks _____
- b. Don't know/Not sure
- c. Refused

87. Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

- a. Number of times _____
- b. None
- c. Don't know/Not sure
- d. Refused

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

- a. Number of times _____
- b. None
- c. Don't know/Not sure
- d. Refused

Module 17: Skin Cancer

The next questions are about what you do to protect your skin when you go outside.

89. When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock?

Would you say: **Please Read**

Summer means June, July, and August. Sunny is what respondent considers sunny.

- a. Always
- b. Nearly always
- c. Sometimes
- d. Seldom

or

- e. Never

Do not read these responses

- f. Don't stay out more than an hour
- g. Don't know/Not sure
- h. Refused

90. What is the Sun Protection Factor or SPF of the sunscreen you use most often?

- a. Number _____
- b. Don't use
- c. Don't know/Not sure
- d. Refused

The next two questions are about sunburns, including any time that even a small part of your skin was red for more than 12 hours.

91. Have you had a sunburn within the past 12 months?

- a. Yes
- b. No **Go to next section**
- c. Don't know/Not sure **Go to next section**
- d. Refused **Go to next section**

92. Including times when even a small part of your skin was red for more than 12 hours. How many sunburns have you had within the past 12 months?

- a. One
- b. Two
- c. Three
- d. Four
- e. Five
- f. Six or more
- g. Don't know/Not sure
- h. Refused

HEALTHY DIET

93. In an average day, how often do you eat fresh, canned, or frozen fruit?

- a. None
- b. Once a day
- c. 2-4 times a day
- d. More than 4 times a day

94. In an average day, how often do you eat fresh, canned, or frozen vegetables?

- a. None
- b. Once a day

- c. 2-4 times a day
- d. More than 4 times a day

95. In an average day, how often do you eat fiber cereal or dark bread, such as whole wheat or rye?

- a. None
- b. Once a day
- c. 2-4 times a day
- d. More than 4 times a day

LYME DISEASE QUESTIONS

96. During 2005, were you **newly** diagnosed by a physician as having Lyme disease?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

RADON

97. Has your household air been tested for the presence of radon gas?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

FALLS & INJURIES

If respondent is over the age of 65:

98. In the past 6 months, have you experienced a fall?

- a. Yes
- b. No **Go to Q101**
- c. Don't know/Not sure **Go to Q101**
- d. Refused **Go to Q101**

99. If yes, did the fall result in a visit to a doctor's office, an emergency department or other healthcare facility?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

100. If yes **to Q98**, did the fall result in any fractures, such as a broken wrist, arm, hip, or break to other area of your body?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

PUBLIC HEALTH EMERGENCY PREPAREDNESS

101. What media source would you depend on for LOCAL health information during an emergency in Hunterdon County such as a major disease outbreak, a natural disaster or bioterrorist attack?

LOCAL NEWSPAPER

- a. Hunterdon Democrat
- b. Courier-News
- c. Express Times
- d. Star Ledger
- e. Other

LOCAL CABLE TV

- a. Patriot Media
- b. Comcast
- c. WCVH/HCTV, Central High School
- d. WMBC-TV Ch 63
- e. WFMZ-TV Ch 69
- f. Other (Specify the channel)

LOCAL RADIO

- a. WDVR 89.7-FM
- b. WPST 97.5-FM
- c. WNJO 94.5-FM
- d. WZZO 95.1-FM
- e. Other (Specify the station)

SUICIDE/SEEKING HELP

Sometimes people feel so depressed and hopeless about the future that they may consider suicide, that is, taking some action to end their own life. The next questions ask about this area.

102. During the past 30 days, for about how many days have you felt sad, blue, or depressed?

- a. Number of days _____
- b. None
- c. Don't know/Not sure
- d. Refused

103. During the past 12 months, did you ever seriously **consider** attempting suicide?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

104. During the past 12 months, have you **taken any action** to end your life?

- a. Yes
- b. No (**skip questions 105, 106, and 107 but read the Suicide Helpline Statement**)
- c. Don't know/Not sure
- d. Refused

105. Did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

106. Have you sought any help (emotional support), such as counseling to help address the concerns that led to a suicide attempt?

- a. Yes
- b. No **Go to suicide script**
- c. Don't know/Not sure **Go to suicide script**
- d. Refused **Go to suicide script**

107. If you sought help/emotional support, where did you seek it?

- a. Psychologist, social worker, or counselor
- b. Spiritual counselor
- c. Support group
- d. Other _____
- e. Refused

Suicide Helpline Statement

If you, or anyone you know, are feeling depressed or considering suicide, they can get help on the phone by calling the Hunterdon Helpline at 1-800-272-4630 and asking for the number of a local crisis hotline. You can also speak directly to your doctor or other health provider.

Section 12: HIV/AIDS

Note: Initially, we will ask the following questions of all respondents. However, if we encounter resistance from those 65 years or older, we will eliminate for that age group.

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 don't want to.

108.. What are your chances of getting infected with HIV, the virus that causes AIDS?

Would you say: **Please Read**

- a. High
- b. Medium
- c. Low
- d. None

Do not read these responses.

- e. Not applicable **Go to Module 2**
- f. Don't know/Not sure
- g. Refused

109. Except for tests you may have had as part of blood donations, have you ever been tested for HIV?

Include saliva tests

- a. Yes

- b. No **Go to Module 2**
- c. Don't know/Not sure **Go to Module 2**
- d. Refused **Go to Module 2**

110. What was the main reason you had your last test for HIV?

Read Only if Necessary

- a. For hospitalization or surgical procedure
- b. To apply for health insurance
- c. To apply for life insurance
- d. For employment
- e. To apply for a marriage license
- f. For military induction or military service
- g. For immigration
- h. Just to find out if you were infected
- i. Because of referral by a doctor
- j. Because of pregnancy
- k. Referred by your sex partner
- l. Because it was part of a blood donation process
- m. For routine check-up
- n. Because of occupational exposure
- o. Because of illness
- p. Because I am at risk for HIV
- q. Other
- r. Don't know/Not sure
- s. Refused

111. Where did you have your last test for HIV?

Read Only if Necessary

- a. Private doctor, HMO
- b. Blood bank, plasma center, Red Cross
- c. AIDS clinic, counseling, testing site (Health Department)
- d. Hospital, emergency room, outpatient clinic
- e. Family planning clinic
- f. Prenatal clinic, obstetrician's office
- g. Tuberculosis clinic
- h. STD clinic
- i. Community health clinic
- j. Clinic run by employer
- k. Insurance company clinic
- l. Other public clinic
- m. Drug or mental health treatment or counseling facility
- n. Military induction or military service site
- o. Immigration site
- p. At home, home visit by nurse or health worker
- q. At home using self-sampling kit
- r. In jail or prison
- s. Other
- t. Don't know/Not sure
- u. Refused

112. Did you receive counseling or talk with a health care professional about the results of your test?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

Module 2: Sexual Behavior

Note: Initially, we will ask the following questions of all respondents. However, if we encounter resistance from those 65 years or older, we will eliminate for that age group.

These next few questions are about your personal sexual behavior, and I want to remind you that your answers are confidential.

113. During the past twelve months, with how many people have you had sexual intercourse?

- a. Number _____
- b. None
- c. Don't know/Not sure
- d. Refused

114. Was a condom used the last time you had sexual intercourse?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

115. Some people use condoms to keep from getting infected with HIV through sexual activity. How effective do you think a properly used condom is for this purpose?

Would you say: **Please Read**

- a. Very effective
 - b. Somewhat effective
- or**
- c. Not at all effective
 - d. Don't know how effective

Do not read these responses

- e. Don't know method
- f. Refused

116. I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You don't need to tell me which one.

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You tested positive for having HIV, the virus that causes AIDS.
- You had anal sex without a condom in the past year.

Do any of these situations apply to you?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

117. Did you make any of the following changes in the past 12 months?

Please Read

A. Did you decrease the number of your sexual partners or become abstinent?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. Refused

**If respondent says "abstinent," ask,
"Are you abstinent now?"**

If "no," read b and c. If "yes," do not read b and c.

B. Do you now have sexual intercourse with only the same partner?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. N/A
- e. Refused

C. Do you now always use condoms for protection?

- a. Yes
- b. No
- c. Don't know/Not sure
- d. N/A
- e. Refused

Closing Statement: Please Read

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