City of Chicago Department of Public Health Epidemiology Program Report

BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (BRFSS): CHICAGO REFERENCE TABLES 1996

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Behavioral Risk Factor Surveillance System (BRFSS): Chicago Reference Tables 1996

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INTRODUCTION AND METHODS

Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a collaboration between the U.S. Centers for Disease Control and Prevention (CDC) and state health departments. This system was designed to gather locally relevant information on health related behaviors related to the leading causes of death in the US. It has expanded to include data on the prevalence of selected health conditions, and access to health services. Each state has options for sample design and data collection within parameters set by CDC.

Methods

The BRFSS is a telephone based survey system of non-institutionalized adults. The survey is in the field on a continual basis. A probability sample of telephone numbers is generated on a quarterly basis, and provides the sampling frame for identifying eligible households. States conduct interviews during each month in accordance with a prescribed protocol, and incorporate surveillance results into computer files. States edit and correct completed interviews each month. Data are aggregated and tabulated on an annual basis. The data are weighted prior to tabulation and analysis. Weighting data corrects for study design features and variation of the age/race/sex subgroups between the sample and the general population. Weighting allows inferences to be drawn about the entire adult population from the sample of interview respondents.

In Illinois, the state is stratified into 5 regions: Chicago, suburban Cook County, Collar Counties, other Urban Counties, and Rural Counties. The sampling process described above is performed within each region during the data collection phase, and region-specific weights are developed post-collection. These techniques allow valid statistics to be generated for each region, in addition to statewide statistics.

The BRFSS survey instrument is organized in a modular fashion. The five sections are:

- 1. Fixed Core
- 2. Two Rotating Cores
- 3. Optional Modules
- 4. Emerging Core
- 5. State-Added Questions

The *fixed core* is used in all states every year, the *rotating cores* are used in all states in an alternating fashion- one form is used for odd numbered years, the other form is used for even numbered years. *Optional modules* are standardized sets of questions on a wide variety of issues available for states to use based on their needs. The *emerging core* is used to add questions of topical interest, and to evaluate questions for potential use in future surveys. *State-Added questions* are unique to each jurisdiction and can be used to cover topics that are not addressed elsewhere in the survey.

Since 1994, the BRFSS in Illinois has varied from the standard methodology by using two forms of the questionnaire. Respondents are randomly allocated to either form. One contains the rotating core for the current year and the other contains the rotating core for the previous year.

The data for the analyses presented in this volume are extracted from BRFSS files provided by the Illinois Department of Public Health (IDPH) for the Chicago stratum. Each questionnaire item was examined for non-response or non-valid response percentages. All items were found to have sufficient valid response rates for further analysis. Frequency tables with percentages were generated for each item. Percentages were based on the universe of valid responses, not the entire respondent pool. Since the Chicago stratum has a much smaller sample size than the statewide sample, responses for many items were collapsed into categories (based on literature review and local needs) to improve the validity and stability of the estimates. The response categories used in this volume may vary from other reports that use BRFSS data. Data are weighted with the appropriate local weights, except for several items which were not weighted due limited sample size. IDPH may continue to adjust weighting factors, as such frequencies, percents, and unweighted counts may differ between IDPH and CDPH publications.

This volume is organized into sections containing related items. The text for each item is presented, and the skip pattern is defined (for relevant questions). The percentage, weighted frequency and unweighted frequency for each response category for the item are then listed. For questions that were not asked of the entire sample, the frequencies reported will not total to the (estimated) Chicago adult population. Due to rounding, the reported frequencies for a question may not total to 100 percent.

DEMOGRAPHICS

SEX			
	Frequency	Percent	Unweighted Count
Male	902,896	47%	236

385

53%

1,025,653

AGE GROUPS

Female

	Frequency	Percent	Unweighted Count
18-24 year olds	257,879	13%	73
25-34 year olds	452,595	24%	169
35-44 year olds	431,692	22%	131
45-54 year olds	284,791	15%	96
55-64 year olds	200,491	10%	58
65+	301,100	16%	94

AGE GROUPS

	Frequency	Percent	Unweighted Count
18-24 year olds	257,879	13%	73
25-44 year olds	884,287	46%	300
45-64 year olds	485,283	25%	154
65+	301,100	16%	94

RACIAL CATEGORIES

	Frequency	Percent	Unweighted Count
White	1,121,083	58%	331
Black	673,706	35%	252
Asian, Pacific Islander	83,753	4%	19
Native American	21,062	1%	7
Other	28,945	2%	8

RACIAL CATEGORIES

	Frequency	Percent	Unweighted Count
White	1,121,083	58%	331
Non-White	807,466	42%	286

HISPANIC ORIGIN

	Frequency	Percent	Unweighted Count
Yes	347,155	18%	95
No	1,575,509	82%	523

HOUSEHOLD INCOME

	Frequency	Percent	Unweighted Count
Less than \$15,000	307,757	17%	116
\$15-35,000	770,663	44%	233
\$35-50,000	302,809	17%	96
More than \$50,000	385,131	22%	124

EDUCATION LEVEL

	Frequency	Percent	Unweighted Count
Less than high school	295,395	15%	95
High school graduate	535,591	28%	162
Some college	548,899	28%	181
College grad	548,874	28%	182

EMPLOYMENT GROUPS

	Frequency	Percent	Unweighted Count
Employed	1,193,138	62%	379
Out of work	153,213	8%	45
Homemaker/student	227,572	12%	72
Retired/unable	347,654	18%	123

MARITAL STATUS

	Frequency	Percent	Unweighted Count
Married	770,056	40%	194
Widowed	136,699	7%	60
Divorced/separated	347,311	18%	132
Never married	560,799	29%	204
Unmarried couple	109,262	6%	29

HOUSEHOLD TYPE

	Frequency	Percent	Unweighted Count
One adult, no children	395,253	20%	203
One adult, with children	90,283	5%	58
> 1 adult, no children	735,276	38%	179
> 1 adult, with children	705,085	37%	180

NUMBER OF ADULTS

	Frequency	Percent	Unweighted Count
1	485,537	25%	261
2	931,608	48%	256
3	321,419	17%	68
4	137,992	7%	27
5	41,423	2%	7
6	5,931	.5%	1
7	4,639	.5%	1

Number of Men

	Frequency	Percent	Unweighted Count
0	416,656	22%	216
1	1,151,545	60%	334
2	268,167	14%	53
3	81,536	4%	16
4	10,644	1%	2

NUMBER OF WOMEN

	Frequency	Percent	Unweighted Count
0	246,994	13%	96
1	1,284,172	67%	432
2	327,854	17%	78
3	52,906	3%	11
4	16,622	1%	4

TOTAL NUMBER OF CHILDREN

	Frequency	Percent	Unweighted Count
0	1,130,529	59%	382
1	313,050	16%	88
2	313,833	16%	95
3	115,647	6%	34
4	29,609	2%	11
5	16,409	1%	6
6	2,651	.1%	2
7	0	0%	0
8	4,169	.2%	2

NUMBER OF CHILDREN AGE 0-4

	Frequency	Percent	Unweighted Count
0	1,516,349	79%	498
1	289,213	15%	89
2	113,515	6%	29
3	2,651	.1%	2
4	4,169	.2%	2

NUMBER OF CHILDREN AGE 5-12

	Frequency	Percent	Unweighted Count
0	1,457,303	76%	477
1	322,942	17%	89
2	110,151	6%	40
3	23,479	1%	8
4	10,696	.6%	5
5	1,325	.1%	1

NUMBER OF CHILDREN AGE 13-17

	Frequency	Percent	Unweighted Count
0	1,669,334	87%	538
1	188,940	10%	64
2	58,383	3%	15
3	9,240	.5%	3

GENERAL HEALTH STATUS

PERCEPTION OF HEALTH

Would you say that in general your health is: [please read]

, , , , , , , , , , , , , , , , , , , ,	Frequency	Percent	Unweighted Count
Excellent/very good	957,993	50%	311
Good/fair	884,183	46%	282
Poor	86,372	4%	28

DAYS PHYSICAL HEALTH NOT GOOD

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?

	Frequency	Percent	Unweighted Count
None	1,088,588	57%	344
1-7 days	528,541	27%	181
8-30 days	305,930	16%	94

DAYS MENTAL HEALTH NOT GOOD

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?

	Frequency	Percent	Unweighted Count
None	1,093,269	58%	344
1-7 days	519,314	27%	169
8-30 days	286,304	15%	98

DAYS HEALTH LIMITED USUAL ACTIVITIES (people whose mental and physical health was not good for at least one day last month)

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?

	Frequency	Percent	Unweighted Count
None	702,246	58%	221
1-7 days	318,245	26%	115
8-30 days	196,364	16%	63

HEALTH CARE: ACCESS/INSURANCE

HAVE HEALTH PLAN

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

	Frequency	Percent	Unweighted Count
Yes	1,566,812	81%	515
No	359,716	19%	105

MEDICARE (A) (people with health coverage)

Do you have Medicare? (Medicare is a coverage plan for people 65 or over and for certain disabled people.)

	Frequency	Percent	Unweighted Count
Yes	361,554	24%	65
No	1,144,535	76%	192

TYPE OF HEALTH PLAN (A) (people with health coverage, excluding Medicare)

What type of health care coverage do you use to pay for most of your medical care? [please read]

	Frequency	Percent	Unweighted Count
Your employer	834,386	73%	138
Someone else's employer	132,896	12%	19
Plan bought on own	33,053	3%	7
Medicaid or Assistance	66,230	6%	16
Some other source	77,971	7%	12

HOW LONG COVERED BY HEALTH PLAN (A) (people with health coverage)

About how long have you had [fill in type]?

,	Frequency	Percent	Unweighted Count
Less than 1 year	296,242	18%	49
1-2 years	108,432	7%	18
2-3 years	219,713	14%	41
3-5 years	186,512	11%	30
More than 5 years	806,085	50%	135

TIME DURING LAST YEAR WITHOUT COVERAGE (A) (people with health coverage less than 1 year)

During the past 12 months, was there any time that you did not have any health insurance or coverage?

	Frequency	Percent	Unweighted Count
Yes	93,392	31%	15
No	205,463	69%	33

WHY WITHOUT HEALTH CARE COVERAGE (A) (people with health coverage less than 1 year who did not have coverage at some time in past 12 months, or people with no health coverage)

What was the main reason you were without health care coverage?

	Frequency	Percent	Unweighted Count
Lost job/eligibility	112,662	31%	16
Employer doesn't offer	53,294	14%	6
Couldn't afford premiums	128,221	35%	19
Other	73,279	20%	11

LIST OF HEALTH PLAN DOCTORS (A) (people with health coverage for at least past 12 months)

Is there a book or list of doctors associated with your [fill in type] plan? [If necessary, say "The coverage you use currently to pay for most of your medical care." If "no" or "don't know/not sure" probe "Is there a certain number you are to call to find a doctor to go to?"]

	Frequency	Percent	Unweighted Count
Yes	1,043,111	65%	174
No	553,715	35%	95

HEALTH PLAN REQUIRES CERTAIN DOCTORS (A) (people with health coverage for at least past 12 months)

Does your [fill in type] plan require you to select a certain doctor or clinic for all of your routine care? [If necessary, say "The coverage you use currently to pay for most of your medical care." Do not include emergency care or referral to a specialist.]

Unweighted Count	Percent	Frequency	
135	51%	818,927	Yes
136	49%	787,917	No

WHEN LAST HAD A HEALTH PLAN (B) (people with no health coverage)

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

C	Frequency	Percent	Unweighted Count
Within past year	123,587	30%	16
> 1 year or never	289,228	70%	46

AVOIDED DOCTOR BECAUSE OF COST

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

	Frequency	Percent	Unweighted Count
Yes	242,152	13%	79
No	1,686,396	87%	542

TRAVEL TIME TO DOCTOR

How long does it take you to travel to see your family doctor?

	Frequency	Percent	Unweighted Count
1-10 minutes	540,948	31%	177
11-20 minutes	995,774	57%	317
31-60 minutes	161,999	9%	57
More than 60 minutes	44,884	3%	13

How Travel to Doctor (A)

How do you usually get to the doctor or clinic? Do you:

	Frequency	Percent	Unweighted Count
Drive vehicle	450,219	66%	73
Ride with other driver	76,367	11%	12
Taxicab	28,175	4%	5
Public transportation	55,821	8%	12
Walk	35,058	5%	7
Other	33,616	5%	4

HEALTH CARE: UTILIZATION/SCREENING

A. General Health Care

LAST ROUTINE CHECKUP

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.)

	Frequency	Percent	Unweighted Count
Within year	1,403,921	73%	465
Within 2 years	275,607	14%	85
> 2 years or never	249,021	13%	71

B. Blood Pressure

LAST BLOOD PRESSURE TAKEN (B)

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

	Frequency	Percent	Unweighted Count
Within year	1,628,866	86%	261
> 1 year	259,178	14%	37
Never	12,062	1%	1

TOLD BLOOD PRESSURE HIGH (B) (people who have had blood pressure taken) *Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?*

	Frequency	Percent	Unweighted Count
Yes	490,396	26%	77
No	1,413,868	74%	222

TOLD BLOOD PRESSURE HIGH MORE THAN ONCE (B) (people who have checked blood pressure and told it is high)

Have you ever been told on more than one occasion that your blood pressure was high, or have you been told this only once?

·	Frequency	Percent	Unweighted Count
More than once	349,212	72%	55
Only once	136,145	28%	21

C. Cholesterol

HAD CHOLESTEROL CHECK (B)

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

	Frequency	Percent	Unweighted Count
Yes	1,295,273	69%	207
No	595,510	31%	89

LAST CHOLESTEROL CHECK (B) (people who ever had blood cholesterol checked)

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

	Frequency	Percent	Unweighted Count
Within year	858,134	66%	133
> 1 year ago	434,034	34%	73

HIGH CHOLESTEROL (B) (people who ever had blood cholesterol checked)

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

Unweighted Count	Percent	Frequency	
57	28%	363,465	Yes
150	72%	931,808	No

EAT LOWER RISK OF HEART DISEASE/STROKE (B)

To lower your risk of developing heart disease or stroke, are you eating fewer high fat or high cholesterol foods?

Unweighted Count	Percent	Frequency	·
202	70%	1,315,507	Yes
97	30%	574,665	No

EXERCISE LOWER RISK OF HEART DISEASE/STROKE (B)

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

	Frequency	Percent	Unweighted Count
Yes	1,227,795	64%	183
No	700,724	36%	120

D. Vaccinations

FLU SHOT (B)

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

6 1	Frequency	Percent	Unweighted Count
Yes	410,653	21%	61
No	1,511,656	79%	241

PNEUMONIA VACCINATION (B)

Have you ever had a pneumonia vaccination?

	Frequency	Percent	Unweighted Count
Yes	222,619	12%	35
No	1,593,293	88%	252

E. Colorectal Screening

DIGITAL RECTAL EXAM (B) (people age 40+)

A digital rectal exam is when a doctor or other health professional inserts a finger in the rectum to check for cancer and other health problems. Have you ever had this exam?

Unweighted Count	Percent	Frequency	
100	63%	604,227	Yes
45	37%	347,492	No

LAST RECTAL EXAM (B) (people age 40+ who had a digital rectal exam)

When did you have your last digital rectal exam?

	Frequency	Percent	Unweighted Count
Within 2 years	403,224	67%	68
More than 2 years ago	197,898	33%	31

PROCTOSCOPIC EXAM (B) (people age 40+)

A proctoscopic exam is when a tube is inserted in the rectum to check for cancer and other health problems. Have you ever had this exam?

Unweighted Count	Percent	Frequency	
51	35%	333,527	Yes
94	65%	619,364	No

LAST PROCTOSCOPIC EXAM (B) (people age 40+ who had a proctoscopic exam)

When did you have your last proctoscopic exam?

	Frequency	Percent	Unweighted Count
Within 2 years	146,504	44%	21
More than 2 years ago	187,023	56%	30

F. Women's Health

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

HAD MAMMOGRAM (women age 40+)

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

Unweighted Count	Percent	Frequency	
162	83%	436,573	Yes
30	17%	87,751	No

LAST MAMMOGRAM (women age 40+ who have had a mammogram)

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

	Frequency	Percent	Unweighted Count
Within past year	346,686	79%	133
> 1 year or never	89,887	21%	29

WHY MAMMOGRAM (women age 40+ who have had a mammogram)

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?

	Frequency	Percent	Unweighted Count
Routine checkup	388,688	89%	183
Non-cancer breast problem	38,728	9%	19
Cancer	7,718	2%	4

HAD CLINICAL BREAST EXAM (women 18+)

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?

	Frequency	Percent	Unweighted Count
Yes	860,857	84%	334
No	162,096	16%	49

LAST CLINICAL BREAST EXAM (women age 18+ who have had a clinical breast exam)

How long has it been since your last breast exam?

	Frequency	Percent	Unweighted Count
Within past year	740,719	87%	295
> 1 year	116,087	13%	37

WHY CLINICAL BREAST EXAM (women age 18+ who have had a clinical breast exam)

Was your last 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?

•	Frequency	Percent	Unweighted Count
Routine checkup	809,902	94%	318
Non-cancer breast problem	40,382	5%	12
Cancer	7,718	1%	3

HAD PAP SMEAR (women age 18+)

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

	Frequency	Percent	Unweighted Count
Yes	941,502	93%	358
No	76,139	7%	24

LAST PAP SMEAR (women age 18+ who have had a Pap smear)

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

8	J	Frequency	Percent	Unweighted Count
Within past year		795,466	85%	304
> 1 year		140,635	15%	50

WHY PAP SMEAR (women age 18+ who have had a Pap smear)

Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

	Frequency	Percent	Unweighted Count
Routine checkup	894,744	95%	342
Problem	45,432	5%	15
Other	1,325	.1%	1

HAD HYSTERECTOMY (women age 18+)

Have you had a hysterectomy? (A hysterectomy is an operation to remove the uterus/womb.)

	Frequency	Percent	Unweighted Count
Yes	114,078	11%	53
No	906,022	89%	330

PREGNANT (women age 18-44, no hysterectomy)

To your knowledge, are you now pregnant?

	Frequency	Percent	Unweighted Count
Yes	27,196	5%	8
No	537,937	95%	208

CURRENTLY TAKING ESTROGEN (B) (women age 45+, or had hysterectomy)

Are you currently taking estrogen?

	Frequency	Percent	Unweighted Count
Yes	91,039	9%	17
No	928,383	91%	171

HOW LONG TAKING ESTROGEN (B) (women age 45+, or had hysterectomy, who are currently taking estrogen)

How long have you been taking estrogen?

	Frequency	Percent	Unweighted Count
5 years or less	44,368	49%	7
More than 5 years	46,671	51%	10

G. Oral Health

LAST DENTAL VISIT (A)

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

,	Frequency	Percent	Unweighted Count
Within past year	1,225,884	64%	190
More than 1 year ago	667,049	35%	120
Never	27,407	1%	6

WHY NO DENTAL VISIT (A) (people who have not visited dentist in past year)

What is the main reason you have not visited the dentist in the past year?

	Frequency	Percent	Unweighted Count
Fear/pain/dislike	35,090	5%	7
Cost	190,871	28%	29
Don't have dentist/can't get to	23,881	3%	4
No reason to go	238,758	35%	49
Other priorities	63,441	9%	13
Haven't thought of it	64,317	9%	10
Other	75,715	11%	13

PERMANENT TEETH (A)

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.

	Frequency	Percent	Unweighted Count
None	845,370	44%	140
Five or fewer	619,317	32%	94
Six or more but not all	322,222	17%	53
All	128,337	7%	27

DENTAL INSURANCE COVERAGE (A)

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 HMO's or government plans such as Medicaid?

	Frequency	Percent	Unweighted Count
Yes	1,058,974	56%	173
No	846,948	44%	141

CHRONIC DISEASE

DIABETIC

Have you ever been told by a doctor that you have diabetes?				
·	Frequency	Percent	Unweighted Count	
Yes	108,077	6%	38	
No	1,804,573	94%	579	

AGE WHEN DIABETIC (B) (people with diabetes)

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

	Frequency	Percent	Unweighted Count
Less than 50 years old			10
50 or over			4

TAKE INSULIN (B) (people with diabetes)

Are you now taking insulin?

	Frequency	Percent	Unweighted Count
Yes			4
No			10

FREQUENCY OF TAKING INSULIN (B) (people with diabetes taking insulin)

About how often do you now take insulin?

	Frequency	Percent	Unweighted Count
Once a day			3
Twice a day			1

FREQUENCY OF BLOOD SUGAR CHECK (B) (people with diabetes)

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

	Frequency	Percent	Unweighted Count
Daily			6
Less than daily			4
Never			4

TIMES SEEN DOCTOR FOR DIABETES (B) (people with diabetes)

About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes?

	Frequency	Percent	Unweighted Count
None			1
6 times or less			9
More than 6 times			4

DIABETIC FOOT EXAMS (B) (people with diabetes)

About how many times in the last year has a health professional checked your feet for any sores or irritations?

	Frequency	Percent	Unweighted Count
None			4
Once or more			10

DIABETIC EYE EXAMS (B) (people with diabetes)

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.

	Frequency	Percent	Unweighted Count
Within past year			11
More than a year ago/never			2

EXERCISE

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

ANY EXERCISE (A)

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

	Frequency	Percent	Unweighted Count
Yes	1,473,638	76%	234
No	454,933	24%	84

FIRST EXERCISE ACTIVITY (A) (people who did any exercise in past month) What type of physical activity or exercise did you spend the most time doing during the past month?

	Frequency	Percent	Unweighted Count
Exercise Training	272,634	19%	49
Sports	406,879	28%	54
Walking	684,014	46%	114
Hobbies/Other	110,111	7%	17

FIRST EXERCISE DURATION (A) (people who did any exercise in past month)

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

	Frequency	Percent	Unweighted Count
Less than 20 minutes	115,786	8%	19
20 minutes or more	1,325,263	92%	209

FIRST EXERCISE FREQUENCY (A) (people who did any exercise in past month) How many times per week or per month did you take part in this activity during the past month?

	Frequency	Percent	Unweighted Count
Less than once a week	141,570	10%	20
1-2 times a week	532,941	36%	82
3 times a week or more	799,126	54%	132

ANY OTHER EXERCISE (A) (people who did any exercise in past month)

Was there another physical activity or exercise that you participated in during the last month?

	Frequency	Percent	Unweighted Count
Yes	728,013	49%	111
No	745,625	51%	123

SECOND EXERCISE ACTIVITY (A) (people who did additional exercise in past month)

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

V1	Frequency	Percent	Únweighted Count
Exercise Training	355,399	49%	54
Sports	235,321	32%	36
Walking	78,433	11%	11
Hobbies/Other	58,860	8%	10

SECOND EXERCISE DURATION (A) (people who did additional exercise in past month)

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

	Frequency	Percent	Unweighted Count
Less than 20 minutes	129,252	18%	16
20 minutes or more	577,783	82%	93

SECOND EXERCISE FREQUENCY (A) (people who did additional exercise in past month)

How many times per week or per month did you take part in this activity?

	Frequency	Percent	Unweighted Count
Less than once a week	104,640	14%	15
1-2 times a week	248,592	34%	42
3 times a week or more	374,780	52%	54

SEDENTARY LIFESTYLE RISK (A)

A calculated variable. Sedentary means no reported activity. Irregular activity means one or two activities are reported but the duration and frequency of the combined activities is either: a) less than 20 minutes per session, less than three times per week, or both; or b) activity reported does not include complete information for frequency, duration, or both.

	Frequency	Percent	Unweighted Count
Sedentary	454,933	24%	84
Irregular Activity	690,660	36%	110
Active Lifestyle	782,978	41%	124

WEIGHT/NUTRITION

LOSE WEIGHT (A)

Are you now trying to lose weight?

Unweighted Count	Percent	Frequency	
123	37%	709,326	Yes
195	63%	1,219,245	No

MAINTAIN WEIGHT (A) (people not trying to lose weight)

Are you now trying to maintain your current weight, that is to keep from gaining weight?

Unweighted Count	Percent	Frequency	
111	57%	699,423	Yes
84	43%	519,822	No

EATING LESS CALORIES/FAT (A) (people trying to lose or maintain weight)

Are you eating either fewer calories or less fat to lose weight or keep from gaining weight?

	Frequency	Percent	Unweighted Count
Yes, less calories and/or fat	1,225,839	87%	205
No	180,521	13%	28

EXERCISING FOR WEIGHT (A) (people trying to lose or maintain weight)

Are you using physical activity or exercise to lose weight or keep from gaining weight?

	Frequency	Percent	Unweighted Count
Yes	802,916	57%	133
No	605,832	43%	101

WEIGHT LOSS DESIRED (A)

How much would you like to weigh? [subtracted from reported weight]

·	Frequency	Percent	Unweighted Count
None	794,274	42%	125
1-15 pounds	502,683	27%	79
16-25 pounds	196,397	10%	37
More than 25 pounds	387,780	21%	69

OBESITY CATEGORIES

Based on BMI calculated from height and weight.

About how much do you weigh without shoes? [round fractions up] About how tall are you without shoes? [round fractions down]

	Frequency	Percent	Unweighted Count
Underweight < 18.5	64,865	3%	22
Normal 18.5-24.9	838,163	45%	262
Overweight 25-29.9	626,503	34%	198
Obese 30-39.9	298,750	16%	106
Morbid Obesity 40 +	42,875	2%	13

OBESITY

Defined as a body mass index (BMI) of 30 or greater. Based on BMI calculated from height and weight. Collapsed from above variable.

	Frequency	Percent	Unweighted Count
Obese	341,625	18%	119
Not obese	1,529,531	82%	482

ADVISED ABOUT WEIGHT (A)

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

	Frequency	Percent	Unweighted Count
Yes, lose weight	337,439	18%	60
Yes, gain/maintain	40,930	2%	13
No	1,547,813	80%	244

ADVISED ABOUT WEIGHT (A)

Collapsed from above variable.

	Frequency	Percent	Unweighted Count
Yes	378,369	20%	73
No	1,547,813	80%	244

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

FREQUENCY OF DRINKING JUICE (A)

How often do you drink fruit juices such as orange, grapefruit, or tomato?

	Frequency	Percent	Unweighted Count
One or more per day	854,290	44%	137
Weekly but not daily	766,025	40%	127
Less than weekly	194,176	10%	31
Never	110,291	6%	22

FREQUENCY OF EATING FRUIT (A)

Not counting juice, how often do you eat fruit?

	Frequency	Percent	Unweighted Count
One or more per day	889,223	47%	143
Weekly but not daily	810,974	42%	139
Less than weekly	188,673	10%	29
Never	17,395	1%	4

FREQUENCY OF EATING SALAD (A)

How often do you eat green salad?

, ,	Frequency	Percent	Unweighted Count
One or more per day	396,763	21%	58
Weekly but not daily	1,121,683	59%	187
Less than weekly	242,520	13%	43
Never	152,401	8%	28

FREQUENCY OF EATING POTATOES (A)

How often do you eat potatoes not including french fries, fried potatoes, or potato chips?

	Frequency	Percent	Unweighted Count
One or more per day	95,629	5%	19
Weekly but not daily	1,335,489	70%	209
Less than weekly	404,637	21%	76
Never	77,612	4%	14

FREQUENCY OF EATING CARROTS (A)

How often do you eat carrots?

,	Frequency	Percent	Unweighted Count
One or more per day	121,353	6%	24
Weekly but not daily	944,195	49%	142
Less than weekly	572,704	30%	98
Never	271,220	14%	51

FREQUENCY OF EATING OTHER VEGETABLES (A)

Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (For example: A serving of vegetables at both lunch and dinner would be two servings.)

	Frequency	Percent	Unweighted Count
One or more per day	1,121,777	59%	188
Weekly but not daily	658,039	34%	104
Less than weekly	71,806	4%	14
Never	61,536	3%	9

SMOKING

SMOKED 100 CIGARETTES

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

Unweighted Count	Percent	Frequency	
264	40%	778,559	Yes
356	60%	1,148,664	No

SMOKING PATTERN (people who have smoked at least 100 cigarettes)

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

	Frequency	Percent	Unweighted Count
Everyday	637,703	42%	106
Some days	195,624	13%	37
Not at all	679,350	45%	120

SMOKING STATUS

A calculated variable. A current smoker is defined as a respondent who reported smoking 100 cigarettes in lifetime and now smokes everyday or some days. A former smoker reported smoking 100 cigarettes in lifetime but currently does not smoke. A non-smoker is a respondent who reported never having smoked 100 cigarettes in lifetime.

	Frequency	Percent	Unweighted Count
Current smoker	441,615	23%	143
Former smoker	327,720	17%	120
Non-smoker	1,148,664	60%	356

CIGARETTES PER DAY (people who currently smoke everyday)

On the average, about how many cigarettes a day do you now smoke?

	Frequency	Percent	Unweighted Count
10 or less	151,581	45%	55
11 to 19	55,958	17%	13
20 or more	129,612	38%	38

CIGARETTES LAST 30 DAYS (people who currently smoke some days)

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

	Frequency	Percent	Unweighted Count
5 or less	65,001	63%	26
More than 5	37,693	37%	10

QUIT SMOKING (people who currently smoke everyday)

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

	Frequency	Percent	Unweighted Count
Yes	165,333	49%	49
No	171,818	51%	57

LAST SMOKED REGULARLY (people who have smoked 100 cigarettes but currently do not smoke at all)

About how long has it been since you last smoked cigarettes regularly, that is, daily?

	Frequency	Percent	Unweighted Count
Within past year	32,008	10%	11
More than a year ago	295,712	90%	109

ALCOHOL

DRINK ANY ALCOHOL (B)

During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

	Frequency	Percent	Unweighted Count
Yes	1,111,157	58%	174
No	817,362	42%	129

FREQUENCY OF DRINKING (B) (people who drank alcohol in past month)

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

	Frequency	Percent	Unweighted Count
Weekly	646,127	58%	102
Less than weekly	465,030	42%	72

DRINKS PER Occasion (B) (people who drank alcohol in past month)

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?

	Frequency	Percent	Unweighted Count
One	336,979	31%	51
Two	373,462	34%	63
Three to four	259,623	24%	39
Five or more	130,173	12%	20

TIMES DRANK MORE THAN 5 DRINKS (B) (people who drank alcohol in past month)

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

	Frequency	Percent	Unweighted Count
None	725,130	65%	112
One	174,053	16%	28
Two	84,699	8%	14
Three or more	127,275	11%	20

MISSED WORK FROM DRINKING (B) (people who drank alcohol in past month) On the occasions when you drank five or more drinks, did you miss a half day or more of work due to the alcohol you drank?

Unweighted Count	Percent	Frequency	
7	11%	42,734	Yes
55	89%	343,293	No

CHRONIC DRINKING RISK (B)

A calculated variable. At risk is defined as respondents who reported that they have had on the average two or more drinks per day or 60 or more drinks a month (based on the total number of drinks per month).

	Frequency	Percent	Unweighted Count
At risk	66,371	3%	10
Not at risk	1,851,228	97%	292

BINGE DRINKING RISK (B)

A calculated variable. At risk is defined as respondents who reported that they have had alcoholic beverages in the past month and have had five or more alcoholic drinks on one or more occasions in the past month.

	Frequency	Percent	Unweighted Count
At risk	353,290	20%	62
Not at risk	1,401,182	80%	241

DRINKING & DRIVING RISK (B)

Calculated by labeling "at risk" anyone who answered they had driven when had too much to drink in the past month.

	Frequency	Percent	Unweighted Count
At risk	41,387	2%	6
Not at risk	1,887,132	98%	297

INJURY PREVENTION

USE SEATBELTS (B) (people who ride in a car)

How often do you use seatbelts when you drive or ride in a car? Would you say:

	Frequency	Percent	Unweighted Count
Always/nearly always	1,402,279	73%	226
Sometimes/seldom/never	520,905	27%	76

CHILD'S USE OF AUTO SEAT RESTRAINTS (B) (people with a child under age 16 who rides in a car)

How often does the [oldest child in household under the age of 16] child in your household use a car safety seat [for child under 5] or seatbelt [for child 5 or older] when they ride in a car? Would you say:

	Frequency	Percent	Unweighted Count
Always/nearly always	693,292	89%	98
Sometimes/seldom/never	84,126	11%	12

CHILD'S USE OF BIKE HELMET (B) (people with children age 5-15 who ride a bicycle)

During the past year, how often has the [oldest child in household age 5-15] child worn a bicycle helmet when riding a bicycle? Would you say:

	Frequency	Percent	Unweighted Count
Always/nearly always	279,396	47%	41
Sometimes/seldom/never	309,809	53%	44

CHECK SMOKE DETECTOR (B) (those with smoke detectors in home)

When was the last time you or someone else deliberately tested all of the smoke detectors in your home, either by pressing the test buttons or holding a source of smoke near them?

	Frequency	Percent	Unweighted Count
Within 6 months	1,304,870	71%	202
6 months - 1 year	124,169	7%	22
> 1 year or never	405,086	22%	66

HIV/AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

A. Education

SOURCE OF HIV/STD INFORMATION (B) (people under age 65)

HIV/AIDS information can come from a variety of sources, such as newspapers, magazines, pamphlets, AIDS hotline, meetings or news broadcasts. If you had questions regarding AIDS, where would you go to get information?

, , ,	Frequency	Percent	Unweighted Count
AIDS/STD hotline	286,501	18%	52
Media	151,092	10%	22
Community outreach/schools	70,016	4%	8
Medical staff or facility	871,755	56%	138
Friends/relatives	23,580	2%	3
Other	152,699	10%	25

GRADE TO BEGIN AIDS EDUCATION (people under age 65)

If you had a child in school, at what grade do you think he or she should begin receiving education in school about HIV infection and AIDS?

	Frequency	Percent	Unweighted Count
Kindergarten	87,108	6%	34
Grades 1-6	1,147,520	73%	373
Grades 7-8	234,977	15%	73
High School (9-12)	72,517	5%	20
Never	21,721	1%	4

ENCOURAGE TEEN TO USE CONDOM (people under age 65)

If you had a teenager who was sexually active, would you encourage him or her to use a condom?

	Frequency	Percent	Unweighted Count
Yes	1,498,153	93%	486
No	37,079	2%	11
Give other advice	69,686	4%	22

B. Testing

BLOOD TESTED FOR HIV (people under age 65 not currently infected with HIV) *Have you ever had your blood tested for HIV?*

	Frequency	Percent	Unweighted Count
Yes	771,622	48%	263
No	829,443	52%	253

LAST BLOOD TEST (people under age 65 who have been tested)

When was your last blood test for HIV?

	Frequency	Percent	Unweighted Count
Within past year	181,335	28%	60
1-2 years ago	217,944	34%	79
More than 2 years ago	245,806	38%	75

DONATE BLOOD SINCE 1985 (people under age 65 who have not been tested)

Have you donated blood since March 1985?

	Frequency	Percent	Unweighted Count
Yes	195,574	23%	58
No	654,163	77%	194

LAST BLOOD DONATION (people under age 65 who have not been tested and who have donated blood since March 1985)

When did you last donate blood?

	Frequency	Percent	Unweighted Count
Within past year	41,250	30%	12
2 years ago	19,663	14%	5
> 2 years ago	78,141	56%	21

REASON FOR HIV TEST (people under age 65 who have been tested)

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

·	Frequency	Percent	Unweighted Count
Referral/to find out/at risk	216,602	28%	82
Mandatory	163,961	21%	45
Hospitalization/illness	67,778	9%	22
Pregnancy	74,657	10%	23
Routine checkup	115,097	15%	43
Occupational exposure	24,696	3%	9
Other	108,753	14%	39

REASON FOR HIV TEST (people under age 65 who have been tested)

Collapsed from above variable.

	Frequency	Percent	Unweighted Count
Routine	481,285	62%	153
A problem	290,260	38%	110

WHERE AIDS TEST (people under age 65 who have been tested)

Where did you have your last test for HIV?

	Frequency	Percent	Unweighted Count
Private doctor	242,598	34%	86
Public clinic	96,822	14%	36
Mandatory site	53,479	7%	13
Hospital	253,985	36%	86
Reproductive health clinic	15,909	2%	6
Home test/other	46,918	7%	17

WHERE AIDS TEST (people under age 65 who have been tested) Collapsed from previous variable.

	Frequency	Percent	Unweighted Count
Public facility	153,059	22%	53
Private facility	540,460	76%	185
At home	16,192	2%	6

RECEIVED RESULTS (people under age 65 who have been tested)

Did you receive the results of your last test?

Unweighted Count	Percent	Frequency	
224	89%	653,193	Yes
29	11%	80,234	No

RECEIVED COUNSELING (people under age 65 who have been tested and received the results)

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

	Frequency	Percent	Unweighted Count
Yes	185,459	28%	65
No	467,734	72%	159

C. Sexual Behavior/Risk Factors

PERCEIVED CONDOM EFFECTIVENESS (people under age 65)

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?

	Frequency	Percent	Unweighted Count
Very effective	638,027	39%	217
Somewhat/not at all	856,526	53%	270
Unsure of method	121,828	8%	36

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

CHANGED SEX BEHAVIOR (people under age 65)

Due to what you know about HIV, have you changed your sexual behavior in the last 12 months?

	Frequency	Percent	Unweighted Count
Yes	519,803	32%	172
No	1,092,494	68%	351

BEEN MONOGAMOUS (people under age 65 who have changed sexual behavior due to HIV)

Have you: had sexual intercourse with only one partner?

	Frequency	Percent	Unweighted Count
Yes	409,014	80%	131
No	104,770	20%	38

USED CONDOMS (people under age 65 who have changed sexual behavior due to HIV)

Have you: used condoms for protection?

	Frequency	Percent	Unweighted Count
Yes	331,241	65%	116
No	178,634	35%	53

PARTNER SELECTION (people under age 65 who have changed sexual behavior due to HIV)

Have you: been more careful in selecting sexual partners?

Unweighted Count	Percent	Frequency	
160	96%	489,289	Yes
9	4%	19,825	No

RISK BEHAVIOR (B) (people under age 65)

This next question lists some situations that may or may not apply to you. Answer yes if any do apply to you and no if none of them apply to you. You do not need to tell me which ones.

During the past year you have used intravenous drugs.

During the past year you have been treated for a sexually transmitted disease.

During the past year you had anal sex.

Do any of these situations apply to you?

	Frequency	Percent	Unweighted Count
Yes	24,200	2%	6
No	1,559,397	98%	251

TREATED FOR STD (B) (people under age 65)

In the past 5 years, have you been treated for a sexually transmitted or venereal disease?

	Frequency	Percent	Unweighted Count
Yes	28,519	2%	10
No	1,552,618	98%	247

WHERE TREATED FOR STD (B) (people under age 65 who have been treated for STD)

Were you treated at a health department STD clinic?

	Frequency	Percent	Unweighted Count
Yes			1
No			9

NUMBER OF SEXUAL PARTNERS (B) (people under age 65)

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

	Frequency	Percent	Unweighted Count
None	276,931	18%	48
One only	1,080,207	71%	164
More than one	169,497	11%	30

SEX PAST WEEK (B) (people under age 65)

During the past week, how many times have you had sexual intercourse?

ing me paut neem, non n	Frequency	Percent	Unweighted Count
None	778,463	52%	128
Once or more	708,214	48%	109

USED CONDOM LAST INTERCOURSE (B) (people under age 65)

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

	Frequency	Percent	Unweighted Count
Yes	511,575	35%	91
No	954,417	65%	145

WHY CONDOM USED (B) (people under age 65 who used condom last intercourse)

The last time you had sexual intercourse, was the condom used to prevent pregnancy, to prevent syphilis, gonorrhea, and/or AIDS, or for both reasons?

	Frequency	Percent	Unweighted Count
Prevent pregnancy	99,059	24%	14
Prevent STD/AIDS	85,443	20%	11
Both reasons	236,270	56%	43

SEX AND ALCOHOL (B) (people under age 65 who have had sex in the past 12 months)

During the past three months, have you ever had sexual intercourse after drinking too much alcohol?

	Frequency	Percent	Unweighted Count
Yes	133785	10%	25
No	1,183,415	90%	190

CHANCE OF AIDS (people under age 65)

What are your chances of getting infected with HIV, the virus that causes AIDS? Would you say: [please read]

	Frequency	Percent	Unweighted Count
High	48,745	3%	14
Medium/low	1,536,960	97%	502



City of Chicago Richard M. Daley Mayor

John L. Wilhelm Commissioner of Health